

WEDNES

# Cancer survivorship workshop March 21 in Oneida

## ONEIDA

Oneida YMCA, 701 Seneca St., will host a workshop about cancer survivorship at 6:30 p.m. Tuesday, March 21.

Cancer survivorship begins at the time of diagnosis and focuses on an individual's overall health and well-being. On March 21, Debra Walz, of Oneida Health's Cancer Center, will conduct a workshop to help patients and families understand how to move forward after diagnosis and treatment.

The Wellness Speaker Series, sponsored by Excellus Blue-Cross BlueShield, is free. Walz will discuss what survivorship means for patients from a cancer diagnosis, through treatment and beyond. She will also explain available program options available through Oneida Health's "Stay Strong" Survivorship Program in partnership with the Oneida Family YMCA.

Walz received her master's degree in nursing from Columbia University School of Nursing as an oncology nurse practitioner and women's

health nurse practitioner. She is board certified as an advanced oncology certified nurse practitioner and women's health nurse practitioner. She has also received additional training in patient navigation by Harold P. Freeman, and cancer survivorship and rehab through Oncology Rehab Partners.

Registration is not required for the workshop. Food and beverages will be provided.

Additional seminars in the series will include:

- Precision Medicine: Using Pharmacogenomics and Nutrigenomics to Guide Your Health - Thursday, April 6, 12:30 p.m.
- Getting Prepared for a Healthy Lifestyle - Tuesday, April 18, 12:30 p.m.
- Healthy Bones for Life: All About Osteoporosis - Wednesday, May 3, 12:30 p.m.



**DEBRA WALZ**

For more information, contact Madison Robinson, health and fitness coordinator for the Oneida branch of the YMCA of the Greater Tri-Valley, at 315-363-7788, or visit [www.ymcatrivalley.org](http://www.ymcatrivalley.org).