

# Panic to Powerful

## Cancer Supportive Care Program

A cancer diagnosis often creates an overwhelming panic for patients, survivors and caregivers. The Panic to Powerful workshop introduces you to Cancer Journey tools to support shifting out of panic into personal self-empowerment. With Cancer Journey's S.L.A.M.S. model and the Cancer Journey Roadmap, learn to identify where you are now and where you want to go to reclaim your sense of well-being.

### Registration required.

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<b>Dates:</b>	March 27, 2019
<b>Time:</b>	6:00 pm – 8:30 pm
<b>Location:</b>	Redwood City Downtown Library 1044 Middlefield Road, Community Room Redwood City, CA
<b>Presenter:</b>	Nina Weil Certified Cancer Journey Coach Certified Healing Touch Practitioner
<b>To register:</b>	Call 650-725-9456
<b>Website:</b>	<a href="http://www.stanfordhealthcare.org/cancersupportivecare">www.stanfordhealthcare.org/cancersupportivecare</a>

*The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all cancer patients regardless of where they receive their care.*



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