



Cancer Chats

Building Hope Through Knowledge

Bring your lunch, we'll provide drinks. Current patients, survivors and loved ones welcome.

Cancer, Diet and Nutrition

Learn how nutrition can provide lifetime health benefits.

January 8 • noon - 1 p.m.

NCMC: Caroline Kilpatrick, MS, RDN

MMC: Elizabeth Bracken RDN

Stress Management and Self Care

Managing stress and taking care of yourself are essential parts of your health and recovery.

January 15 • noon - 1 p.m.

NCMC: Bethany Wiley, MPH, RYT

MMC: Hailey Peterman, RYT

Life after Treatment

Managing expectations moving onward.

January 22 • noon - 1 p.m.

NCMC: Kristi Shaffer, LCSW

MMC: Heather Hester, LCSW

Exercise and Cancer

Explore the benefits, precautions, and importance of staying active during and after cancer treatment.

January 29 • noon - 1 p.m.

NCMC: Bethany Wiley, MPH, RYT

MMC: Hailey Peterman, RYT

Banner MD Anderson Cancer Center at North Colorado Medical Center

Cancer Center Conference Room

1801 16th Street • Greeley, CO 80631

Northeast entrance, follow signs to the Cancer Center

Contact: Kristi Shaffer, LCSW • 970-810-6683

Banner MD Anderson Cancer Center at McKee Medical Center

Cancer Center Conference Room

2000 Boise Avenue • Loveland, CO 80538

Follow the signs to the Cancer Center

Contact: Heather Hester, LCSW • 970-820-4129

 **Banner**[®]

MDAnderson
~~Cancer Center~~

at North Colorado Medical Center
and McKee Medical Center