

BREAST CANCER

Survivorship Series

Join our Integrative Oncologist, Dr. Heidi Rula, Ironwood Physicians
and the Supportive Care Services Team
for a virtual 12-week course that navigates Breast Cancer
Survivorship.

The wellness course addresses nutrition, healthy sleep habits, daily
movement, as well as stress management skills. The class is
centered around wellness education and involves a support group
component.

Online Every Wednesday, Starting 9/17/2025 to 12/10/2025
from 12-1pm

09/17 Session 1: Introduction with Dr. Heidi Rula

**09/24 Session 2: Coping with the Fear of Recurrence with Jodi
Puhalla, BSW**

Please select date to see more Information on our website.