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Day Kimball Healthcare Presents Cancer Survivorship Day

PUTNAM, CONNECTICUT – Day Kimball Healthcare, in collaboration with The Connecticut Challenge, presents Cancer Survivorship Day on Sunday, September 11, 2011. The event will take place at Quinebaug Valley Community College located at 742 Upper Maple Street in Danielson, Connecticut, from 8:00 a.m. – 4:00 p.m. This free event is open to cancer survivors and their caregivers to promote optimal living after having cancer treatment. The event features educational workshops, socializing with other survivors, hands-on complementary therapy treatments, and an uplifting presentation by Bernie Siegel, MD, an internationally recognized expert in the field of cancer treatment and complementary, holistic medicine.

Throughout the day, local healthcare providers will present on topics such as fitness and exercise, nutrition, stress management, early detection of cancer, work issues, lymphedema management, managing pain and neuropathy, restoring intimacy after treatment, legal issues, and coping with cancer.

Free hands-on therapies will be offered including healing touch, massage, reflexology, cranial sacral and other manual therapies, to survivors and their caregivers. Local cancer support organizations and professionals will provide information about their services at resource tables throughout the conference area. The Lilly Oncology on Canvas(SM) exhibit, a select collection of art work by cancer patients and survivors, will be on display as well. A wholesome lunch will be served that is free to attendees, and there will be opportunities for survivors to talk with other survivors.

The day will culminate with “An Afternoon with Bernie,” an intimate discussion of life as a cancer survivor with the celebrated Bernie Siegel, MD. Dr. Siegel was born in Brooklyn, NY and currently lives in a suburb of New Haven, Connecticut. He attended Colgate University and Cornell University Medical College. His surgical training took place at Yale-New Haven Hospital, West Haven Veteran’s Hospital and the Children’s Hospital of Pittsburgh. He retired from practice as an assistant clinical professor of surgery at Yale of general and pediatric surgery in 1989 to speak to patients and their caregivers. He has written about survivorship, empowerment, healing, inspiration and hope. His books include Love, Medicine and Miracles, Prescriptions for Living, Help Me to Heal, and Faith Hope and Healing. His newest book, A Book of Miracles, is a collection of inspiring stories of healing, gratitude and love, and is due out this September. Dr. Siegel has graciously consented to a book signing as well.

Due to limited seating, registration is required for this event. For more information, please visit www.daykimball.org or call Donna Hendrickson at (860) 928-0422 ext. 2794.

Day Kimball Healthcare is a non-profit, integrated medical services provider comprised of Day Kimball Hospital, four healthcare centers in Danielson, Dayville, Plainfield and Thompson, Day Kimball

HomeCare, Hospice & Palliative Care of Northeastern Connecticut, Day Kimball HomeMakers and Day Kimball Physician Practices. Its service area includes Northeast Connecticut as well as nearby Massachusetts and Rhode Island communities. Day Kimball Healthcare's comprehensive network offers more than 1,200 employees including nearly 300 highly-skilled physicians, surgeons and specialists. Its website is daykimball.org.