

# Elevate Health, Well-being, and More: Thriving Together in 2024!

**The Lifestyle Medicine Program at the Mass General Cancer Center is hosting a free 6-part virtual series exploring strategies for boosting well-being in 2024.** All cancer survivors, thrivers, and those living with cancer are welcome to join! Caregivers and family members are also welcome.

The Lifestyle Medicine Program provides evidence-based, personalized consultations and group visits for any patient with cancer or a history of cancer who wants to improve their physical fitness, nutrition, quality of life or adopt or resume healthy lifestyle habits.

## [Spring Into Health](#)

Wed, April 24, 12-1 pm

*Amy Comander, MD, Shalu Ramchandani, MD*

## [Steps to Build Bone Health](#)

Wed, May 1, 12-1 pm

*Mitra McLarney, MD, Loren Winters, CNP, Carol Sullivan, MS, RD*

## [Road to Resilience: Lifestyle Medicine Tools Paving the Way for Anxiety Relief in Cancer](#)

Wed, May 15, 12-1 pm

*April Hirschberg, MD, Ugne Aleknaite, CNP*

## [Reclaiming Self: Navigating Identity and Body Image After a Cancer Diagnosis](#)

Wed, June 5, 12-1 pm

*Mitra McLarney, MD, Laura Petrillo, MD*

## [Clearing the Plate: Dispelling Nutrition Myths in Cancer Care](#)

Wed, June 12, 12-1 pm

*Ashley Draviam, MS, RD, Carol Sullivan, MS, RD, Shalu Ramchandani, MD*

## [Tired of Being Tired: Managing your Fatigue with Lifestyle Medicine](#)

Wed, September 4, 12-1 pm

*Stephanie Eisenstat, MD, Christian Baglini, CNP, Steve Wechsler, PT, DPT, PhD*

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