Ribbons of hope
Support Event
Cancer fighters surviving any type cancer together

Saturday | March 14th | 10:00am

Guest Speaker:
“Colon Cancer Updates”
Presenter: Katherine Baysinger, MD
Colon Rectal Surgery Associates

Refreshments and friends who understand. Caregivers welcomed.

Event Location:
The Daksha Chudgar Lydia House
1369 Interstate Parkway, Augusta, GA
Inquiries: 706.736.5467

March is Colorectal, Kidney, and Multiple Myeloma Cancer Awareness Month

Cancer can be scary.
Things go better with friends.

Sponsored by:
The Lydia Project
thelydiaproject.org
Are you or someone you know looking for rewarding volunteer opportunities? Check out The Lydia Project! There are so many ways to volunteer! Find out more by attending the New Volunteer Orientation, SAT, March 14th, 11:15am or THU, March 19th, 12:30pm at the agency.

**Meet friends who understand**

Find more support here...

### Now What?

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

**WHO SHOULD ATTEND?**

“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.

Call 706.736.5467 today to register for one or all of the Tuesdays. Tell a friend, too!

**TOPICS, DAYS, AND PRESENTERS**

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

- **3 - 4 p.m. / Tuesdays / every month**
  - **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

**Event Location:** The Lydia Project
1369 Interstate Parkway Augusta GA 30909

**Follow Lydia on Facebook for updates, encouragement, or to daily pray for others fighting cancer:**
Facebook: thelydiaprojectaugusta