



Caring Forward

Cancer Survivorship Program

This program is designed to address the unique emotional, physical and social issues cancer survivors may face after treatment ends. We bring together healthcare experts to share information and resources to empower survivors.

Saturday, June 8
Noon to 1:30 p.m.
Rush-Copley Healthplex, 1900 Ogden
Avenue, Aurora

Focus on Exercise

- Personal trainer will lead group in exercise demonstrations
- Learn how to incorporate exercise at home
- Q&A session
- Light refreshments will be served

Other 2013 Topics:

September - Physician Panel Q&A
December - Stress Management

For future dates and location information, call
866-4COPLEY (1-866-426-7539).



Please visit rushcopley.com or call 866-4COPLEY (1-866-426-7539) to register.

