The Center for Health and Successful Living
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utoledo.edu/centers/chsl

The Center for Health and Successful Living
**THE CHALLENGES OF BREAST CANCER SURVIVORSHIP**

A breast cancer survivor is someone who lives with, through, and beyond breast cancer. The diagnosis of breast cancer is most times unexpected and marks the beginning of a journey filled with physical, mental, emotional, spiritual, social, and financial challenges. These challenges are more easily overcome if breast cancer survivors receive supportive services that empower survivors to take control of the journey.

**RESTORING INDIVIDUALS TO HEALTH AND WELLNESS**

**The Center for Health and Successful Living** is a community hub of resources, education, and supportive services for individuals living with chronic disease – including breast cancer. The services and staff at the Center equip and empower breast cancer survivors to live longer, healthier, and happier lives while reducing the risk of cancer recurrence. The Center’s ultimate goal is to return and restore all of its members to optimum health and wellness.

**Services Provided to Breast Cancer Survivors**

The CENTER is located on the Main Campus of The University of Toledo in the College of Health Sciences (Health and Human Services Building). In conjunction with the Center for Successful Aging and Rocket Wellness, we offer a wide variety of multidisciplinary services for breast cancer survivors, including:

- Counseling and support groups
- Social work services
- Customized exercise programs
- Walking and physical activity groups
- Physical and occupational therapy
- Nutrition counseling
- Legal services
- Smoking cessation
- Health and wellness counseling
- Book clubs
- Educational events
- Group activities and trips

**Benefits of Membership**

Membership is free to any breast cancer survivor in northwest Ohio. By joining the Center and participating in its programs and services, breast cancer survivors receive the following benefits:

- A customized roadmap to health and wellness
- Personalized help with following the oncologist’s care plan
- Help with coordinating communication among health care providers
- Social and environmental support for a healthy lifestyle
- Reduced risk of cancer recurrence
- Friendship with other breast cancer survivors
- Social, emotional, and spiritual support from other survivors
- Opportunities to help other cancer survivors
- Credible and professional information about breast cancer and survivorship
- Connections to community resources for survivors

**Interested? Need More Information?**

Please call 419.530.5199, Monday through Friday, 9 a.m. to 5 p.m.

You may also contact the directors by email:

Dr. Amy Thompson at amy.thompson4@utoledo.edu

Dr. Timothy Jordan at timothy.jordan2@utoledo.edu