Cancer: Exploring Your Path

Sept. 6 - Introductions, overview, Attitude, fear, loss of control, vulnerability, grief Ch. 1, 2, 3
Sept. 13 - If you are a friend or loved one - what helps, what doesn’t, Ch. 5
Sept. 20 - guest, David Swanson - Soul matters, Ch. 7, 18
Sept. 27 - guest, David Swanson - Breaking news, clinical trials, palliative care, hospice, C. 25, 26, 30
Oct. 4 - General good health, four components of wellness, new beginnings, Ch. 8, 20, 23, 27
Oct. 11 - Logistics, being a good patient, red tape Ch. 9, 10, 11
Oct. 18 - guest, Joseph Matthews - Surgery, missing parts, accommodations, Ch. 12, 13
Oct. 25 - Chemotherapy and hair loss, Ch. 14, 15
Nov. 1 - Radiation therapy, Ch. 16
Nov. 8 - Complementary care, Ch. 17, 24
Nov. 15 - Family and social issues, children, spouse, honesty, self-protection, Ch. 4, 6
Nov. 22 - The journey progresses: NED, recurrences, long-term effects, legacy, Ch. 19, 21, 22, 28, 29
Nov. 29 - Thanksgiving break - no class
Dec. 6 - Care receiving and caregiver love, Ch. 31, 32
Dec. 13 - Wrap up, bibliography, Survival Kit, comment forms, Ch. 33

Cancer can be an emotional topic. Not every discussion will be timely or applicable to each class member. You are invited to come to the classes that are helpful for you and to not attend others.