Managing Cancer-related Fatigue

A Five-Week Educational Series

Are you experiencing fatigue following your cancer treatment? Does it interfere with your everyday life? Learn how to manage your energy and regain control of your life with this five-week energy conservation program.

In each 90-minute session, you'll learn how to manage your fatigue. Through lectures, discussions and activity in a supportive group setting, you'll learn:

- Fatigue basics
- Communication and fatigue
- Body mechanics and making the most of your environment
- Analyzing and modifying activities, priorities and standards
- Living a balanced lifestyle
- Secondary fatigue, cognitive fatigue, and safe activity and exercise at home and in the community.

About the Facilitator

Karl Anderson is an occupational therapist at the University of Minnesota Medical Center, Fairview. He completed his Master's degree at Concordia University, Mequon, Wisc. His experience includes working with cancer survivors in a variety of settings. Prior to beginning his career with Fairview, Karl worked at the M.D. Anderson Cancer Center in Houston, Texas, and completed an internship at the Lance Armstrong Foundation in Austin, Texas, Karl assisted in the development of Fairview's outpatient cancer rehabilitation program. A cancer survivor, Karl is passionate about improving the health and wellness of cancer survivors throughout the spectrum of their care.

Dates and Time

The group meets Tuesdays, Oct. 23-Nov. 20, from 3:30-5 p.m. Check-in is at 3:15 p.m.

Cost is $15 per session.

Light refreshments are provided.

Location

Fairview MS Achievement Center 2200 University Ave., Suite 140 St. Paul, MN 55114 612-672-2815

Parking is free. For directions, see the map on the back of this page.

Register Now

To register for this free series, call 612-672-7272.