Cancer treatments often involve procedures and surgeries, all of which can, by their very nature, increase stress and anxiety. The good news is that there are ways to manage and control these responses and reduce post-surgical after effects such as pain and nausea and at the same time return to your baseline faster.

Please join Dr. Rosanne Sheinberg, Medical Director, Integrative Medicine at Sibley Memorial Hospital, Johns Hopkins University School of Medicine, to learn strategies for preparing oneself for surgery. Dr. Sheinberg is an expert in the area of pre-operative integrative medicine modalities and techniques. This promises to be an informative and enlightening program about a very important subject. There will be ample time for questions.

Please RSVP at rsvp@hopewellcancersupport.org or call 410.832.2719.