



# Cancer Survivorship Education Series

WellSpan Health is offering virtual education to help survivors better understand life and their bodies after cancer treatment. The sessions also provide the opportunity for discussion and sharing with other cancer survivors.

**May 30, 2 – 3 p.m. EST**

**Life After Cancer Treatment**

**Description:** Session will address struggles associated with the transition to a new way of life after treatment and coping skills for taking care of your mind and body.

**Presenters:**

Jennifer Iturmendi-Murray, MSW, LCSW, OSW-C  
Emily Schini, MSW, LCSW

**August 26, 6 – 7 p.m. EST**

**Empowering Intimacy and Fertility: Navigating Sexual Health and Cancer**

**Description:** Presentation will look at the impact of cancer treatment on fertility, sexual dysfunction, and intimacy for premenopausal and menopausal women. It will provide education on reproductive options, common challenges, and the role of sexual therapy and enhancing sexual well-being and quality of life.

**Presenters:**

Kelsey Steele, PsyD (she/her)  
Taasha Guillemette, DNP, CRNP, MSCP

**September 24, Noon – 1 p.m. EST**

**The Importance of Integrative Care During and After Oncology Treatment**

**Description:** Presentation will cover the benefits of integrating conventional care (i.e., physical therapy) with complementary and alternative care (i.e., massage therapy, Reiki and yoga) for those undergoing active treatment, as well as for survivorship care.

**Presenters:**

Kimberly Fisk, LMT  
Samia Mara Lemos De Abreu, LMT, Certified  
Yoga Instructor  
Laura Schmitt, PT (specialty in lymphedema)

**October 9, 2 – 3 p.m. EST**

**Spiritual Fitness**

**Description:** Learn more about how having a clear sense of meaning and purpose in your life can contribute to your overall health and wellbeing.

**Presenter:**

Mary Ligon, MDiv, PhD, BCC



**Register at [WellSpan.org/Events](https://www.wellspan.org/events)**

Search by Keyword: Cancer Survivorship

A Zoom meeting link will be sent to individuals who register.

For questions, call 717-217-6034.