

PAVING AND STILL I RISE

For Breast Cancer Survivors

Wellness and Mental Health Program



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12-WEEK EDUCATIONAL PROGRAM

What is this Program?

This program is all about how you make healthy lifestyle changes and how you take care of your mental health going through breast cancer survivorship.

Paving Program

Paving Program focus on physical activity, attitude, variety, investigations, nutrition, goals, stress resilience, time outs, energy, purpose, sleep, and social support.

'STILL I RISE' Program

STILL I RISE mental health program focus on cognitive behavioral therapy, anxiety, depression, behavioral activation, coping skills training, body image, dating and marriage, pain management, death and dying, anger management, family, medication management and substance abuse.

**ADVISORY BOARD MEMBERS
ANGELS SURVIVING CANCER**



SCAN ME

angelsurvivingcancer.org

**IF YOU'RE INTERESTED, SCAN THE GIVEN QR CODE AND FILL OUT
THE INFORMATION. WE WILL GET IN CONTACT WITH YOU
TO REGISTER YOU FOR THE PROGRAM.**