

DR. ALMEIDA OFFERS A SPECIAL WORKSHOP FOR YOU

WHAT'S NEXT FOR MY LIFE?™ End of Treatment Workshop for Cancer Patients and Survivors

When the roller coaster emotions of cancer treatment end, many survivors wonder "what's next for my life?" Many times, after fighting the disease (surgeries, chemotherapy, etc.) cancer survivors who are ending treatment wonder about things like:

**What if the cancer comes back?
What should I do next?
When will I feel normal again?
How can I feel happier going forward?**

Dr. Almeida wants you be able to learn more about these normal and natural feelings. She has arranged this workshop to support your healing and quality of life as you go forward. The workshop is facilitated by Paula Holland De Long, a cancer survivor too.

Date: Saturday, September 25, 2010

Time: 9 am to 3 pm (registration begins at 8:30 am)

Location: Dr. Almeida's office, 4855 W. Hillsboro Blvd., #B-13

Cost: \$79 per person.

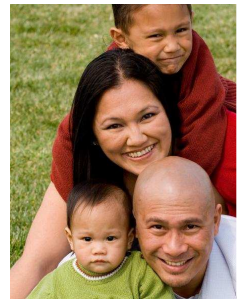
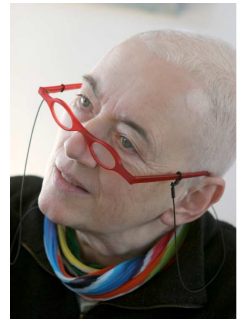
Registration: RSVP required. Call 954-565-6894.

During the workshop you will:

- Reconnect with the things that matter most to you
- Gain tools to manage your emotions
- Learn to communicate with the people you love
- Find out what to expect as you go forward

"The course made me think deeply and put things back in perspective. I know now that I have the ability to get all of this into perspective and really be happy. Thank you for helping me see beyond the darkness," - Kathy D., June 2010

"The thing I liked best was the realization that we aren't victims of cancer and life, but have the tools to revive and pursue our passions." - Jane, July 2008



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