



**SOUTH CAROLINA
CANCER ALLIANCE**

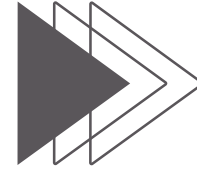
LIVING WITH CANCER

Cancer Survivors Workshop: Living Well During Cancer Treatment January 19, 2023

Topics: Nutrition During and After Treatment, Importance of Physical Activity During and After Treatment, Celebrating Life

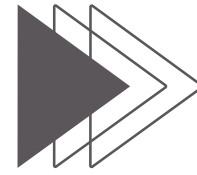
Participants: 41

Overall, how would you rate today's event as a whole?



96% of participants said excellent to this question

The event was well organized



92% of participants strongly agreed with this statement

The events organizers ensured that the day's presentations stayed on time and on track



100% of participants strongly agreed or agreed with this statement

Topics discussed were relevant to my work



100% of participants strongly agreed with this statement

The presenters were prepared and well organized



88% of participants strongly agreed with this statement

I am coming away from this event with more knowlege than I came with



96% of participants strongly agreed or agreed with this statement



What is one thing (or more) you learned or enjoyed hearing about at today's event?

- Nutrition
- It is important to care for you mind and body
- The right foods to eat to stay healthy
- Eating healthy can prevent cancer along with exercise
- I found out that I can drink almond milk. The information enhanced my dietician's protein information
- New diet things
- Every topic was good
- I still may have a chance to live if I do what they tell me to do
- Everything, I enjoyed everything
- Healthy eating and exercise more
- Learning new diet planning
- Nutrition and exercise
- Healing foods for each type of cancer
- Nutrition and exercise
- Different healthy foods. What to eat and not eat. Very informative
- Good eating habits
- Everything. Want to learn more about local PT
- Knowing what is good for my type of cancer
- Everything

How will you take this information and implement change at your work or in your research?

- Share with others
- Better myself
- I will use this information wisely
- I will take this information into my home and share with my family and friends
- Do exercise
- It helps me with my breast cancer
- I will share
- This was learning for me because I didn't know that fruit really cleanse your body
- The exercise was great
- Implement it
- In my daily life
- Healthy eating
- Take it to my church
- Share information with staff and patients
- Do better with diet and eating habits
- To help me with treatment

Additional comments, questions, or concerns?

- Thank you for coming
- I am looking forward to the next gathering
- Must do again
- Do it again
- Must do again, I really enjoyed
- I really enjoyed the workshop
- Really enjoyed
- Participants really seemed to enjoy the event
- Really enjoyed and very informative