

## Circle of Hope Cancer Support

## What are a Few Things I'll Learn?

- ★ Cancer Survivor to Can-serve-ivor
- De-stress from Distress
- Nutrition/Supplements
- Fitness/Movement/Yoga
- ★ Meditation/Mantras
- Relaxation Techniques
- ★ Wellness
- **★** Family/Friends
- **★** Communication
- **★** Mindset

- **★** Forgiveness
- **★** Collaboration
- **★** Legacy
- \* Relationships
- Body Image
- Work & Life Balance
- **★** Surviving & Thriving
- New Normal
- **Intimacy**
- ★ Grief

## **What Does Being a Member Look Like?**

- Join us no matter what phase of this journey you are on
- No contract; stay as long as you'd like & leave when you feel complete
- Cancel with no penalty (other than you'll miss us!)
- Patients, Caregivers, Families & Practitioners... all Welcome!
- Get 2 Memberships for the price of 1 membership
- You can be anonymous or interactive
- Daily access to new information, resources & connections (live & archived)
- Motivational text messages & email reminders
- Monthly Membership

To sign up, visit www.CircleofHopeCancerSupport.com to become a member today!