



## Cancer Education Series

The YMCA Healthy Living Center – in conjunction with the Lance Armstrong Foundation – has developed a specialized program specifically designed for cancer patients and survivors.

As part of the special programming, an educational series has been developed to address cancer issues and their impact on various aspects of everyday living. Topics change weekly so check back with us often.

- When:** **Wednesday evenings**  
**5:30-6:30 p.m.**
- Where:** **YMCA Healthy Living Center**  
12493 University Avenue in Clive, Iowa
- Cost:** Free of charge
- Information:** (515) 643-8206 – Mercy Cancer Center  
[www.mercydesmoines.org/cancercenter](http://www.mercydesmoines.org/cancercenter)  
(515) 645-3350 – Healthy Living Center  
[www.healthydm.com](http://www.healthydm.com)

### Upcoming Programs

- Aug 4** **Reclaiming Your Sexuality After Cancer**  
Kaaren Olesen, DO  
West Des Moines Ob/Gyn Associates
- Aug 11** **Radiation Oncology: The Fundamentals and the Future**  
Richard Deming, MD  
Medical Director, Mercy Cancer Center
- Aug 18** **Health Benefits of the Mediterranean Diet**  
Barb Wisnieski, RD, LD and Crystal Nord, RD, LD  
Oncology Dieticians, Mercy Cancer Center
- Aug 25** **Complimentary Therapies in Cancer Treatment**  
Lynne Kinseth, RN, MSW  
Director, Mercy Cancer Resource Center