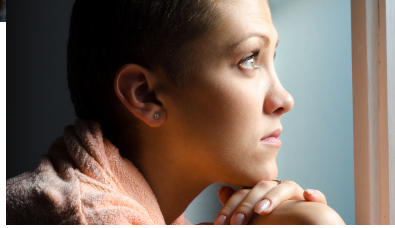


# De-Stress the Holidays for Cancer Survivors & Caregivers

Saturday, November 2, 2024 | 10:00 - 11:30 a.m.

**In-Person or Virtual**



**Experience self care and gain techniques to create peaceful, harmonious family gatherings and holiday seasons.**



## **ThriveOn**

**2153 N. Doctor M.L.K. Jr Dr, 53212**

**Presented By**

Medical College of Wisconsin Cancer Center  
Office of Community Outreach and Engagement

**Featuring**

**Lyndsey Wallace, PsyD, ABPP**

Associate Professor, Dept. of Psychiatry &  
Behavioral Medicine, Medical College of Wisconsin

**Register by October 29th**

Please register by email or QR code  
whether attending in-person or virtually.



Contact: **Melanie Burns** Community  
Program Coordinator  
(414) 955 - 8812 | [mburns@mcw.edu](mailto:mburns@mcw.edu)

## **You'll Learn About**

- **Good stress, bad stress, and the impact on our minds and bodies**
- **Breathing techniques**
- **Creating boundaries, managing expectations, and re-framing the story**

**And Have Fun!**