

Open to all cancer survivors, from the day of diagnosis onward.

*You're invited to a complimentary workshop!*

— WATSON CLINIC —

*Foundation*

# THRIVING IN SURVIVORSHIP

***What does it mean to move beyond surviving and begin to truly thrive?***

This event will feature an informative presentation from Watson Clinic board-certified Endocrinology specialist **Madiha Alvi, MD, FACP, FACE** on the hormonal changes you can expect during and after cancer treatment.

A hands-on horticulture and wellness experience will also be featured courtesy of the **Garden Club of Lakeland**. This interactive activity will offer participants an opportunity to create, connect and explore the role nature and creativity can play in supporting well-being.



**Tuesday, NOVEMBER 10, 2026**

**6 PM | Home Instead**

810 E. Main Street | Lakeland, FL 33801

This workshop is presented by the **Watson Clinic Foundation** in partnership with the **Breast Cancer Foundation of Central Florida** and made possible in part through the generous support of our event partner sponsor, **Home Instead**.

— WATSON CLINIC —  
*Foundation*



BREAST CANCER FOUNDATION  
OF CENTRAL FLORIDA



The workshop is also part of **Arts & Health Week, November 8–14**, a community wide celebration of the many ways arts and creative engagement can support health and wellness. **Arts and Health Week** is an initiative of the **Watson Clinic Foundation** and made possible by **Orlando Health Watson Clinic Lakeland Highlands Hospital**.



ORLANDO  
HEALTH

WATSON  
CLINIC  
Lakeland Highlands  
Hospital

**For more information and to register, please scan the QR Code above.**