



# PRESS RELEASE

August 2, 2018

Contact: Alison Jerreld  
(904) 880-5522  
[alison@ackermancancer.com](mailto:alison@ackermancancer.com)

## Take Control of Your Post-Cancer Life at “What Now? Lifestyle Beyond Cancer”

*Free Support Program for Cancer Survivors at St. Vincent’s Medical Center Riverside*

Jacksonville, FL – Ackerman Cancer Center and the Wellness Working Group are excited to announce “What Now? Lifestyle Beyond Cancer,” a four-part cancer survivorship program held at St. Vincent’s Medical Center Riverside.

When cancer treatment is over, many patients wonder what they should do next. Each 90-minute session in this program will provide you with a practical and evidence-based understanding about how to build a healthy, sustainable, and individualized lifestyle to reduce risk of cancer recurrence and take control of your health.

Sessions will be held in the Mary Virginia Terry Cancer Center at 1 Shircliff Way, Jacksonville, Florida, 32204. Light lunch will be provided.

<b>Session 1: August 16<sup>th</sup></b> <ul style="list-style-type: none"><li>• What is the Cancer Terrain?</li><li>• Stress, Mindfulness &amp; The Cancer Connection</li></ul>	<b>Session 3: August 30<sup>th</sup></b> <ul style="list-style-type: none"><li>• Physical Exercise: Powerful Medicine</li><li>• Body Composition: It’s Not Just About Heart Disease &amp; Diabetes</li><li>• Healthy Sleep: Neglected Medicine</li></ul>
<b>Session 2: August 23<sup>rd</sup></b> <ul style="list-style-type: none"><li>• Building an Anti-Cancer Diet</li></ul>	<b>Session 4: September 6<sup>th</sup></b> <ul style="list-style-type: none"><li>• Environmental Medicine &amp; Detoxification: Staying Clean in a Dirty World</li><li>• Tips for Making Meaningful Change</li><li>• Tying It All Together: How to Make Your Lifestyle Work for You</li></ul>

This program is available to all cancer survivors in the Northeast Florida community. Space is limited and registration is required. Please call Ackerman Cancer Center at (904) 880-5522 to reserve your space.

###

### About Ackerman Cancer Center

Ackerman Cancer Center’s mission is to be the first resource where patients turn when diagnosed with any type of cancer. Ackerman Cancer Center provides the most advanced radiation oncology treatment available, including proton therapy, in a compassionate and respectful environment. A highly trained staff of radiation oncologists and medical professionals provide convenient access of care at three locations across Northeast Florida. Learn more at [www.ackermancancercenter.com](http://www.ackermancancercenter.com).

### About The Wellness Working Group

The Wellness Working Group helps patients integrate safe and effective natural medicine into your overall treatment plan, whether you have been diagnosed with cancer or another complex chronic disease. Todd Robinson, ND holds a doctorate in naturopathic medicine from Bastyr University and completed a specialty rotation in integrative cancer care at the Bastyr Center for Natural Health. Learn more at [www.wellnessworkinggroup.com](http://www.wellnessworkinggroup.com).