

# Are You Living with EGFR Mutant Lung Cancer?

## You Are Not Alone!

In this four-week course, you will learn to:

- ❖ Restore a sense of balance, connection, and calm in your life
- ❖ Develop clear, concise questions for your oncology team
- ❖ Generate and communicate personalized solutions
- ❖ Learn quick, easy and portable relaxation techniques
- ❖ Enhance your social support
- ❖ Reduce your overall physical and emotional symptoms
- ❖ Apply research-tested strategies to help manage your stress
- ❖ Develop evidenced-based coping skills for common EGFR concerns

*Facilitated by Michelle Jacobo, PhD and Suzanne Welsh Lobacki, LICSW*

*Virtual sessions are offered to our patients on the following Tuesdays from 12:30pm – 2:00pm ET:*

Dates of sessions:	
October 12 <sup>th</sup>	October 19 <sup>th</sup>
October 26 <sup>th</sup>	November 2 <sup>nd</sup>

Dates of seminar/speaker series:	
November 16 <sup>th</sup>	Joys and Challenges of the Holiday Season In the Midst of EGFR Treatment
December 14 <sup>th</sup>	Create a Winter Wellness Plan

For more information and/or to enroll, please contact:

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