

JUNE IS NATIONAL CANCER SURVIVORS MONTH

Please join us for a free community presentation:

Survivorship...

Your Next Steps After Treatment

Presenters: Kylie Conner, RDN, and Tracy Tilley, NP

Wednesday, June 15 • 5:00 p.m.

Mission Hope Cancer Center, Conference Room

1325 East Church Street, Santa Maria

Seating is limited and reservations are required.

Please call Mission Hope Cancer Center at 805.219.HOPE (4673)

Due to advances in cancer prevention, early detection, treatment and follow-up care, more people than ever are surviving cancer. With survivorship care, we can improve the health, wellness and quality of life of these survivors.

Survivorship is as unique as the survivor. Join us for a candid conversation with local experts Tracy Tilley, NP, and Kylie Conner, RDN, about strategies for survivorship. Preventing a new or recurrent cancer is a key part of survivorship care. Keeping up to date on all available cancer screenings improves overall outcomes. Additionally, survivors can reduce the risk for cancer with healthy lifestyle choices including regular physical activity, eating well and not drinking alcohol or using tobacco products. Some may find they have lingering physical, emotional and financial issues following their recovery which can be addressed.

Did you know?

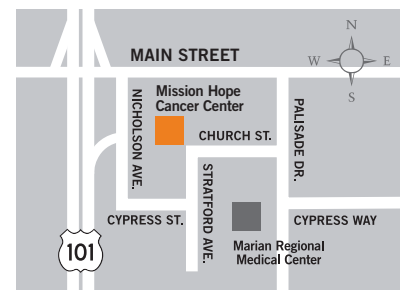
A **structured survivorship care plan** works to identify lingering issues following recovery and pave the way for access to additional resources to help survivors make meaningful changes towards creating a healthy lifestyle.



Kylie Conner, RDN
Registered Dietitian Nutritionist



Tracy Tilley, MSN, OCN, AGNP-C
Nurse Practitioner



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