

# Boost the Odds: Healthy Lifestyle Workshop for Cancer Survivors

Stress Reduction, Physical Activity, Sleep, Rest, Play,  
Laughter and Creative Expression

**Saturday, 9/28/13**

**Dr. Mariusz Wirga, Medical Director** of PsychoSocial Oncology at MemorialCare Todd Cancer  
Institute at Long Beach Memorial

Co-facilitated with **Erin Sommerville, Mind-Body Oncology Coach** at MemorialCare Todd  
Cancer Institute at Long Beach Memorial

Most of us know what a healthy lifestyle is and what is not. And many of us tried to make these changes, making and breaking many New Year's resolutions. Some of us put a lot of effort and even spent a lot of money on these changes only to be found in the same spot as before (and sometimes with a few additional pounds or inches around our waistlines and more feelings of frustration and discouragement).

**How about learning an effortless and fail-proof healthy lifestyle?!!!!  
How about finally experiencing JOY of healthy lifestyle?!!!!**

In this 4-hour intensive but **fun** workshop, participants will learn practical skills to make healthy choices and how to turn them into healthy lifestyle habits that come effortlessly. Participants will learn about the most modern science in creating healthy habits, replacing the unhealthy ones and making the healthy ones stick.

*\*\*\*All workshop participants will be eligible for a \$50 discount for room and board at the Beat the Odds Residential Retreat October 20-25<sup>th</sup> More info on our blog: <http://www.beat-the-odds.org/blog/> \*\*\**

**Date/Time:** Saturday, 09/28/2013  
9:00 AM to 1:00 PM

**Location:** Miller Children's Pavilion  
2801 Atlantic Ave., Long Beach 90806

**Room/Space:** Conference Room A (1&2)

**Cost:** Free & parking is validated

**RSVP:** [cgotz@memorialcare.org](mailto:cgotz@memorialcare.org) OR 562-933-1867



Long Beach Memorial

2810 Long Beach Blvd.  
Long Beach, CA 90806  
Phone: 562-933-0900

[memorialcare.org/cancer](http://memorialcare.org/cancer)