

What Are the Advantages of Participating in A Time to Heal?

PEOPLE WHO PARTICIPATE RECEIVE HELPFUL information about healing, training in coping skills such as relaxation, and opportunities to ask questions and share insights with the facilitators, expert faculty and other survivors. As a result, they may feel better emotionally and physically. People who have completed the program in the past say they have greater satisfaction with life and stronger feelings of well being.

Are There Disadvantages of Participating in A Time to Heal?

NO SERIOUS DISADVANTAGES ARE ANTICIPATED. It is possible to hurt yourself during gentle exercising, but every precaution will be taken to prevent that. Some participants can become upset talking about topics related to cancer. To guard against undue stress, the group will be led by trained medical and mental health professionals, and no participant is forced to take part in discussions.



Carolyn Ettinger, MA, LMHP and Marchell Benes, LBSW, are the facilitators for the A Time to Heal program in Council Bluffs.

Developed in part with funding from
The Lance Armstrong Foundation
www.LiveStrong.org

A Time to Heal is a 501(c)(3) nonprofit organization.

Giving You Access to the Tools You Need to Be Well



The founders of this program are Dr. Stephanie Koraleski (left) and Dr. Kay Ryan. Stephanie is a psychologist at a cancer center and the daughter of a cancer survivor. Kay Ryan, a nurse, is a speaker and trainer and a breast cancer survivor. They are both very familiar with the side effects and after effects of cancer treatment.

Studying the research on cancer survivors has shown that people who have information, who make healthy choices, and who feel able to make a difference in their own lives can do very well after treatment. *A Time to Heal* gives you access to the tools you need to be well after cancer.

***A Time to Heal* will be offered in Council Bluffs on:
TUESDAYS
August 31—November 16
5:30—8:30 p.m.
at Alegent Health
Mercy Hospital**

* * * * *

For enrollment or information, contact:
**Carolyn Ettinger
Wings of Hope Cancer Support Center
712/325-8970
carolyn@wingsofhope.org**

www.MyTimeToHeal.org

A Time to Heal

A 12-WEEK PROGRAM

designed to help men and women

regain physical, emotional,

intellectual, psychological

and spiritual health after

undergoing treatment for cancer.

A Time to Heal

A Time to Heal IS A 12-WEEK HOLISTIC REHABILITATION PROGRAM designed to help

Research and experience have shown that the individual components of A Time to Heal make a positive difference in the well being of cancer survivors.

people regain their physical, emotional and spiritual health after cancer treatment.



WHY IS THIS ESSENTIAL?

Like someone undergoing cardiac

Participating in A Time to Heal may help you to not only survive, but thrive after cancer treatment.

rehab after a heart attack, a person deserves help in recovering from cancer, too.



If you've completed treatment for cancer, we invite you to participate.

Questions About A Time to Heal

WHO CAN PARTICIPATE?

Men and women who have completed surgery and chemotherapy and/or radiation for a first diagnosis of cancer are eligible. People with additional serious health issues may not be eligible. Each participant may bring a family member or friend to participate.



HOW CAN I PARTICIPATE?

- Regular participation is important to get the full benefit—you need to be able to commit to attending at least 10 of the 12 sessions of *A Time to Heal*.
- You will be asked to complete a short interview prior to enrolling to get more information and to let the facilitators get to know you.
- You'll be asked to fill out some research questionnaires so the trainers can evaluate whether the program is meeting its goals. Your participation may help not only you, but other survivors who will benefit from the research findings.

WHAT DOES IT COST?

The Council Bluffs A Time to Heal is free to participants thanks to generous funding from:

- Lance Armstrong Foundation,
- Jewish Federation of Omaha Foundation,
- Wings of Hope Cancer Support Center, &
- Alegent Health Mercy Hospital.

WHAT DOES THE PROGRAM INVOLVE?

- Groups meet for about three hours a week.
- Each week, the session begins with the gentle stretching designed to promote flexibility, clear thinking, and strength.
- Weekly instruction will include topics such as nutrition, coping, relationships, relaxation, spirituality, sexual functioning, happiness, and mental attitude.
- The group discusses the information together and people work individually by journaling.
- Participants learn and practice relaxation techniques.
- Each session ends with affirmations and intentions.
- People who complete at least 10 of the 12 sessions will "graduate."
- Each participant is free to quit the group at any time.



