



Rachel

*"My husband and I really needed this! Cancer is a lonely place -- even lonelier due to the pandemic. **A Time to Heal** showed us we're not alone!"*



A TIME TO HEAL
CANCER FOUNDATION

ABOUT OUR FOUNDATION

A Time to Health Cancer Foundation (ATTH) provides support, education and empowerment so that cancer survivors and their caregivers may create their best lives.

Our curriculum and book are based on research collected by the American Institute of Cancer Research, as well as more than 10 years of our own data showing sustained increases in quality of life and happiness.

A Time to Heal is 100% donor-funded and received its 501(c)3 status in 2009. ATTH was founded and is headquartered in Omaha, Nebraska.

www.atimetohealfoundation.org

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A TIME TO HEAL
CANCER FOUNDATION



FREE

Wellness Classes
and Support
for Survivors
and Caregivers



Jeanne

"Survivorship 101 is like a family. The facilitator was full of information and resources! Wow! I don't feel like I'm going in the dark, by myself."



CREATE YOUR BEST LIFE

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

*“ATTH is a lot more than a course.
“It’s an EXPERIENCE! It helped me
realize and understand, you don’t go
through treatment and just go back to
normal life. You can’t just put it behind
you. It changes the way you do things
going forward. It changes your life.”*

- Joe, caregiver, and wife Maralin, survivor

Your Recovery Starts Here

Survivorship 101:

Our signature 9-week course is for survivors with any type of cancer. Caregivers also are welcome! No matter where you are located or where you have been treated, these sessions provide you with a chance to connect with other survivors, find support and learn from trained facilitators as you experience becoming survivors rather than patients. Topics include: nutrition, self-care, advocacy, exercise, intimacy and stress management.

Brain Fog:

A class teaching memory techniques, organization and task management for survivors experiencing difficulties with concentration or memory.

Advanced/Chronic Cancer Support Groups:

Ongoing support for survivors living with chronic or advanced cancer.

Create Your Best Life Events:

Monthly educational webinars that cover a variety of topics. Join us for an upcoming event or watch one of our past event recordings on YouTube.

ALL CLASSES AND PROGRAMS AT A TIME TO HEAL ARE FREE THANKS TO DONORS!

For more information about our programs, to register, or to donate please visit
www.atimetohealfoundation.org or call us at 402-401-6083.

