Dr. Diane Barton Complementary Medicine Program, Patient Education, and Support and Survivorship Services

Class Schedule

January – May 2023
WELCOME

MD Anderson Cancer Center at Cooper offers a variety of in person and call-in classes to support your cancer journey.

Our complementary medicine classes enhance traditional cancer treatments with therapies that reinforce the healing power of the mind, body, and spirit, and provide you with tools to help you navigate a cancer diagnosis and treatment.

Cancer education classes with our experienced oncology nurses help you understand a variety of cancer treatments such as chemotherapy and radiation treatment.

Support groups, survivorship program and other resources help guide you through your treatment and beyond. All programs are free and open to cancer survivors, and their families and caregivers unless otherwise noted.

3 Dr. Diane Barton Complementary Medicine Program – In-person

8 Classes and Programs – Virtual

10 Support Groups – Virtual and In-person

11 2023 Fitness and Nutrition – Virtual

12 Other Resources – Virtual
Please join us for a variety of in-person complementary medicine therapies and activities. Classes are available to cancer survivors at any point in the cancer journey – before, during, and after cancer treatment.

In addition to the in-person classes below, we invite you to join our Seeds of Hope Project. Seeds of Hope participants help water, harvest, and bag the organic vegetables we grow in our Voorhees garden. The vegetables are shared with MD Anderson Cancer Center at Cooper patients and team members.

For questions or more information contact: Bonnie Mehr, Director, The Dr. Diane Barton Complementary Medicine Program and Director, Integrative Oncology Services at mehr-bonnie@cooperhealth.edu

Please note: Due to space limitations and health and safety protocols, our in-person complementary medicine classes are not open to family members or caregivers.

**JANUARY**

**January 17**  
10 a.m. to 11 a.m.  Stretch, Flex, and Breathe  
11:15 a.m. to 12:15 p.m. Healing Through Writing and Journaling

**January 18**  
10 to 11 a.m.  Gentle Chair Yoga for Good Health  
11:15 a.m. to 12:15 p.m. Simple Recipes for Optimal Health

**January 19**  
10 to 11 a.m.  Mindfulness  
11:15 a.m. to 12:15 p.m. Fun Belly Dancing for Core Strength, Balance, and Stamina

**January 24**  
10 to 11 a.m.  Gentle Tai Chi for Health  
11:15 a.m. to 12:15 p.m. Guided Imagery for Continued Healing

**January 25**  
10 to 11 a.m.  Gentle Chair Yoga for Good Health  
11:15 a.m. to 12:15 p.m. Connect and Reflect thru Music

**January 26**  
10 to 11 a.m.  Mindfulness  
11:15 a.m. to 12:15 p.m. Qi Gong

**January 31**  
10 to 11 a.m.  Stretch, Flex, and Breathe  
11:15 a.m. to 12:15 p.m. Body Movement with Broadway tunes

**LOCATION:** Cooper Clock Tower Building, 931 Centennial Boulevard, Voorhees, NJ 08043
Attendees must wear masks for all in-person classes.
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<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td><strong>February</strong></td>
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<td>7</td>
<td>10 to 11 a.m.</td>
<td>Gentle Tai Chi for Health</td>
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<td>8</td>
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<td>9</td>
<td>10 to 11 a.m.</td>
<td>Gentle Stretch, Flex, and Breathe</td>
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<td>11:15 a.m. to 12:15 p.m.</td>
<td>Guided Imagery for Continued Healing</td>
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<td>14</td>
<td>10 to 11 a.m.</td>
<td>Gentle Chair Yoga for Good Health</td>
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<td>11:15 a.m. to 12:15 p.m.</td>
<td>Simple Recipes for Optimal Health</td>
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<td>15</td>
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<td>Mindfulness</td>
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<td>11:15 a.m. to 12:15 p.m.</td>
<td>Qi Gong</td>
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<td>16</td>
<td>10 to 11 a.m.</td>
<td>Gentle Tai Chi for Health</td>
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<td>11:15 a.m. to 12:15 p.m.</td>
<td>Fun Body Movement with Broadway Tunes</td>
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<td>21</td>
<td>10 to 11 a.m.</td>
<td>Fun Belly Dancing for Core Strength, Balance, and Stamina</td>
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<td>11:15 a.m. to 12:15 p.m.</td>
<td>Guided Imagery for Continued Healing</td>
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<td>22</td>
<td>10 to 11 a.m.</td>
<td>Mindfulness</td>
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<td>11:15 a.m. to 12:15 p.m.</td>
<td>Connect and Reflect Through Music</td>
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<td>23</td>
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<td>Stretch, Flex, and Breathe</td>
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<td>11:15 a.m. to 12:15 p.m.</td>
<td>Healing Through Writing and Journaling</td>
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<td>28</td>
<td>10 to 11 a.m.</td>
<td>Gentle Chair Yoga for Good Health</td>
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<td>11:15 a.m. to 12:15 p.m.</td>
<td>Qi Gong</td>
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<tr>
<td>March 7</td>
<td>10 to 11 a.m.</td>
<td>Mindfulness</td>
<td>Healing Through Writing and Journaling</td>
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<td>11:15 a.m. to 12:15 p.m.</td>
<td>Fun Belly Dancing for Core Strength, Balance, and Stamina</td>
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<td>March 8</td>
<td>10 to 11 a.m.</td>
<td>Connect and Reflect Through Music</td>
<td>Simple Recipes for Optimal Health</td>
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<td>11:15 a.m. to 12:15 p.m.</td>
<td>Guided Imagery for Continued Healing</td>
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<td>March 9</td>
<td>10 to 11 a.m.</td>
<td>Gentle Tai Chi for Health</td>
<td>Stretch, Flex, and Breathe</td>
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<td>11:15 a.m. to 12:15 p.m.</td>
<td>Guided Imagery for Continued Healing</td>
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<td>March 14</td>
<td>10 to 11 a.m.</td>
<td>Mindfulness</td>
<td>Creative Arts for Healing</td>
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<td>March 15</td>
<td>10 to 11 a.m.</td>
<td>Stretch, Flex, and Breathe</td>
<td>Fun Body Movement with Broadway Tunes</td>
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<td>11:15 a.m. to 12:15 p.m.</td>
<td>Qi Gong</td>
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<td>March 16</td>
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<td>Gentle Chair Yoga for Good Health</td>
<td>Guided Imagery for Continued Healing</td>
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<td>10 to 11 a.m.</td>
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<td>Tai Chi for Health</td>
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<td>March 22</td>
<td>10 to 11 a.m.</td>
<td>Stretch, Flex, and Breathe</td>
<td>Gentle Chair Yoga for Good Health</td>
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<td>11:15 a.m. to 12:15 p.m.</td>
<td>Simple Recipes for Optimal Health</td>
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<td>March 28</td>
<td>10 to 11 a.m.</td>
<td>Mindfulness</td>
<td>Creative Arts for Healing</td>
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<td>March 29</td>
<td>10 to 11 a.m.</td>
<td>Stretch, Flex, and Breathe</td>
<td>Healing Through Writing and Journaling</td>
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<td>Qi Gong</td>
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<td>March 30</td>
<td>10 to 11 a.m.</td>
<td>Gentle Chair Yoga for Good Health</td>
<td>Fun Body Movement with Broadway Tunes</td>
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<thead>
<tr>
<th>Date</th>
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<tr>
<td>April 4</td>
<td>10 to 11 a.m.</td>
<td>Mindfulness</td>
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<td>11:15 a.m. to 12:15 p.m.</td>
<td>Healing Through Writing and Journaling</td>
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<td>12:30 to 1:30 p.m.</td>
<td>Belly Dancing for Core Strength, Balance, and Stamina</td>
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<td>April 5</td>
<td>10 to 11 a.m.</td>
<td>Gentle Tai Chi for Health</td>
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<td>Healing Through Writing and Journaling</td>
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<td>April 6</td>
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<td>Belly Dancing for Core Strength, Balance, and Stamina</td>
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<td>Connect and Reflect Through Music</td>
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<td>April 11</td>
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<td>Creative Arts for Healing</td>
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<td>April 12</td>
<td>10 to 11 a.m.</td>
<td>Stretch, Flex, and Breathe</td>
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<td>April 13</td>
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<td>Gentle Chair Yoga for Good Health</td>
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<td>Qi Gong</td>
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<td>April 20</td>
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### MAY

**May 2**
- 10 to 11 a.m.: Stretch, Flex, and Breathe
- 11:15 a.m. to 12:15 p.m.: Healing Through Writing and Journaling
- 12:30 to 1:30 p.m.: Belly Dancing for Core Strength, Balance, and Stamina

**May 3**
- 10 to 11 a.m.: Gentle Chair Yoga for Good Health
- 11:15 a.m. to 12:15 p.m.: Simple Recipes for Optimal Health
- 12:30 to 1:30 p.m.: Guided Imagery for Continued Healing

**May 4**
- 10 to 11 a.m.: Mindfulness
- 11:30 a.m. to 12:30 p.m.: Creative Arts for Healing

**May 9**
- 10 to 11 a.m.: Fun Belly Dancing for Core Strength, Balance, and Stamina
- 11:15 a.m. to 12:15 p.m.: Stretch, Flex, and Breathe
- 12:30 to 1:30 p.m.: Qi Gong

**May 10**
- 10 to 11 a.m.: Gentle Tai Chi for Health
- 11:15 a.m. to 12:15 p.m.: Connect and Reflect Through Music
- 12:30 to 1:30 p.m.: Healing Through Writing and Journaling

**May 11**
- 10 to 11 a.m.: Mindfulness
- 11:15 a.m. to 12:15 p.m.: Simple Recipes for Optimal Health
- 12:30 to 1:30 p.m.: Guided Imagery for Continued Healing

**May 16**
- 10 to 11 a.m.: Stretch, Flex, and Breathe
- 11:15 a.m. to 12:15 p.m.: Tai Chi for Health
- 12:30 to 1:30 p.m.: Simple Recipes for Optimal Health

**May 17**
- 10 to 11 a.m.: Gentle Tai Chi for Health
- 11:15 a.m. to 12:15 p.m.: Stretch, Flex, and Breathe
- 12:30 to 1:30 p.m.: Healing Through Writing and Journaling

**May 18**
- 10 to 11 a.m.: Mindfulness
- 11:30 a.m. to 12:30 p.m.: Creative Arts for Healing

**May 23**
- 10 to 11 a.m.: Fun Belly Dancing for Core Strength, Balance, and Stamina
- 11:15 a.m. to 12:15 p.m.: Connect and Reflect Through Music
- 12:30 to 1:30 p.m.: Guided Imagery for Continued Healing

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Patient Education Classes

Presented by:
Joan Molnar, RN, BSN, OCN, Patient Educator
Sue Maltman, MSN, RN, Patient Educator

Introduction to Chemotherapy
Held every Tuesday from 9:30 to 10:30 a.m.
This one-hour class will help you and your significant others understand your chemotherapy treatment and the management of potential side effects.

Introduction to Radiation Treatment
Held every Wednesday from 9:30 to 10:30 a.m.
This one-hour class will help you and your significant others understand the process, treatment, and management of potential side effects of radiation therapy.

These are virtual classes only. To call in, simply dial 646-992-2010 from your cellphone or landline and when prompted, enter the access code 739 134 183 #.

Introduction to Chemotherapy – Every Tuesday
Time: 9:30 to 10:30 a.m.
• January 3, 10, 17, 24, 31
• February 7, 14, 21, 28
• March 7, 14, 21, 28
• April 4, 11, 18, 25
• May 2, 9, 16, 23, 30

Introduction to Radiation Treatment – Every Wednesday
Time: 9:30 to 10:30 a.m.
• January 4, 11, 18, 25
• February 1, 8, 15, 22
• March 1, 8, 15, 22, 29
• April 5, 12, 19, 26
• May 3, 10, 17, 24, 31

Loving and Living Through Cancer: Improving Partner Communications and Relationships
This ONLINE discussion forum is facilitated by Alishia Kalos, PsyD, CST, and provides a safe space to talk about sensitive topics including body image, intimacy, and gender identity. Participants will gain the tools and resources to communicate with their partners and others regarding cancer-related challenges during and after their treatment. Online forum groups are separate groups based on gender identity.

To register and receive information about how to join the sessions, please contact Roxanne Berger, LPN, Clinical Program Coordinator, Wellness After Cancer Survivorship Program at 856.968.7091 or email at berger-roxanne@cooperhealth.edu

Times: 10 a.m. to noon
Noon to 2 p.m.

Dates: Program dates will be provided when you register.
Virtual Classes and Programs

Survivorship

W.H.A.T. Next: Wellness and Health After Treatment

Presented by:

Susan M. Hunter, RN, MSN, Survivorship Nurse Navigator
Roxanne Berger, LPN, Clinical Nurse Coordinator

What happens once your active cancer treatment is completed? In these informative call-in sessions, you can ask questions and take part in discussions about the next steps of living through cancer and what to expect during this period of transition. The challenges of adjusting to a new normal, dealing with the emotional impact, and navigating follow-up care during this time are a few of the topics that will be discussed in these patient-focused sessions.

To join a class, call 646.992.2010, and enter the access code listed below

2nd Wednesday of each month
Time: 1 to 1:40 p.m.
Access code: 160 851 2065 #
• January 11
• February 8
• March 8
• April 12
• May 10

4th Wednesday of each month
Time: 4 to 4:40 p.m.
Access code: 157 602 8470#
• January 25
• February 22
• March 22
• April 26
• May 24

Tobacco Cessation Program

Learn how going tobacco-free may help you live a longer, healthier life by lowering your risk for heart disease, stroke, and cancer. Kicking the tobacco habit offers some rewards that you’ll notice right away and some will become apparent over time. You will save money immediately by not buying tobacco products!

Here are a few other benefits you may notice:

• Food tastes better and your sense of smell returns to normal
• Your breath, hair, clothes and household smell better
• You will breathe easier doing ordinary activities
• You can lower your risk of wrinkles, gum disease and tooth loss

If you are interested in learning more about our Tobacco Cessation Program, please contact our Certified Tobacco Treatment Specialist Team at 856.735.6235.
**Support Groups - Online**

### Breast Cancer Support Group
This ONLINE support group is for those living with breast cancer and will feature a new theme every month.

To register and receive information about how to join the meeting, please contact Lisa McLaughlin, Social Worker, MD Anderson at Cooper, at McLaughlin-Lisa@cooperhealth.edu or 856.735.6257.

**Time:** 7 to 8:30 p.m.
- January 10
- February 14
- March 14
- April 11
- May 9

### Caregivers Support Group
This ONLINE support group is open to all adult caregivers of a loved one with cancer. Topics include self-care, time management, handling stress, and overall support.

To register and receive information about how to join the meeting, please contact Jeff Jin, Social Worker, MD Anderson at Cooper, at email at jin-jeffrey@cooperhealth.edu or 856.673.4669.

**Time:** 7 to 8 p.m.
- January 17
- February 21
- March 21
- April 18
- May 16

### Brain Tumor Support Group
This ONLINE support group welcomes adults who are all dealing with the issues surrounding brain tumors. We offer a safe place to talk openly and honestly, share information and experiences, and meet other survivors and caregivers in a relaxed and inviting environment.

To register and receive information about how to join the meeting, please contact Frank Del Rossi, Social Worker, MD Anderson at Cooper, at delrossi-francis@cooperhealth.edu.

**Time:** 6 to 7:30 p.m.
- January 4
- February 1
- March 1
- April 5
- May 3

### LLS/Multiple Myeloma Support Group
Hosted by the Leukemia and Lymphoma Society, this virtual support group is for those living with multiple myeloma and their loved ones and is hosted by the Leukemia and Lymphoma Society.

To register and receive information about how to join the meeting, please contact Stacy Kreizman, at the Leukemia and Lymphoma Society at Stacy.Kreizman@lls.org to register and for a link to the online meeting.

**Time:** 6 to 7:30 p.m.
- January 26
- February 23
- March 23
- April 27
- May 25

### Grupo de Apoyo Latino
Para sobrevivientes de cancer y sus personas de apoyo.
**Para registrarse** llame a Virgenmina Lopez al 856.968.7092.

**Time:** 11 a.m. to noon
- Enero 12
- Febrero 9
- Marzo 9
- Abril 13
- Mayo 11
## Support Groups - In-Person

### Sister Will You Help Me – In-Person Sessions Only

This is an **IN-PERSON** cancer support group for women of color and faith. The group’s mission is to empower through knowledge, encourage through sisterhood, enlighten through faith, and bond through love.

To register and receive information about how to join the meeting, please contact Dianne Hyman, MSN, RN, OCN, CN-BN, Transition Care Manager, MD Anderson at Cooper, at hyman-dianne@cooperhealth.edu or **856.735.6258**. Please note: We have resumed in person sessions for 2023.

<table>
<thead>
<tr>
<th>Willingboro</th>
<th>Camden</th>
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| **Willingboro Public Library**  
220 Willingboro Way  
Willingboro, NJ 08046 | **Cooper University Hospital**  
Conference Center Rooms  
CC103-CC104  
One Cooper Plaza  
Camden, NJ 08103 |
| **Time:** 6 to 7 p.m. | **Time:** 6 to 7 p.m. |
| **Dates:**  
• January 5  
• February 2  
• March 2  
• April 6  
• May 4  
• June 1 | **Dates:**  
• January 12  
• February 9  
• March 9  
• April 13  
• May 11 |

### 2023 Fitness and Nutrition (FAN):  
Walk, Talk, Stretch, Thrive, And Breathe – Virtual Classes Only

**Facilitated by a Dr. Diane Barton Complementary Medicine Specialist**

As you go through your cancer journey, staying active is very important. Physical activity at any level can boost your mood, reduce stress and anxiety, improve sleep, and build strength and endurance. Take this time to get moving at your own pace while discussing tips to eat healthy, stay active, and free your mind from everyday stress.

**THESE ARE VIRTUAL CLASSES ONLY.**

To join from a landline or cell phone: Dial **646.992.2010**, when prompted enter the access code **2315 393 2710 #**, and the meeting password **123abc**

To join from a computer or smartphone: Click on this link:  
[https://cooper.webex.com/cooper/j.php?MTID=m0fddee2637ecf934a75445b5dfe12713](https://cooper.webex.com/cooper/j.php?MTID=m0fddee2637ecf934a75445b5dfe12713)  
When prompted enter the access code **2315 393 2710 #**, and the meeting password **123abc**

**Time:**  
6:30 to 7:30 p.m.

**Dates:**  
Class meets Tuesdays and Thursdays.

**Winter Session Dates:**  
January: 17, 19, 24, 26, 31  
February: 2, 7, 9, 14, 16, 21, 23, 28  
March: 2, 7, 9, 14, 16, 21, 23

**Spring Session Dates:**  
April: 11, 13, 18, 20, 25, 27  
May: 2, 4, 9, 11, 16, 18, 23, 25, 30  
June: 1, 6, 8, 13, 15

*Please check with your physician/provider to review the benefits and risk factors of beginning an exercise program.*
**William G. Rohrer Cancer Genetics Program Online Resources**

The William G. Rohrer Cancer Genetics Program offers hereditary cancer risk assessment, genetic counseling, and genetic testing by a team of specialized physicians, nurses and genetic counselors.

Our program has a variety of information and materials available online so anyone can learn more about the cancer genetic consultation process, hereditary cancer risk, and genetic testing.

**Video to view:** What you need to know about hereditary cancer and genetic testing (15 minutes)

**Documents to read:**
- Genetic counseling referral information
- Hereditary cancer and multi-gene testing
- Hereditary breast cancer
- Hereditary colorectal cancer
- Hereditary ovarian cancer
- Hereditary prostate cancer
- Hereditary pancreatic cancer
- Hereditary uterine cancer
- Lynch syndrome

**To access these resources visit:** cooperhealth.org/services/cancer-genetics-program

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**Survivorship Educational Video Series**

*Presented by the Wellness After Cancer Survivorship Program*

Our Survivorship team hosts monthly webinars designed to provide cancer survivors with the tools to navigate and manage the effects of their cancer and cancer treatment.

The webinars are live events led by experts from MD Anderson at Cooper and are recorded and shared on the CooperTV YouTube channel. Look for email invitations to the live events, and check out the CooperTV channel on YouTube to view our library of videos at any time.

**Topics include:**
- Introduction to Survivorship
- Chemo Brain
- Lymphedema
- Fatigue and Insomnia
- Faith and Coping
- Bone Health
- Managing Neuropathy
- Nutrition and Healthy Eating
- Use of Supplements

If you are interested in more information, please contact Roxanne Berger, LPN, Clinical Program Coordinator, **Wellness After Cancer Survivorship Program** at **856-968-7091** or email at berger-roxanne@cooperhealth.edu

Visit the **CooperTV** YouTube channel to view the recorded webinars and other informative videos.