



SHERIDAN  
MEMORIAL HOSPITAL  
Welch Cancer Center



## Monthly Survivorship Courses - 2021

*These courses are open to anyone free of charge, no reservations needed  
and are held on the first Wednesday of each month from 5:30 - 6:30 pm  
in the Welch Cancer Center Conference Room - 1585 West 5th Street  
Questions: call 307.674.6022*

August 4, 2021

Topic: **Managing Long-Term and Late Side Effects of Cancer Treatment**

What you will learn:

- The acute and chronic side effects of cancer treatment
- The difference between long-term and late side effects of cancer treatment
- Self-care strategies to help minimize or prevent the adverse side effects of cancer treatment
- How non-reporting of side effects can impact your cancer treatments

September 1, 2020

Topic: **Pain Management:  
Neuropathy and other Cancer-Related Pain Syndromes**

What you will learn:

- Common body systems affected by acute cancer pain and chronic cancer-related pain syndromes
- Common causes of cancer-related pain and the importance of reporting pain symptoms
- Recommended interventions for both acute and chronic cancer-related pain
- Pain signs and symptoms that warrant prompt assessment in cancer survivors

October 6, 2021

**Fighting Fatigue: Staying Active and Sleeping Well During and After Cancer Treatment**

What you will learn:

- What is cancer-related fatigue and how it differs from “tiredness”
- About the Oncology Nursing Society “Get Up, Get Moving” quality campaign
- The role of physical activity in the treatment and management of cancer-related fatigue
- Practical ways to incorporate physical activity into your cancer treatment plan using home-based exercise, skilled physical therapy, or local resources like LIVESTRONG at the YMCA