Cancer Education Series

MercyOne Des Moines Cancer Center offers a weekly educational series specifically for cancer patients and survivors to address cancer issues and their impact on various aspects of everyday living. Topics change weekly so check back with us often.

When:       Wednesday evenings 5:30-6:30 p.m.
Where:      This is a virtual meeting only
            Please click the link below to join the Zoom Webinar
            https://us02web.zoom.us/j/82965151416
Cost:       Free of charge / open to the public

Information: Cancer Center 515-643-5176

Upcoming Programs – July 2020

July 1  Staying Healthy During Travel – “Pre-Travel Health Consultation”
       Aneesa Afroze, MD, MPH, FACP, CTH, Infectious Disease Consultant
       MercyOne Pulmonary and Infectious Disease Clinic

July 8  How Scientists Study Diet and Cancer Relationships
       Ruth S. MacDonald, RD, PhD, Professor and Chair,
       Food Science and Human Nutrition, Iowa State University
       Crystal Tallman, MFCS, RD, CSO, LD, Oncology Dietitian, MercyOne Cancer Center

July 15 So… What is Music Therapy?
        Courtney Ihnen, MS, MT-BS, Board Certified Music Therapist and
        K-5 Music Educator for Des Moines Public Schools

July 22 Treating New Menopause Symptoms After Cancer Treatment
        Valerie Stratton, DO, NCMP, North American Certified Menopause Practitioner
        MercyOne Comfort Health Center for Women

July 29 Easing Into Exercise
        Carissa Rainey, ACE Certified Personal Trainer, Fitness Specialist
        MercyOne Health & Fitness Center

To look online at monthly schedule of events:
https://www.mercyone.org/desmoines/find-a-service-or-specialty/cancer-care/education-series

Selected podcasts of these programs are available at: https://aboveandbeyondcancer.org/