

Personal Resiliency Training for Cancer Survivors: *Coping with Fear of Recurrence*

Concerned your cancer might return or progress?

Fear of cancer recurrence
disrupts the lives of many
cancer survivors.

You are *not* alone.



Eskenazi Health offers a **proven** skill-building program for survivors to cope **resiliently** with cancer-related challenges!

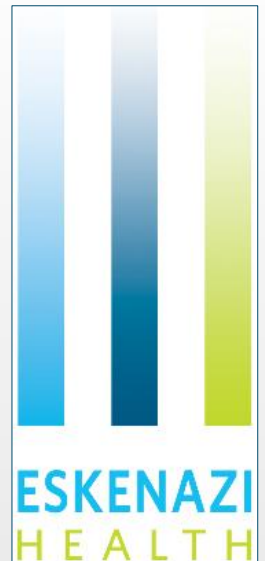
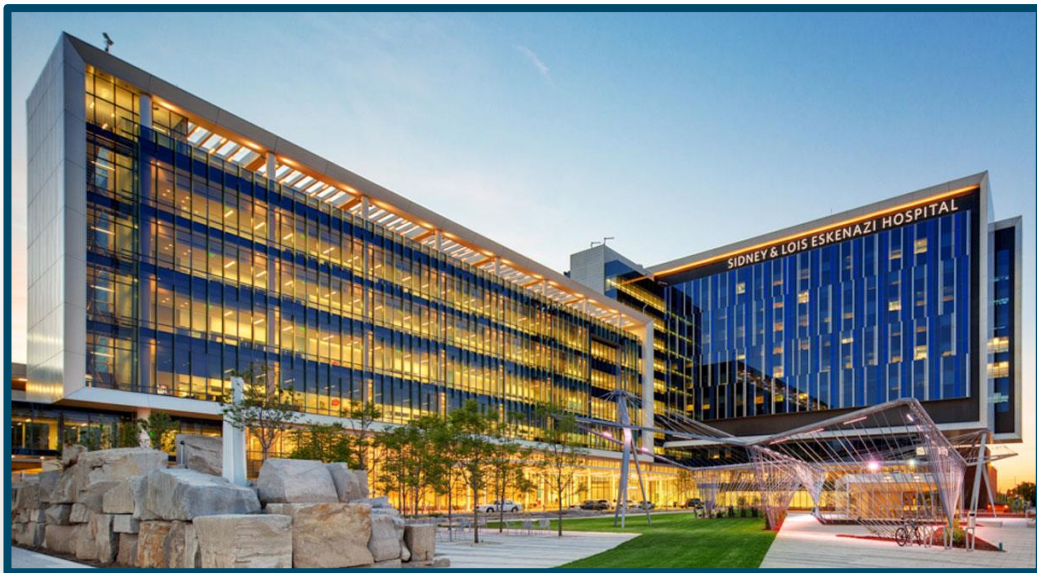
Topics covered in the 4-session program include:

- Reducing *risk* of recurrence
- Clarifying values to guide actions
- Living mindfully in the present moment
- Unhooking from negative thoughts & feelings

For more information or to
enroll in this exciting program,
please contact:



Dr. Shelley Johns
sheljohn@iu.edu



When?

Fridays
 3:30 - 5:30 p.m.
 Next 4-week series:
 June 2019!

Where?

Eskenazi Health Outpatient Care Center
 Blue elevators to 6th floor
 Center for Senior Health
 720 Eskenazi Blvd
 Indianapolis, IN 46202



Free parking in the Eskenazi Parking Garage will be provided.