



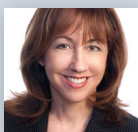
Intimacy Matters: Reconnect With Yourself & With Your Partner

Monthly, every 2nd Thursday • 6:00 pm - 7:00 pm
45 Spindrift Drive, 2nd Floor, Williamsville, NY 14221
www.gppconline.com/survivorsexualhealth



We know it can be challenging to talk about the emotional, mental, and physical concerns surrounding intimacy that survivors encounter during and after treatment.

That's where we come in.



Presented by: Group sessions are led by Maureen Ryan, DNP, NP-C, a nurse practitioner who specializes in sexual health. She holds a Doctorate in Nursing Practice and is dual licensed as an Adult Health and Women's Health Nurse Practitioner. Maureen is the founder of the Mind-Body Connection for Adult Health, and assists individuals and couples to live more meaningful and satisfying lives.

Our **Cancer Sexual Health Program** includes a series of monthly small group survivorship sessions that focus on different aspects of intimacy, self-image, and sexual health. Led by an expert, we'll share helpful information in a safe and welcoming space with time for discussion and questions.

TOPICS INCLUDE:

- Desire & Arousal
- Body Image & Reconnecting with Your Sensuality
- Intimacy & Relationships
- Female Sexual Response
- Mindfulness
- Myths & Assumptions
- Partner Questions & Concerns
- Strategies to Manage Sexual Side Effects Following Treatment
- Creating a New Vision of Who You Are & What's Important

The group is open to all female cancer survivors who have completed their treatment, regardless of coupled status or sexual orientation.

Participants are welcome to join as many or as few sessions as they'd like. Registration is encouraged, please call **716.884.3000**. For more information visit www.gppconline.com/survivorsexualhealth

