



We invite cancer survivors  
and their care givers to

# *A Time to Heal*

*If you have cancer, or are caring for someone who has cancer,  
you are not alone.*

A Time to Heal is a holistic cancer rehabilitation program for anyone who has been diagnosed with cancer and their caregivers. We help participants:

- Regain physical, emotional, spiritual and psychological health
- Practice a variety of anxiety management and coping techniques
- Receive encouragement and support from other participants and staff

There is no charge, and people of all ages who are affected by cancer are welcome. Participants will receive learning materials, a CD of soothing music and simple exercise equipment.

**Mondays June 3 - August 12**  
**3-5 pm • RSVP by May 13 @ 345-4884**  
**Unified Therapy Clinic, PC | 212 E. 1st**

**About the group leader:**

**Hanah Nothnagel, LCSW** received her master's degree in Clinical Social Work at the University of Nebraska - Omaha. She is a licensed clinical social worker. Hanah is professionally trained in the **A Time to Heal** program.



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