

Just Not the Same

A New Day – A New Norm

An interactive workshop designed to help women live well when facing a cancer diagnosis.

Saturday, September 24, 2016

9:00 – Noon

CHD Cancer House of Hope
1999 Westfield Street
West Springfield, MA 01089



This workshop will outline approaches for female cancer patients and survivors to enhance your daily lives and live well. We engage the group on the emotional, physical, spiritual and financial aspects of your experiences. Through music, laughter and writing, we encourage participants to create your own vision for the future; and we invite you to explore aspects of your disease that can serve as tools for learning and growth. Participants will receive a musical and photographic book inspired by cancer survivors; an inspirational book of humor; and an interactive workbook that supports the themes of the workshop.

Cindy Sheridan Murphy, a survivor/thriver of breast cancer, uses her experience as an empowerment coach to support others through her messages of the mindset of hope. Cindy joins forces with Debra Lynn Alt, a songstress and writer, as they share music, laughter and writing to guide survivors to create their own vision for the future.

SPECIAL GUEST

Eileen A. Kaplan is a breast cancer awareness expert, an author, a speaker and a humorist. Her book, *Laughter is the Breast Medicine*, uses humor to engage hundreds of women who are going through the tough diagnosis of breast cancer. She uses laughter when facing challenges in her own life, whether it is a life-changing one or a medical diagnosis.



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