Living Healthy During & After Treatment: Body, Mind, & Spirit

Please join The Leukemia & Lymphoma Society (LLS) for an educational program intended for Hodgkin and non-Hodgkin Lymphoma patients and survivors. Whether you were diagnosed yesterday or 30 years ago, this program will address the lasting effects of your treatment and provide you with a strategy to advocate for yourself in a changing healthcare environment.

Topics/Presenters

Update on Hodgkin and Non-Hodgkin Lymphoma
Jason Kaplan, MD – Lurie Cancer Center/ Northwestern Medicine

Heart Health
Nausheen Akhter, MD Northwestern Medicine

Treatment Survivorship Care Plan
Tara Henderson, MD – University of Chicago
Karen Kinahan, DNP, APN, FNP-BC
Lurie Cancer Center/ Northwestern Medicine

Breakout Sessions

Exercise & Nutrition
Amanda Woods, MS, ACSM/ACS CET, ACSM HFS - Wellness House
Angela Denison, RD, LDN - Wellness House

Mental Health: Kelly Kramer, RN, MSN, CPON, CPNP- University of Chicago

Yoga & Guided Imagery: Cecily Hunt- RYT and Janine Gauthier, PhD- Life Reset Solutions

Location
Wellness House
131 N County Line Rd
Hinsdale, IL 60521

Co-Chairs
Tara Henderson, MD
Childhood Cancer Survivors Center
University of Chicago Medicine

Karen Kinahan, DNP, APN, FNP-BC
Cancer Survivorship Institute
Robert H. Lurie Comprehensive Cancer Center of Northwestern University

Pre-registration for this free program is required.

To register, please visit
https://tiny.cc/livinghealthy2017
or contact Kristi Anys at 312-568-7728.

For more information or for assistance for people with disabilities or grievances, please contact:
Kristi Anys at 312-568-7728 or kristi.anys@lls.org

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Saturday
April 8, 2017
8:30am - 12:45pm

Complimentary breakfast and lunch will be provided.

Register Today!

www.lls.org/il • 312.568.7728