



JOIN US FOR:

STEP 1: HELP WITH INSOMNIA AFTER CANCER TREATMENT

Led by Christopher Recklitis, PhD, MPH; Perini Family Survivors' Center, STEP-1 is a one-session educational program that helps patients make changes to their lifestyle, sleep habits and sleep environment. This one-hour workshop helps to create a sleep plan.

Registration is required!

For eligibility and registration information, please refer to this flyer.

Click on date to find Zoom information for each session.

For more information, please email: Blum_Center@dfci.harvard.edu

Thursdays: 11am-12:30pm

Zoom: November 18th, 2021

Zoom: February 17th, 2022

Zoom: May 19th, 2022

You should attend if:	You should not attend if:
<ul style="list-style-type: none"> • If you are an adult 18 and older • You have finished cancer treatment • You have sleep problems like trouble falling asleep, waking in the middle of the night, or waking too early in the morning • You may or may not be taking chemoprevention medications like Tamoxifen or take long-term oral chemotherapy like Gleevec 	<ul style="list-style-type: none"> • You are undergoing surgery, radiation, chemotherapy or bone-marrow transplant • You have untreated sleep apnea

Please Note: We will not be discussing or making recommendations regarding sleep medications

Program Follow Up? Program staff will follow-up with each participant one month later by phone, e-mail, or in-person to check on their progress and make recommendations.