

New Beginnings

Lunch & Learn Workshops

Join us at anytime

**Held 1st Wednesday
of the month**

Noon

**Texas Oncology-
Allison Cancer Center
400 Rosalind Redfern Grover
Pkwy Suite 100**

Free lunch provided

2017 Lunch & Learn Dates:

3/1: This happened to me; Sharing your sacred story-Bridget Hyde
4/5: Spiritual Comfort - Janna Boyd
5/3: Financial Wellness I: Financial Stability-Liz Baiza BEDC
6/7: Financial Wellness II: How credit affects your life-Liz Baiza BEDC
7/5: Nutrition: Eating well through cancer -Midland Health
8/2: Navigating the system: Resources & Help-Sandra Saenz
9/6: Palliative & Advanced care planning-Betsy Repman Midland Health
10/4: Physical Health - Aimee Tittlemier
11/1: Nutrition: Eating well through the holidays-Midland Health
12/6: Wellbeing of the Mind-Susie Marquez, MS, LPC— S Texas Tech Physicians



Lets walk down that path together.

With your cancer diagnosis comes the unknown. There is no reason to be alone during this time of your life. We are here to help you through this new journey by providing support and information.

“Focusing on your body, mind and spirit as a whole.”

“New Beginnings” is here for you regardless of the type of cancer you have. Our Lunch & Learn workshops are open to anyone. They are aimed at providing support and information on self care and coping with cancer. A free lunch will be provided.

PLEASE COME AND JOIN US!!

Newly diagnosed cancer patients, cancer survivors, caregivers and family members are all welcome.

**For more information please call Gifts of Hope at 432-218-8714
or email at info@giftsofhopemidland.org**

Please RSVP for lunch

