



Cancer Survivorship: 5 pillars of Recovery

- You've survived! Now, let's take it to a whole new level because your risk factors are different since diagnosis. Mary can partner with you to understand ways to eat, move, rest and recover that can keep illness at bay
- Verbovski Wellness™ helps you navigate the feelings of exhaustion, overwhelm, confusion or fear and restore a healthy & joyful “new normal”
- Verbovski Wellness™ survivorship programs offer dedicated & personalized focus on each pillar to create a foundation for optimal wellness after cancer
- Mary is an experienced professional who listens and works to create solutions with you promoting resilience and bringing energy and vision back to your life.