

HOPE



RESILIENCE



QUALITY OF LIFE



HAPPINESS



STRENGTH



A TIME TO HEAL
CANCER FOUNDATION

ABOUT OUR FOUNDATION

ATTH has provided nearly 50,000 hours of free education and support to cancer survivors and their caregivers in Nebraska and the Midwest.

OUR FOUNDERS

Dr. Stephanie Koraleski, a psychologist, and Dr. Kay Ryan, a nurse/cancer survivor, developed A Time to Heal in 2005. Concerned about the lack of rehabilitation support for cancer patients, they committed to help survivors regain their health and create their best lives possible after cancer.

Empowering Cancer Survivors and Caregivers to Create Their Best Lives

RESEARCH-BASED
SUPPORT

TITLE SPONSOR



GOLD SPONSOR



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ATTH.ORG | 402-401-6083



CREATE YOUR BEST LIFE

“Recognizing that treatment may have ended but patients are still in need of help is very important. The programs and being with other survivors has been pivotal in my recovery.”

Joey, Participant



A Time to Heal Cancer Foundation offers free, innovative wellness classes and ongoing support for survivors and caregivers. Like cardiac rehab offered to heart attack survivors, ATTH helps cancer patients recover, rebuild health, reduce stress, boost hope and manage fear of recurrence.

Our classes are research-based, using proven strategies that enhance nutrition, exercise, relationships and psychological strength. This model empowers you to make personal choices that enable you to live well, whether you're just finishing cancer treatment, overcoming a recurrence, living with metastatic cancer or caring for a family member fighting the disease.

YOUR RECOVERY STARTS HERE

Survivorship 101 Class

For patients with any type of cancer and their caregivers, ATTH's signature course provides support, education, skills and strategies so survivors can create their best lives after cancer diagnosis and treatment. Based in research, a series of free weekly classes focus on a variety of topics and relaxation techniques, while offering interaction with other cancer survivors and caregivers. Results show Survivorship 101 increases hope, resilience, quality of life and happiness, while decreasing depression and anxiety.

Cancer-Related Brain Fog Class

For survivors who feel they're not as mentally sharp since cancer diagnosis and treatment, free weekly classes teach strategies to improve memory, organization, coordination and task management.

Recurrent or Metastatic Cancer Support Groups

Two groups offer free professional facilitators and share information to help participants create their best lives possible while living with cancer. One group supports men and women survivors and their caregivers; the other is for women survivors only.

Create Your Best Life Events

This series of free informative events offers brief, fun wellness presentations, while giving friends from A Time to Heal the opportunity to reconnect and socialize.

Un Tiempo Para Sanar

Free online videos in Spanish include nutrition information, relaxation techniques, personal and musical affirmations, and ideas to help loved ones with cancer.

Annual Art of Living Beyond Cancer Conference

The half-day conference is open to cancer survivors, their caregivers and medical professionals, featuring breakout sessions on a variety of topics and a keynote speaker.

REGISTER NOW

For questions, scheduling information and to register:

[ATTH.ORG](https://atth.org) | 402-401-6083



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