

# Women Moving Through Cancer

*...Treatment is over, now what?*



Are you beyond or near the end of your treatment? If so, this program offers a safe place to explore your feelings, connect with other women and consider your next steps.

Join us for **8 weeks (Saturdays starting March 24<sup>th</sup>)** of small group discussion, reflective practices and focused journal writing that will help you develop tools to support your journey towards reclaiming your holism. Each session will run for **2 hours (10am – 12pm)** and will have a particular focus.

This program is lead by Kathleen Armany RN, BC-HN who trained at the Stillpoint School of Integrated Life Healing and is a Certified Cancer Guide by The Center for Mind Body Medicine. Kathy also has extensive experience leading support groups for people diagnosed with cancer and has previously facilitated the Women Moving Through Cancer program.

The program materials that are given to each participant include: two audio CDs plus an 80-page Guidebook. Each of the eight sessions will be held at the Cancer Support Community Massachusetts South Shore, which offers a comfortable “living room” space for the meetings. Refreshments will be offered to participants.

- **Pre-registration & screening required**
- **Space is limited**
- **Screening interviews will begin Monday, March 5<sup>th</sup>**
- **Program scheduled to begin Saturday, March 24<sup>th</sup>**
- **Will meet for 8 consecutive Saturdays 10am-12pm**
- **All of our programs are offered at no cost**

**Please call (781) 610-1490 for information  
Or to schedule a screening interview**



*Formerly The Wellness Community*

*Thank you to the Chrystine M. Sullivan Memorial Foundation for making this program possible!*

Visit [www.signature-healthcare.org/AboutUs/CancerWalk.aspx](http://www.signature-healthcare.org/AboutUs/CancerWalk.aspx) to support  
The 2012 Champions Fighting Cancer Walk on Sunday, May 6<sup>th</sup>.

Cancer Support Community MA South Shore • 120 Longwater Drive, Suite 104, Norwell, MA 02061