



THRIVING AFTER CANCER

To assist you in thriving after cancer, the
Wings of Hope Cancer Support Center's Survivorship Program offers:

SURVIVORSHIP CARE PLANNING

After the treatment ends, many patients ask “What now?” Wings of Hope can help cancer survivors process the emotional challenges the cancer journey has brought, and explore how to use the experience as a stepping stone to a satisfying and fulfilling future. Individual coaching and group workshops available.

A TIME TO HEAL Rehabilitation Program

The twelve-week program is available to men and women diagnosed with any type of cancer, who have completed their initial cancer treatment. The classes are designed to help survivors regain physical, emotional, intellectual, psychological and spiritual health after treatment -- making sense of life after cancer.

HEALTHY MOVES

Under the guidance of an occupational therapist, this women's support and movement group features strengthening, balance and flexibility exercise, combined with light to moderate movement.

COUNSELING/COACHING SERVICES

Counseling and coaching services assist the survivor to acknowledge the powerful life changes that have occurred, provide tools that assist in healing, and support the individual's choices for the future.

FOR MORE INFORMATION CONTACT: CAROLYN ETINGER @ 712-325-8970

OR VISIT OUR WEBSITE AT WWW.WINGSOFHOPe.ORG