

Beat the Odds®

A Comprehensive Cancer Survivorship Program for patients and family members now offered at the MemorialCare Todd Cancer Institute

Beginning Thursday February 28th 9:30 am – Noon

The Beat the Odds® program consists of 10 weekly 2 ½ hour classes, focused on practical ways of dealing with various aspects of cancer and its treatment: increasing energy, reducing stress/worry (and other negative emotions), strengthening healthy hope, bringing more healing joy to your life, improving communication and support system in the family, effectively managing symptoms (pain, nausea, fatigue,), and promoting healthy lifestyle.

The program is free for both the patient and the primary support person(s) but registration requires a commitment to participate in all 10 weekly classes.

When: Thursdays, 9:30 a.m. to Noon

Where: Adjacent to Long Beach Memorial - Location to be given at time of registration

R.S.V.P.: For more information and to register contact –

Erin Sommerville, Oncology Life Coach

Phone: 562-933-0683 or eMail: esommerville@memorialcare.org

www.Beat-the-Odds.org

Our program will help you to:

- Boost your immune system • Feel stronger • Reduce stress, pain and side effects
- Feel calmer before treatments or surgery • Recover faster

And most importantly – strengthen your healthy hope!



Beat the Odds® program was created by Dr Mariusz Wirga based on the pioneering work of the late Dr O. Carl Simonton. Dr Wirga and Erin Sommerville have combined experience of over 50 years working closely with Dr Simonton.



Long Beach Memorial

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