



...helping you navigate cancer survivorship

Resources

Topic: Complementary and Alternative Medicine (CAM) and Cancer: Show Me the Proof!

Date: February 22, 2017

Presenter: Rita Abdallah LISW-S, LCSW-C, ACSW

Today's presenter

Do you have questions about this presentation? Here's how to contact Rita Abdallah.

<http://www.ritaabdallah.com/contact-rita/>

Triage Cancer

Do you have questions, feedback or discussion topics for Triage Cancer?

<http://tragecancer.org/contact-us>

Comprehensive Wellness Plan

Create a comprehensive wellness plan with the help of this website.

http://www.wikihow.com/Create-aWellnessPlan-Setting_Up_and_Following_a_Wellness_Plan_sub

CAM Research and Recommendations

Find detailed information about complementary approaches at the National Cancer Institute website.

<https://www.cancer.gov/publications/pdq/information-summaries/cam>

Talking about Complementary and Alternative Medicine with Health Care Providers:

Get your free workbook for immediate download – includes tips, worksheets, glossary and resources.

https://cam.cancer.gov/docs/workbook/talking_about_cam_workbook.pdf

LiveStrong and YMCA

Find out if your local YMCA offers free/low cost fitness programs for those in active cancer treatment.

<https://www.livestrong.org/what-we-do/program/livestrong-at-the-ymca>

CAM and Cancer Workshop

Interested in attending a workshop on CAM and cancer?

<http://annieappleseedproject.org/events/cancer-therapies-conference/>

Register for the next Triage Cancer Webinar: March 22, 2017

Topic: Building a Stronger Relationship With Your Partner After a Cancer Diagnosis

<https://www.anymeeting.com/AccountManager/RegEv.aspx?PIID=EC57DA83884C3D>