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**.

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BREAST CANCER FOUNDATION OF CENTRAL FLORIDA

home instead.

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**.

Arts and Health Week

ORLANDO HEALTH®

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