



Cancer Education Series

Mercy Cancer Center in conjunction with The YMCA Healthy Living Center and 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) 643-8930 – **Mercy Cancer Center**
www.mercydesmoines.org/cancercenter
(515) 645-3350 – **Healthy Living Center**
www.healthym.com

February, 2012 Upcoming Programs

- February 1** **Creative Non-Fiction: Writing Your Survivorship Story**
Yasmina Madden
Visiting Professor of English, Drake University
- February 8** **Emotional Freedom Technique: Acupressure to Release Stress**
Malabika Shaw, Energy and Healing Consultant
Vision Holistic
- February 15** **What Is Tai Chi and Why Is It Good For You?**
Sherry Levine, Tai Chi Certified Instructor
Healthy Living Center YMCA
- February 22** **Active Relaxation: Body - Mind and Healing**
Lance Kinseth, Wellness Instructor
Healthy Living Center YMCA
- February 29** **Pain Management in Cancer Care**
Joan Beard, RN, MSN, RN-C