

Moving from Surviving to Thriving



You made it through the intensive lifesaving treatments for breast cancer -now what? Join us and learn integrative tools for reclaiming your health and well-being.



Join us for **eight weekly group medical visits** focused on transitioning from a survivor to a thriver. These **90-minute sessions** will include a multidisciplinary approach to continued healing. We believe it is not enough to survive. **We want you to thrive!**



Our integrative team, which includes a **psychologist, nutritionist, massage therapist, and acupuncturist, will focus on skills-based experiential learning.** We look forward to sending you home with many tips for ongoing recovery. The support of the group setting is a vital part of this healing process. Each session includes a short one-on-one check-in with a physician.



These group medical visits are **open to patients who have completed active treatment for breast cancer within the last five years.** In addition, we require patients to have a primary care provider in the Duke system, which allows for easy communication.

Date: Thursdays, 2/2/23 - 3/23/23 (NEW DATES)

Time: 3:00 to 4:30 p.m. ET

Check-In: 2:45 p.m. ET

Location: Duke Integrative Medicine on the Center for Living Campus.

Registration: Call 919-660-6826 (Select Option 1) by 1/19/23

Cost & Insurance: Sessions will be billed through insurance. The actual cost to each participant per session will vary depending on the participant's insurance policy. Our financial care coordinator will be happy to contact you with information about your insurance benefits and your financial responsibility.

All group visits will be in person, and masks are required. [Learn about the safety measures at all Duke Health locations.](#)

Duke Integrative Medicine

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