

Resilience Workshop

Skills for managing the stress and changes that come with illness

The diagnosis of cancer brings with it a series of stressors. Resilience is the ability to neutralize that stress and bounce back. Some people seem to be born with this ability, but it can also be learned!

In our innovative program, you will learn to identify the key factors of resilience and how to enhance your own ability to recover quickly from setbacks.

To register for this program, call Sami Papacek at 913.577.5834, email Sami at spapacek@kumc.edu, or register online at KCCancerCenter.com/Wellness

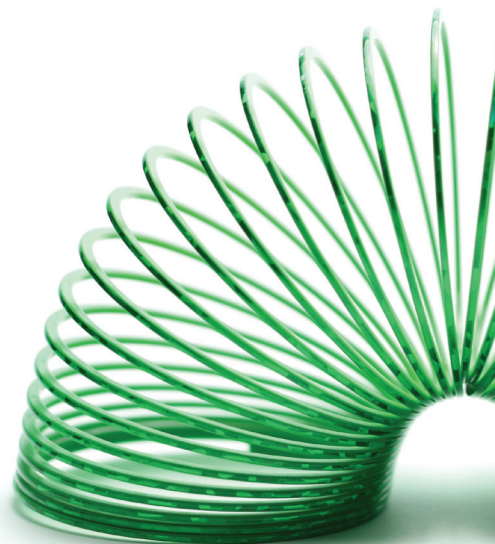
Resilience Workshops

**Wednesday,
April 11
11 a.m. – 12 p.m.**

Kansas City Cancer Center – East
(Lee's Summit)

Join the Wellness Program!

We offer a wide variety of workshops, support groups and educational materials as part of our exceptional Wellness Program. Explore other wellness workshops at KCCancerCenter.com/Wellness.



Register Now, It's Free!

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



Scan this QR Code to visit the wellness registration page with your mobile device.

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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 **KANSAS CITY
CANCER CENTER**

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