“Now What?” is a program for men and women going through, or having gone through a cancer diagnosis of any type or treatment.

Cancer survivors may have special health needs and concerns as a result of their disease and its treatment. This survivorship program strives to answer basic questions related to long term and late effects of treatment, offer things you can do to stay healthy, and provide encouragement for emotional issues.

Information is general and is not a substitute for an individualized care plan from your medical team.

Now What?

Tools for
Reconstructing Life Now

Call 706.736.5467 for inquiries or to reserve your seat.
Space is limited.

The side effects of cancer and its treatments are more than physical.

Stay Fearless

Now What?

A Program for Men and Women Surviving All Cancer Types and Treatments

Event Sponsor and Location

The Lydia Project

1369 Interstate Parkway
Augusta, GA 30909
706.736.5467
thelydiaproject.org
It is helpful to seek out support of others who understand what you are going through.

YOU ARE A CANCER SURVIVOR

WHAT HAPPENS NOW?

Most people want to know:

〜 How do I deal with emotional issues?
〜 What long term and late effects can I expect from my cancer treatments?
〜 What foods should I be eating to stay healthy?
〜 What types of exercises are right for me?

TOPICS, DAYS & PRESENTERS

Individually can attend any or all of the four sessions — in any order.

Tuesdays 3-4 p.m.

FIRST TUESDAY

Fear of Cancer Returning and Emotional Care
Mallory Lawrence, MD / Reverend Mark Maund
Anxieties, worry, fear, sadness/depression

SECOND TUESDAY

Nutrition Facts and Fiction
Georgia Cancer Center at Augusta University
Oncology Dietitians
Nutrition myths, prevention/survivorship strategies

THIRD TUESDAY

Long Term and Late Effects
Oncology Services of University Hospital
Oncology Certified Nurses
Fatigue, pain, numbness, memory, lymphedema, oral problems, vision changes, and more

FOURTH TUESDAY

Exercise Possibilities
LIVESTRONG® at the YMCA
Improve strength and physical fitness, increase stamina, reduce stress, discover abilities

WHO SHOULD ATTEND?

The survivorship program is appropriate for men and women who:

〜 Were treated in any oncology program
〜 Completed cancer treatment within the last five years
〜 Are currently receiving cancer treatment

WHO WILL PROVIDE ME WITH THIS INFORMATION?

A volunteer team of registered nurses, chaplains, physicians, clinical dietitians, and fitness experts will present an overview of each topic. Time will be set aside.

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1369 Interstate Parkway Augusta GA 30909

Partnership of Hope united for those touched by cancer.