

Revive!

Your Life After Cancer

The Charlotte Hungerford Center for Cancer Care and Smilow Cancer Hospital Care Center at Torrington invites cancer survivors who have completed treatment and their family caregivers to our next meeting. We will feature nutrition, health and wellness information to help you lead a healthy lifestyle. We will explore a variety of options to encourage your physical, emotional and psychosocial wellness. Light refreshments will be served.

Join us on **Thursday, October 24, 2019 from 4-5 pm**
in Radiation Oncology area 200 Kennedy Drive, Torrington, CT 06790
Call **860-489-6718** for more information or to register.

Topics include:

- How to select and prepare healthy fresh seasonal foods. Organic vs non-organic produce-how to choose. – Taylor Buzinsky, MS, RD, CD-N
- Good Vibrations! – Join us as we explore the benefits of music and mindfulness. Experience the soothing and harmonic sounds of the handpan, a unique handcrafted instrument. – Jeremy Driscoll, LCSW
- Local resources and where to find CT grown produce. – Theresa Carr, ARCB Reflexologist & Complementary Program Coordinator
- Time for Q & A on topics of interest to cancer survivorship. – Pam Ciccarelli, RN

