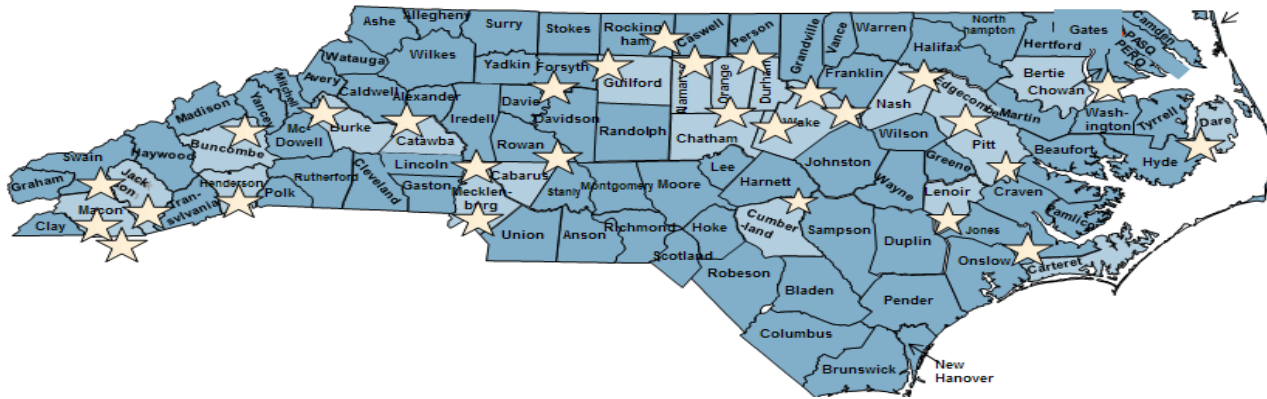


# Cancer Transitions: Moving Beyond Treatment Across NC: Fall 2017

Cancer Transitions is a free program that runs for 4 weeks. Each weekly session lasts for 2 - 2 1/2 hours and includes information on nutrition, exercise, coping with stress, and medical care, plus delicious healthy snacks. This program is open to cancer patients who have completed treatment and their loved ones. Find the location nearest to you, note the starting date and time, and contact the group leader.



<p><b>ASHEVILLE:</b> Tuesdays 10/03/17-10/31/2017 5-7:30pm at SECU Cancer Center, Mission Hospital. Carol Logan-Thompson 828-213-2504; <a href="mailto:carol.thompson@msj.org">carol.thompson@msj.org</a></p>	<p><b>KINSTON:</b> UNC Lenoir Health Care Wellness Center. Contact Meghan Evans, 252- 522-7600 ext. 3207 or email at <a href="mailto:mevans@lenoir.org">mevans@lenoir.org</a></p>
<p><b>BURLINGTON/GREENSBORO:</b> Cone Health Cancer Center at Alamance Regional: Sandy Hess 336-586-3853 or <a href="mailto:sandy.hess@conehealth.com">sandy.hess@conehealth.com</a></p>	<p><b>HENDERSONVILLE:</b> Thursdays 09/21/17-10/19/17 5:30-7:30 at YMCA with Journey to be FREE. Cathy Desfosses at 828-771-0885 or <a href="mailto:Catdesfosses@charter.net">Catdesfosses@charter.net</a></p>
<p><b>CHAPEL HILL:</b> Tuesdays 9/05/17 -9/26/2017 1:30pm-3:30pm at UNC Wellness-Meadowmont: Jen Hanspal 984-974-8100 or <a href="mailto:jhanspal@unch.unc.edu">jhanspal@unch.unc.edu</a></p>	<p><b>MOREHEAD CITY:</b> Thursdays 10/5/17-10/26/17 5-7:30pm Carteret Health Care. Gail Russell at 252-499-6642 <a href="mailto:grussel@ccgh.org">grussel@ccgh.org</a></p>
<p><b>CHAPEL HILL (SPANISH)</b> at SECU House: Claudia Rojas at 984-974-5800 or <a href="mailto:claudia_rojas@med.unc.edu">claudia_rojas@med.unc.edu</a></p>	<p><b>NAGS HEAD:</b> Outer Banks Hospital. Wednesdays 10/25/2017-11/15/17 5-7:30pm Marie Neilson at 252- 449-4554 or <a href="mailto:Marie.Neilson@theobh.com">Marie.Neilson@theobh.com</a></p>
<p><b>CHARLOTTE:</b> Novant Health Buddy Kemp Cancer Support Center. Debbie Johnson at 704-384-9497 or <a href="mailto:deborah.johnson@novanthealth.org">deborah.johnson@novanthealth.org</a></p>	<p><b>NEW BERN:</b> Mondays 10/16/2017-11/6/2017 Coastal Carolina Health Care, New Bern Cancer Care. Kim Hess at 252- 636-5135 or <a href="mailto:khess@cchealthcare.com">khess@cchealthcare.com</a></p>
<p><b>CHARLOTTE (SPANISH)</b> Carolinas Healthcare: Magbis Love at 980-442-6362; <a href="mailto:magbis.love@carolinashealthcare.org">magbis.love@carolinashealthcare.org</a></p>	<p><b>RALEIGH: DUKE RALEIGH.</b> Sandra Sonessa at <a href="mailto:sandra.sonessa@duke.edu">sandra.sonessa@duke.edu</a> or 919-862-5422</p>
<p><b>CONCORD:</b> at Levine Cancer Institute. Bryan Klutz at <a href="mailto:bryan.klutz@carolinashealthcare.org">bryan.klutz@carolinashealthcare.org</a></p>	<p><b>RALEIGH: UNC-REX.</b> Thursdays 9/21/2017-10/12/2017 5-7:30pm Loreal Massiah 919-784-6120/ <a href="mailto:loreal.massiah@unchealth.unc.edu">loreal.massiah@unchealth.unc.edu</a></p>
<p><b>DURHAM:</b> Mondays 10/16/17-11/6/17 at <b>Duke Cancer Institute's Duke Integrative Medicine Building, Duke Center for Living Campus, 3475 Erwin Road.</b> Contact: Valarie Worthy at 919- 613-6492 or <a href="mailto:valarie.worthy@duke.edu">valarie.worthy@duke.edu</a></p>	<p><b>ROCKY MOUNT:</b> Thursdays 9/7/2017-9/28/2017 5-7:30pm at Nash Cancer Center. Delphine Wiggins at 252- 962-8908 or <a href="mailto:dcwiggins@nhcs.org">dcwiggins@nhcs.org</a>.</p>
<p><b>EDENTON:</b> Tuesdays, Nov. 5<sup>th</sup>, 7<sup>th</sup>, 14<sup>th</sup>, 25<sup>th</sup>, &amp; Dec. 5<sup>th</sup>. Vidant Chowan Hospital. Liza White at 252-482-6242 or <a href="mailto:Liza.White@Vidanthealth.com">Liza.White@Vidanthealth.com</a></p>	<p><b>SPRUCE PINE:</b> Wednesdays 10/4/2017-10/25/2017 at Cancer Care of Western North Carolina. Debbie Crain at 828- 253-4262 X 3380 or <a href="mailto:deb-biec@cancercareofwnc.com">deb-biec@cancercareofwnc.com</a></p>
<p><b>FRANKLIN:</b> Thursdays 10/2/17-11/2/17 Cancer Care of Western North Carolina. Rachel Thelen at <a href="mailto:rthelenfp@gmail.com">rthelenfp@gmail.com</a> or 828-253-4262</p>	<p><b>SYLVA:</b> Fridays 9/8/17-9/29/17 1-3:30pm at Harris Regional Hospital. Sherri Watterson at 813-713-0609 or <a href="mailto:swatterson5@gmail.com">swatterson5@gmail.com</a></p>
<p><b>GARNER:</b> Tuesdays 10/24/17-11/14/17 4:30-7:00pm UNC Rex at Garner. Arqueta Lindsey 919- 250-5957 or <a href="mailto:arqueta.lindsey@unchealth.unc.edu">arqueta.lindsey@unchealth.unc.edu</a></p>	<p><b>WINSTON-SALEM:</b> Tuesdays 10/3/2017-10/24/2017 12:30-3:30 at Cancer Services Inc. Julie Lanford at 336- 760 9983 or <a href="mailto:julie.lanford@cancerservicesonline.org">julie.lanford@cancerservicesonline.org</a></p>
<p><b>GREENVILLE:</b> Thursdays 10/5/17-10/26/17 3-5pm Vidant Cancer Care. Jenny Higgins 252-847-7943 or <a href="mailto:Jennifer.higgins@vidanthealth.com">Jennifer.higgins@vidanthealth.com</a></p>	<p><b>WINSTON-SALEM (SPANISH):</b> Saturday Nov. 4<sup>th</sup>. daylong at Cancer Services Inc. Gloria Hall at 336- 760 9983 or <a href="mailto:gloria@cancerservicesonline.org">gloria@cancerservicesonline.org</a></p>
<p><b>HICKORY:</b> Frye Regional Medical Center. : Melissa Teague at 828- 315-5092 or <a href="mailto:Melissa.Teague@tenethealth.com">Melissa.Teague@tenethealth.com</a></p>	