

Get Energized!

Aren't You Tired of CRF?

Cancer Related Fatigue (CRF) is a real problem for cancer patients and survivors. At Kansas City Cancer Center, we understand the causes, the effects and the best ways to manage fatigue. That's why we've developed a specific CRF Workshop called "Get Energized!" It's just one of the many classes available through our comprehensive Wellness Program.

Get Energized!

Don't miss this educational program designed to help you, your caregivers and family learn how to recognize and minimize Cancer Related Fatigue.

It's free, so register now!



:20 Education

What is CRF? Discover the symptoms and causes of CRF.



:40 Wellness

Learn how to successfully manage CRF by focusing on three strategic areas:

1. Let's Get Physical
2. Power Up with Good Nutrition
3. Boost Your Mind/Body Connection



:15 Q&A

Ask questions and share your specific CRF concerns with our Wellness Program Manager, Sami Papacek.

Get Energized! Weekly Schedule

Feb 15 (Wed)	11 a.m. – 12:15 p.m.	Shawnee Mission (75th & I-35)
Feb 16 (Thurs)	11 a.m. – 12:15 p.m.	South (Holmes & 101st Terrace)
Feb 21 (Tue)	4 – 5:15 p.m.	East (Lee's Summit)
Feb 22 (Wed)	1 – 2:15 p.m.	Southwest (College & Quivera)
Feb 23 (Thu)	1 – 2:15 p.m.	Providence YMCA (8601 Parallel Pkwy.)
Feb 29 (Wed)	1 – 2:15 p.m.	North (MO-152 & Green Hills Rd.)
Mar 13 (Tues)	1 – 2:15 p.m.	Shawnee Mission (75th & I-35)
Mar 15 (Thurs)	1 – 2:15 p.m.	South (Holmes & 101st Terrace)
Mar 20 (Tues)	1 – 2:15 p.m.	East (Lee's Summit)
Mar 21 (Wed)	4 – 5:15 p.m.	North (MO-152 & Green Hills Rd.)
Mar 22 (Thurs)	4 – 5:15 p.m.	Southwest (College & Quivera)
Mar 29 (Thurs)	1 – 2:15 p.m.	Providence YMCA (8601 Parallel Pkwy.)

Register Now, It's Free!

- Register online at:
KCCancerCenter.com/Wellness
- Call Sami Papacek:
913.577.5834
- Email Sami Papacek:
spapacek@kumc.edu

Your Wellness Program Manager and Oncology Exercise Specialist

Sami Papacek develops onsite Wellness Programs for patients, caregivers and families. Her goal is to educate, empower and enhance those on the cancer journey, every step of the way. She has worked in oncology since 2004, focusing on prevention and survivorship. Sami is a certified cancer exercise specialist, personal trainer and wellness educator with more than 15 years in the fitness field.



Sami Papacek

Wellness Program Manager
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