

How to Thrive in the Early Stages of Cancer Treatment:

3 Keys to continue managing your full life, maintain financial security and feel like yourself again!



**Presented by:
Jon Kessler
for the Cancer Support Conference
April 6, 2024**



WELCOME



Thank you!



Thank you!



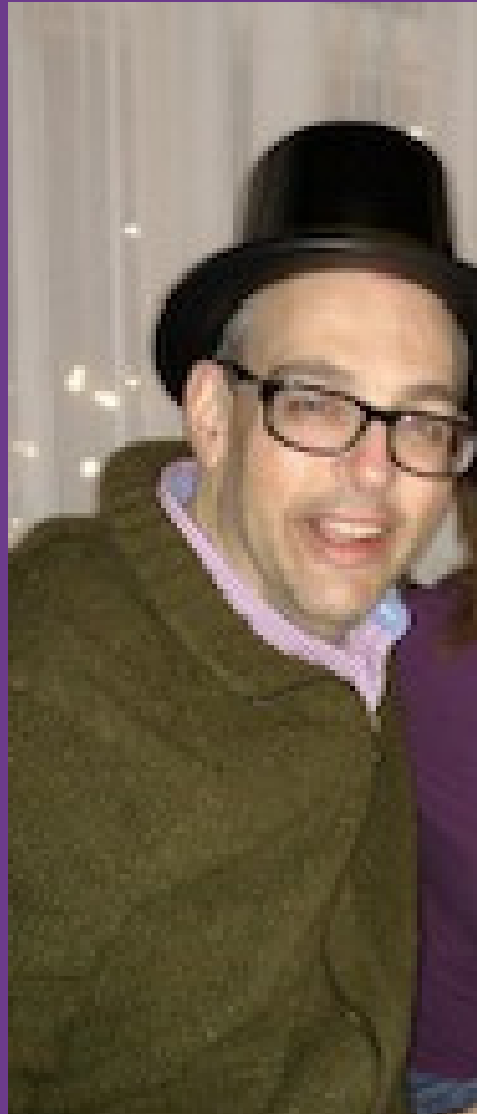
Who Can Benefit From This Workshop?

- Recently Diagnosed People With Cancer
- People Currently in Treatment for Cancer
- People With a Family Member Who Has Been Diagnosed With Cancer
- Anyone Who Wants to Learn More About Living With Cancer and How to Thrive



My Story

- Went for routine colonoscopy at age 50
- Found a tumor in my transverse colon
- Had partial colon resection
- Biopsy revealed Stage 3A Colon Cancer
- Went through 3 months of Chemotherapy
- Have been Cancer-Free since December `17



ME ON 12/31/17 AFTER
FINISHING MY LAST CHEMO
DOSE



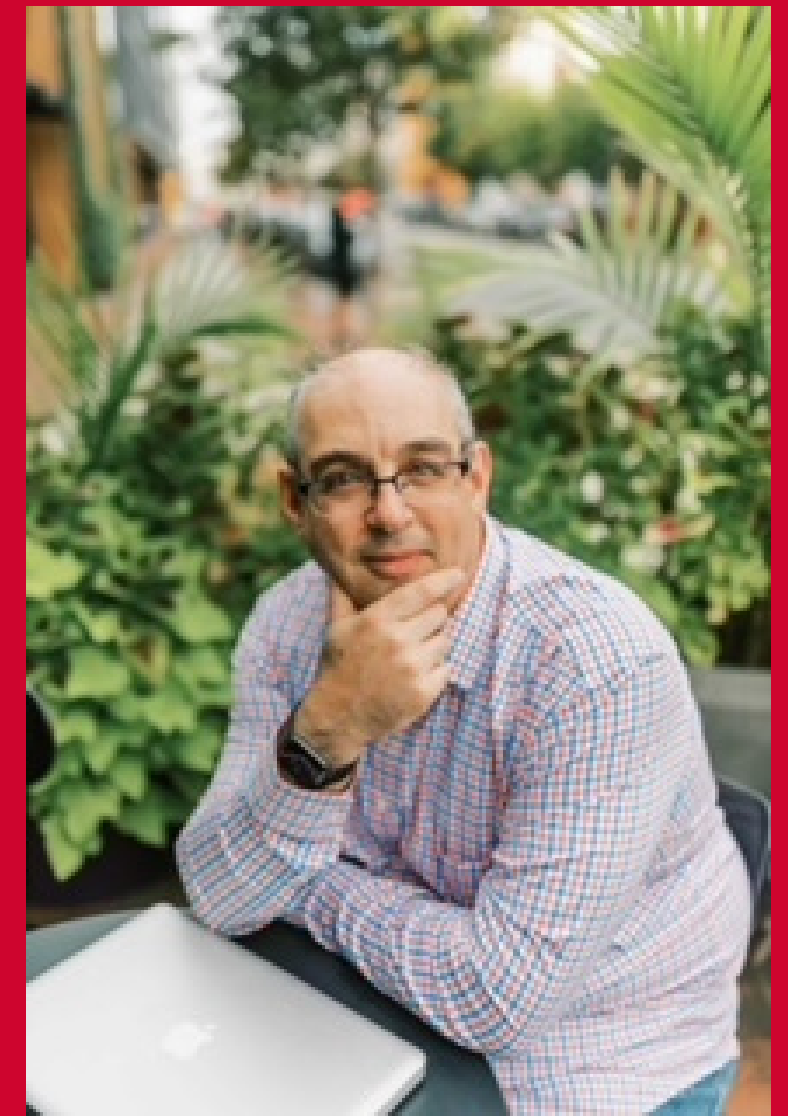
Jon Kessler - Cancer Coach

I am a Certified Life, Health and Wellness, and Spiritual Coach through Life Purpose Institute working with recently diagnosed cancer patients.

As a cancer survivor myself, I treat each client with the empathy and individual attention they deserve!



My Motto is "Taking you from Surviving to Thriving!"



Why this workshop is for you!

- You have recently been diagnosed with cancer and have a lot of uncertainty about how you will be able to navigate through your period of treatment.
- You are caring for someone in your life who has been recently diagnosed or who is currently going through treatment.
- You have a friend or family member going through treatment.
- You want tools to help you not only navigate through your cancer journey, rather tools that will help you face any issue that arises in your life.



What will This Presentation Cover?

- About me - My Cancer Journey and Becoming a Cancer Coach
- Why This Workshop is For You
- 3 Keys to Thrive While Living With Cancer
 - Education - Learning about my disease, treatment plan and resources
 - Self-Care - How to use diet, sleep, exercise and rest to stay strong
 - Looking Ahead - Moving into Survivorship and What is Next
- Overcoming Blocks
- Q & A Session
- Free Give Away!!!!!!!!!!
- My contact Information

STRUGGLES FACING CANCER PATIENTS

- **Fear of what happens next**
- **Being a burden to others**
- **Effects of treatment**
- **Financial hardship**
- **Being physically strong**
- **Being mentally strong**
- **Changes to my appearance**
- **Life after cancer**

