

# CANCER SURVIVORSHIP SERIES: THRIVING THROUGH AND BEYOND CANCER:

## Healing Through Humor



Our on-going survivorship series that educates, informs and empowers you to better manage your health and enhance your quality of life during and after cancer treatment.

**Who:** Shera Dubitsky, MEd, MA, Director of Navigation and Support Services at Sharsheret, will join us to talk about how laughter can help reduce pain, decrease stress-related hormones, and impact the healing process. Shera will discuss some of the findings of laugh therapy research, share anecdotes and offer resources and strategies that can help manage the cancer journey through laughter.

**When:** Tuesday, November 28, 2017, 6:00-7:30 p.m.

**Where:** The Valley Hospital's Blumenthal Cancer Center – Luckow Pavilion located at One Valley Health Plaza, Paramus, NJ (off Winters Avenue) in the 2nd Floor Conference Room

To register please call Brooke Laster, LCSW at 201-634-5787 or email her at [blaster@valleyhealth.com](mailto:blaster@valleyhealth.com).



Presented by:

**COMPREHENSIVE CANCER CARE**