

# Journey Beyond Cancer

## Cancer Survivor Seminar Series

**Mark your calendar** to join the Cancer Survivor Educational Outreach Coalition in a series of three free seminars on topics of interest or concern to cancer survivors. All seminars will be held at the FHN Family Healthcare Center – Burchard Hills, 1010 W. Fairway Drive in Freeport (map on reverse). Refreshments will be provided.



### **FIGHTING CANCER WITH BEANS, BROCCOLI AND CHOCOLATE TOO!**

22 September 2011

7:00-8:30 p.m.

**Donna Weihofen, RD, MS, Senior Nutritionist, University of Wisconsin Hospital and University of Wisconsin Comprehensive Cancer Center**

Donna will offer up-to-date, reliable nutrition information of special interest to cancer survivors. She will provide a bounty of tips, guidance, practical suggestions and even recipes that can help increase the ability to fight cancer, help decrease cancer risks and optimize the nutritional well-being of the whole family.



### **PANEL DISCUSSION: HANDLING FINANCIAL AND INSURANCE CONCERNS**

6 October 2011

7:00-8:30 p.m.

**Carolyn Sluiter, RCP, CFM, President of Freeport Home Medical Equipment**

**Ce S. Faulkner, Healthcare Benefits Consultant**

**Beth McWhirter, FHN Medical Social Worker**

Learn strategies to help handle financial concerns and tackle insurance challenges specific to cancer treatment.



### **COPING WITH FEAR OF RECURRENCE AND CHECK-UP ANXIETY**

20 October 2011

7:00-8:30 p.m.

**Carolyn Perry, Licensed Clinical Social Worker for the American Cancer Society, Illinois Division**

**Mia McDermott, RN, BSN, OCN, staff nurse at the FHN Leonard C. Ferguson Cancer Center**

As the Director of Social Services for Patient Navigation Services, Carolyn is responsible for the oversight of professional navigators placed full-time at area hospitals and has substantial insight into the concerns faced by cancer patients. Mia works daily with cancer patients and their families and brings a clinical perspective to the fears and challenges they must work together to address and conquer.

**To register** for any or all of the sessions in this FREE SERIES, call 1-800-892-9296 or 1-815-229-1287 any time and press 3 for immediate attention or email [nicole.killion@cancer.org](mailto:nicole.killion@cancer.org). Please provide name, address, phone and email, and indicate if you are a cancer survivor yourself or you will be attending as a friend or family member of a survivor.

*Sponsored by the Cancer Survivor Educational Outreach Coalition*



