



# SAINT JOSEPH'S

Cancer Survivors' Network

## August & September 2009

### Cancer Survivors' Network Programs



## Announcements



### Prostate Cancer Screening at Saint Joseph's Hospital

**Saturday, September 12, 2009** - FREE and offered to the entire community. Please call 678-843-5175 after August 11, 2009 to request an appointment.

### Young Adult Cancer Survivor Connection Initiative Event

**Sunday, September 13, 2009** - This event will be free, fun, and in a fabulous location for young adult (18-40) cancer survivors. Details to come. Call 678-843-5051 for more information.

## Gentle Yoga Class for Cancer

*Join us as we explore gentle stretching, breathing & meditation*



**Every Sunday**

**9:30 AM - 11:00 AM**

Saint Joseph's Hospital

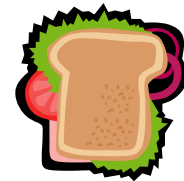
5673 Doctors Building - 5<sup>th</sup> Floor

5673 Peachtree Dunwoody Road, Atlanta GA



**Call Shannon at 404-226-9283 to Register**

Led by Shannon Myers, CYT, Certified Yoga Instructor and Cancer Survivor



## Lunch & Learns

Join us on the 3<sup>rd</sup> Friday of every month, 11:30 AM-1:00 PM.  
FREE LUNCH is provided.



### Getting the Best Cancer Care at Age 55 & Older

**Friday, August 21<sup>st</sup> 11:30 AM - 1:00 PM**

Age alone is no longer a key factor in determining treatment options for cancer. Learn how healthcare professionals decide on an appropriate treatment plan and how you can effectively communicate with your healthcare provider in order to get the best care possible. We would like to thank The Leukemia and Lymphoma Society for sponsoring and presenting this Lunch and Learn. (Note: Presentation will address all types of cancers.)

### Peripheral Neuropathies:

**"Sometimes I Feel My Feet, Sometimes I Don't!"**

**Friday, September 18<sup>th</sup>, 11:30 AM - 1:00 PM**

Peripheral neuropathy is an unpredictable side effect of cancer and its many treatment options. Come listen to a discussion of the causes, early identification and management of this challenging symptom complex which impacts nearly 20% of all individuals with cancer at some point in their journey. Presented by Alice Kerber, RN, MN, AOCN, Saint Joseph's Hospital.



SAINT JOSEPH'S  
Cancer Survivors' Network

## Eating Well, Living Well

### Nutrition Education Program



MEN'S HEALTH & WELLNESS CENTER  
At Saint Joseph's

**\*\*\* This Program Now Meets Once a Quarter \*\*\***

**Please Watch Future Flyers for Details of Upcoming Programs**

**When:** Once a quarter on the 2<sup>nd</sup> Tuesday of the month from 6:30 PM - 8:00 PM.

**Next Sessions:** August 11<sup>th</sup> & November 10<sup>th</sup>

**Presented by:** Cancer Survivors' Network and Men's Health & Wellness Center

### Re(de)efined Sugar: Nutrition for Diabetes & Carbohydrate Counting

**Tuesday, August 11<sup>th</sup>, 6:30 PM - 8:00 PM**

That frosted, sprinkled, jelly-filled doughnut looks delicious first thing in the morning, but do you know how it affects your body's blood sugar levels? Whether you are trying to learn about, control, or prevent diabetes, this informative discussion is for you. Come join us and learn how to gain better control of your blood sugar levels by counting carbohydrates and making smart food choices. Presented by Certified Diabetes Educator, Doris Adler RD/LD.

**All programs are FREE, but please RSVP!**

<b>LOCATION:</b>	Saint Joseph's Hospital - 5665 Peachtree Dunwoody Rd., NE, Atlanta, GA 30342 Carroll Conference & Education Center, located on the ground floor of the main hospital just beyond the cafeteria.
<b>PARKING:</b>	FREE parking in the Cancer Center parking deck. (See the reverse of this flyer for directions.)
<b>RSVP:</b>	Space is limited. Reservations will be accepted on a first come, first served basis. Call the Cancer Survivors' Network at 678-843-5051 or csinfo@sjha.org to register or for questions.