

# Giving Opportunities

## Opening New Doors of Hope



# Survivorship Programming

## Helping patients and families bridge the gap between cancer and life after treatment

Gilda's philosophy is that survivorship begins at the words "You have cancer." As more and more people survive and are living with cancer as chronic illness comprehensive and continuous services are needed to support patients during treatment and help them transition to life after treatment. After cancer diagnosis, "normal life" is redefined and finding a "new normal" becomes the challenge. Gilda's Club is looking to expand its services in this area and helps patients and families find their way through the emotional and physical aspects of this transition. New Programming to include:

### Survivorship Days, Mini-Retreats and Workshops

Topics include: nutrition, managing fear of recurrence, sexuality after cancer, exercise and tools for valued living after cancer.

**Full Program: \$20,000**

*(includes facilitators, materials and meals)*

**Multi-Day Program: \$10,000**

**Individual Day, Retreat or Workshop; \$4,500**

### Cancer Transitions



Cancer Transitions is a multi-week wellness program focused on helping cancer survivors learn about and practice skills to optimize their health, wellness and emotional well-being post treatment.

Using our specially designed tools and educational resources our members, patients and families will be able to set goals related to nutrition, physical activity, managing stress, sleeping well and promoting sexual, emotional and spiritual wellness after cancer treatment.

**Full Program: \$20,000**

*(includes facilitators, materials and meals)*

**Multi-Day Program: \$10,000**

**Individual Day, Retreat or Workshop; \$4,500**