



Please join us for an online presentation
and discussion in our
Lunch 'n Learn with the Doctors series:

LIFE AFTER CANCER: EXERCISE, NUTRITION, MENTAL HEALTH AND MORE

**Friday, December 4, 2020
12:00pm to 1:00pm**

In this multidisciplinary talk conducted virtually, Ellen Ronnen, MD with Betsy Dubov, RD, MS and Katherine Schaible, MSW, LSW will conduct a comprehensive review of maintaining a healthy life after cancer. Topics include:

- The role of survivorship visits in post-chemotherapy care
- Exercise recommendations after completing chemotherapy
- Importance of post chemotherapy appointments to monitor for recurrence
- Tips on healthy eating after chemotherapy
- How to optimize one's mental health after completing cancer treatment

To join us for this **Lunch 'n Learn with the Doctors** presentation, all you need is an Internet connection and a smartphone, tablet or computer. Go to **ebpl.org/calendar** to reserve your spot. Once you register, we'll send you the link and instructions for this presentation and discussion.

PRESENTED BY:



BETSY R. DUBOV RD, MS
Registered Dietician
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