



## Do you feel like cancer is running your life?

If you are in treatment or with any length of survivorship, you know that when Cancer enters your life, it stays with you. Even with clear scans and test results, it stays in the background of your world.

### Don't let it take over!

Join us for a program that offers strategies and solutions for Cancer survivors who want to live fully, during and beyond cancer treatment:



## Getting Your Life Back from Cancer

*Patricia A. Fennell, MSW, LCSW-R*, internationally recognized expert on chronic illness, and *Martha McCormick*, of *To Life!* will present an informative survivorship program with strategies and solutions for getting on with your life after cancer. Fennell's evidence-based program brings clarity and order to cancer survivors and those suffering with other chronic illnesses. Read about her work at [www.albanyhealthmanagement.com](http://www.albanyhealthmanagement.com).

### You should attend if:

- You are in cancer treatment and wonder what you will do when it is finished
- You don't want cancer to control your life
- You want to do all you can to have a healthy and satisfying future

This program is offered in three sessions and is free of charge. Each session is different and valuable alone or combined with others. Attendees will be asked to complete questionnaires over the course of the training so that the effectiveness of the program can be examined.

Join us on :

Saturday, April 9, 9am – noon  
Tuesday, April 19, 6:30 – 8:30pm  
Tuesday, May 10, 6:30 – 8:30pm

Sessions meet at the College of Saint Rose  
Directions and parking information  
will be provided upon registration.

Register online at [www.tolife.org/events](http://www.tolife.org/events) or call *To Life!* (518) 439-5975

*"Most of all, Fennell celebrates your daily acts of bravery that lead you to a more authentic self."*

-Susan Milstrey Wells: author of *"A Delicate Balance: Living Successfully with Chronic Illness"*