

# Moving On: Life After Breast Cancer

## Support and Information for a Healthy Survivorship

We invite you to join us for this free educational program. You'll learn important information and get the support you need to help you live your best life.

You can choose to attend a seven-week class series or participate in a two-day workshop. Classes are available in different locations throughout the year.

This program is open to all breast cancer survivors in the community, regardless of where you were treated.

### Topics Include:

Your Survivorship Plan | Transitioning from Patient to Survivor | Exercise | Nutrition | Fatigue | Memory and Concentration | Lymphedema | Osteoporosis Prevention | Stress



## 2016 Spring Sessions

### St. Luke's MSTI, Meridian

520 S. Eagle Road

Friday, March 11, 3 p.m. — 6:30 p.m. and  
Saturday, March 12, 9 a.m.— 4 p.m.

### St. Luke's MSTI, Boise

100 E. Idaho Street, Sawtooth Room

Thursdays, 4 p.m. — 5:30 p.m.  
April 7 — May 19

### St. Luke's MSTI, Twin Falls

725 Pole Line Road W.

Friday, April 8, 3 p.m. — 6:30 p.m. and  
Saturday, April 9th, 9 a.m.— 4 p.m.

### St. Luke's MSTI, Nampa

308 E. Hawaii Avenue

Wednesdays, 1:30— 3 p.m.  
April 27— June 8

*Sessions will also be offered in Fall 2016.*

*Registration is required. Call Alicia Rosales, LCSW, OSW-C, Survivorship Program Navigator, at (208) 706-7286 or email [survivorship@slhs.org](mailto:survivorship@slhs.org).*