

Let's get healthy in 2023!

The Lifestyle Medicine Program at the Mass General Cancer Center is hosting a free 7-part virtual series exploring strategies for staying well during the new year. All cancer survivors, thrivers, and those living with cancer are welcome to join! Caregivers and family members are also welcome.

Lifestyle medicine is the evidence-based practice of helping people adopt and sustain healthy behaviors to improve quality of life, mood, energy levels, and potentially cancer outcomes. Learn more at: massgeneral.org/cancer/lifestylemedicine



[The Greatest Wealth is Health: Healthy Goals for the New Year](#) - Wed, Jan. 25, 12-1 pm

Amy Comander, MD, Shalu Ramchandani, MD, Judy Levine and Maggie Plagge, Breast Cancer Thrivers

[Get Fit, Have Fun and Be Inspired with Exercise!](#) - Wed, Feb. 8, 12-1 pm

Loren Winters, NP, Christian Baglini, AGNP-BC, and Lynn Gray-Meltzer, PT

[Stock a Cancer-Fighting Pantry: Nutrition Tips & Tricks](#) - Wed, March 1, 12-1 pm

Carol Sullivan, MS, RD and Ashley Draviam, MS, RD

[Stress Busters! Tips for Managing Stress](#) - Wed, March 15, 12-1 pm

Rachel Millstein, PhD and April Hirschberg, MD

[You are not alone: The Importance of Social Connections](#) - Wed, March 29, 12-1 pm

Loren Winters, CNP, Nova Hodge, LICSW, and Ugne Aleknaite, CNP

[Strategies to Manage Substance Use](#) - Wed, April 12, 12-1 pm

Elyse Park, PhD, MPH, Joanna Streck, PhD, and Rachel Rosen, MS

["To sleep perchance to dream..."](#) - Wed, May 3, 12-1 pm

Stephanie Eisenstat, MD and Shirly Ramchandani, MD

**Click the link on the title
of each talk to register!**