

# 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. These meetings are available in person and online.

**When:** Wednesday evenings 5:30-6:30 p.m.

**Where:** MercyOne Health & Fitness Center, Conference Room 4, 12493 University Avenue in Clive, IA.

OR

Join Above + Beyond Cancer for the weekly MercyOne Cancer Education Series on their [YouTube page](#).

**Cost:** Free of charge & open to the public

**Information:** [afry@mercydesmoines.org](mailto:afry@mercydesmoines.org)

## Upcoming Programs – November 2021

**Richard L. Deming, MD; Medical Director, MercyOne Cancer Center and Founder, Above + Beyond Cancer is the Moderator and will be part of a conversation with most speakers.**

**November 3 Practicing Tai Chi: Preventing Falls and Relieving Stress (Tai Chi Demonstration)**

Becky Robel, BS, CPT, CGFI; Certified Health and Nutrition Coach & Tai Chi Certified Instructor for Fall Prevention and Arthritis

**November 10 Reading for Health**

Matthew Reznicek, PhD; Associate Professor of Nineteenth-Century British and Irish Literature at Creighton University, Associate Professor of Medical Humanities at Creighton School of Medicine

**November 17 Retirement, Aging, & Meditation: Living Life in the Moment**

Fred Nelson; Attorney & Cancer Survivor, Meditation Volunteer with Above + Beyond Cancer

**November 24 Giving Thanks**

Richard L. Deming, MD; Medical Director, MercyOne Cancer Center and Founder of Above + Beyond Cancer

**To look online at monthly schedule of events:**

<https://www.mercyone.org/desmoines/find-a-service-or-specialty/cancer-care/education-series>