

LIVESTRONG[®] AT THE YMCA



LIVESTRONG[®]

FOUNDATION

ONLINE CANCER SUPPORT AND EDUCATION GROUP

Please join us for this weekly gathering to experience warmth, understanding and support. Learn about and explore new ways to deal with the physical and emotional stresses of living with cancer. The group will be professionally facilitated by Dawn Lapierre, Healthy Living Director and LIVESTRONG[®] at the YMCA Program Manager and Graduate and Nancy Gaulin, Clinical Psychologist.

TOPICS THAT WE PLAN TO DISCUSS ARE:

- Healthy nutrition habits
- Strategies to cope with increased anxiety
- Fitness and wellness topics including activities to do at home
- Managing stress and uncertainty during the pandemic
- Guided meditation to promote introspection and calm
- Am I depressed? How do I tell? What do I do?

WHEN DOES THE GROUP BEGIN:

July 15 1:00 - 2:00 PM

WHERE WILL THE GROUP BE HAPPENING:

Zoom link will be sent to you

WHO SHOULD PLAN TO COME:

LIVESTRONG[®] participants whose groups were interrupted by the pandemic

If you are interested in joining us or you have questions, please email **Dawn** (dlapierre@springfieldy.org) or **Nancy** (gaulinnancy@gmail.com).

