

L.A.N.D.

Living A New Day, A New Norm

with Cindy Sheridan Murphy, Certified Empowerment Coach, CEC, MP & Each Moment We're Alive's support team.



*Each
Moment
We're Alive*

Are you struggling with daily life activities since your cancer treatments ended?

Living a New Day, A New Norm – 8 Week Survivorship Program

EMWA – Living a New Day, A New Norm is a **FREE** guided program that offers you step-by-step processes, paired with knowledge and skills, to create positive outcomes for living a sustainable future of joy and freedom

You will receive **FREE** resources, including:

- Eight 90-minute sessions, small groups (10 people) for sharing ideas, challenges and struggles.
- A powerful “toolkit” that includes an EMWA – Living a New Day, A New Norm Guide AND action sheet journal for learning, application, and lifelong references **and much more!**

Objectives:

- Understanding your value as an individual outside of cancer survival and accepting support and services
- Moving beyond a disease that is no longer yours
- Creating personalized tools to help you feel less fatigued and more empowered
- Gaining confidence, courage, and resilience

Saturdays January 23-March 20, 2021

9:30 – 11:00 AM

**Results in Wellness
93 Springfield Rd
Westfield, MA 01085**

Contact

cindy@eachmomentwerealive.org

www.eachmomentwerealive.org

Cindy Sheridan Murphy - (413) 204-4682

when you feel like giving up,
look back at how far you've come.



be strong. stay on your path.
never stop going.