

Wellness 101 Workshop

Take charge of your health!

If you have had a cancer diagnosis, now is the time to get proactive with your health and wellness. Wellness strategies offer you ways to counter the physical fatigue, treatment side effects, and other common concerns such as weight gain or loss, anxiety, depression, and lack of sleep. Kansas City Cancer Center's Wellness 101 Workshop will give you tools and resources that you can immediately implement to feel better and may improve your survivorship.

The emphasis of Wellness 101 is on giving you a well-rounded understanding of your health and wellness journey. We will include current research and strategies that you can implement immediately. Our goal is to give you effective tools to build strength, minimize side effects, remain positive, and fight cancer with the healthiest body and mind possible.

Each class of the four-week Wellness 101 Workshop will cover a different topic:



Week 1: Introduction

Learn what wellness means, why it is so important to your cancer journey, and what the research says about its impact on your health and survivorship.



Week 2: Physical

Discover how exercise plays a role in addressing the common side effects of cancer, such as fatigue. Learn simple strength and cardio exercises that can be done at any level and location, and how to incorporate them into your life. You will walk away with a personal game plan to begin immediately.



Week 3: Nutrition

Learn more about the Nutrition and Cancer connection: "Let food be your medicine and medicine be your food." Learn about the Power of Nutrition and the role it can play in your cancer journey.



Week 4: Mind/Body

Learn different mind/body techniques, explore their benefits and see how to implement them. Experience one of these techniques to put into practice immediately.

Wellness 101 Schedule 2012 (Each session is four weeks)

Kansas City Cancer Center–North
(MO-152 & Green Hills Rd)
Wednesdays, 4–5 p.m. | February 1, 8, 15, 22

Kansas City Cancer Center–South
(101st Terrace & Holmes)
Tuesdays, 1–2 p.m. | February 7, 14, 21, 28

Kansas City Cancer Center–East
(Lee's Summit)
Fridays, 1–2 p.m. | March 2, 9, 16, 23

Kansas City Cancer Center–Southwest
(College & Quivira)
Mondays, 1–2 p.m. | March 5, 12, 19, 26

Kansas City Cancer Center – Shawnee Mission
(75th & I-35)
Thursdays, 1–2 p.m. | April 5, 12, 19, 26

Register Now, It's Free!

Space is limited to 15 participants, including patients, family and caregivers.

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

Your Wellness Team



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Nurse Practitioners

Nancy Washburn — South
Sue Ellen Breese — North
Carrie Doss — East
Teresa Hoffman — East
Jenni Showalter — Southwest
Carrie Englert — Shawnee Mission



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