Now more than ever, we need information on preventing and healing from illness.

Mark your calendars to join us on Saturday, October 17, 2020 for a full day of engaging and interactive presentations designed to shine a spotlight on cancer survivorship and integrative health and to inspire attendees to optimize their personal and community well-being.

Hosted jointly by The UC Center for Integrative Health and Wellness and the UC Cancer Center Survivorship and Supportive Services Program.

Stress management • Chemicals and cancer • Science of wellness in cancer • Sex in survivorship • Plant-based meal planning • Nutrition in cancer survivorship • Acupuncture for cancer care • Aromatherapy • Cognitive and memory issues • Tai Chi • Yoga • Movement for healing • Drum Circle • Mindfulness Meditation • Sound healing and music • Exercise for cancer survivors • Intention-setting community art activity •

KEYNOTE SPEAKERS
Lorenzo Cohen, PhD and Alison Jefferies, MEd, coauthors of Anticancer Living: Transform Your Life and Health with the Mix of Six

Tickets are $25 and will go on sale this summer; scholarships available based on need. More details to follow. For information, contact optimize@uc.edu