

Joan Karnell Cancer Center



Walk about

LOOKING IN → LOOKING OUT

AS A RIGHT OF PASSAGE,

aboriginal youth take on the challenge of traveling out beyond home so as to experience their capacity to be both heroic and survive in the challenging wilderness. This Walkabout is a transformative journey on which they look deep inside and deeply at the world they encounter; in this way they grow into their true selves.

Young adults face a similar challenging journey beyond what is familiar and comfortable when they receive a diagnosis of sarcoma or cancer and undergo treatment. To move through and beyond cancer treatment, the Walkabout program provides a scene-change on the journey, providing the time, space and an environment in which to personally make sense of what's next in life and a strong view for surviving well.

About the Joan Karnell Cancer Center

The Joan Karnell Cancer Center is committed to providing excellent cancer care in a supportive setting. We offer an interdisciplinary approach to diagnosis, treatment, research and education to help our patients and their families achieve the best quality of life. Pennsylvania Hospital is a member of the Penn Cancer Network.

Services include cancer prevention, education, screening, risk evaluation, research, diagnostics, treatment, support, rehabilitative care, palliative care, end of life management and survivorship programs.

This program is generously supported by grant funding from the Lance Armstrong Foundation through a LIVESTRONG™ Survivorship Center of Excellence Network grant to the Abramson Cancer Center of the University of Pennsylvania, with whom Pennsylvania Hospital has partnered to improve education, care, and services for its cancer survivors.

For more information on supportive care programs, visit PennMedicine.org/Karnell.

LIVESTRONG
SURVIVORSHIP CENTER
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Supported in part by the LIVESTRONG Survivorship Center of Excellence at the Abramson Cancer Center.



Penn Medicine

800.789.PENN PennMedicine.org

A Post-Treatment Survivorship Program
for Young Adults with Sarcoma or Other Cancers

PROGRAM HIGHLIGHTS

A Transformational Learning Opportunity in 20 hours

- ▶ **KEY ELEMENTS** from the Mindfulness-Based Stress Reduction (MBSR) curriculum program: Skills training to be more attentive and aware, less reactive to challenging events in daily life, stronger and more flexible in the body, with increased vitality and greater ease of mind.
- ▶ **PHYSICAL ACTIVITY** component including mindful-movement and city walkabouts, camera in hand.
- ▶ **EXPRESSIVE THERAPY COMPONENT:** Using digital photography, art materials, collage and journaling to explore the present and imagine a meaningful future (no experience necessary).
- ▶ **ENGAGEMENT** with peers, both in-program and ongoing off-site digital connecting.
- ▶ **EIGHT** 2.5-hour meetings, 4 weekly + 4 every two weeks
- ▶ **ALL MATERIALS** provided, including meditation practice CD for home use, post program drop-in option.

Walk about

Why Walkabout?

This program offers each participant the possibility of addressing their current challenges, with words and images, as they transition through post-treatment, to surviving well.

The Walkabout program mixes approaches which have proved successful in decreasing distress from illness including physical pain, anxiety, depression, fatigue, and worried thinking that disturbs sleep, work and play.

Each session includes verbal check-in, mindfulness meditation skills training and practice, mindful walk-about and yoga, digital photography, collage-making using photos taken, and group dialogue to close.

Eligibility

There is no charge for this program, which is open to persons between ages 18-30 with sarcomas and other cancers. A strong commitment to attend the 8-sessions of the program is important.

Where & When

Program sessions are from 4:30-7 on Wednesday evenings in the second floor conference room at the Joan Karnell Cancer Center, Pennsylvania Hospital. For exact dates, call 215.829.6466 or visit PennMedicine.org/Karnell.

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It Is Easy to Enroll

Call 215.829.6466.

Program Facilitator

Licensed as a professional counselor in Pennsylvania, Caroline Peterson, MA, ATR-BC, LPC, teaches mindfulness meditation to help individuals reduce stress and manage their energy resources. An artist and art therapist, she has developed innovative ways to combine mindfulness skills and creativity to support the well-being of persons diagnosed with cancer.

