

Cancer Center Series

Let's Thrive in 2025: Setting Healthy Habits for the New Year

Date: Wednesday, January 29, 2025

Time: 12–1 pm (Eastern Time)



Join lifestyle medicine experts as they explore essential lifestyle habits that promote well-being, including the vital roles of nutrition, movement, sleep, stress management, social connection, and avoidance of risky substances. They will guide participants in setting realistic, actionable goals to build healthy habits for the new year. They will also address common barriers to change, sharing practical strategies to stay motivated and sustain these habits throughout 2025.

The session will feature an interactive discussion with two patient advocates, offering unique insights and inspiration for a thriving start to the year!

- This program is free and open to Mass General patients, families, staff, and the general public.
- To attend this program, click on the link or scan the QR code: <https://partners.zoom.us/j/84708387707>



- This program is a collaboration between the Maxwell & Eleanor Blum Patient and Family Learning Center and the Mass General Cancer Center.

For more information, call 617-724-7352 or email PFLC@partners.org



Blum Center Program Schedule

Scan this QR code with your phone's camera to see our program schedule online

Featured Speakers



Amy Comander, MD, DipABLM
Lifestyle Medicine Program
Mass General Cancer Center



Shalu Ramchandani, MD
Mass General Weight Center

