

L.A.N.D.

Living A New Day, A New Norm

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

ZOOM

EMWA Signature Program – L.A.N.D. Living A New Day

L.A.N.D. Living a New Day, A New Norm is a **FREE** guided 8-week survivorship 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

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



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

Monday Evenings

September 20 – November 1, 2021

6:00 PM – 7:30 PM

ONLINE via ZOOM

Contact

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