

Introducing **BACK-TO-WELLNESS Workshops**

How Long-Term Survivors Beat The Odds

(A Unique Wellness Journey Combining Science, Medicine & Spirituality)

[Upcoming Events](#)

Awesome Seminar; helped me turn my life around.

Rita Voss, Ovarian Cancer Survivor

Your workshops were the highlight of the year.

Gina and Stan Kugler, workshop attendees

Really enjoyed reading your book Quiet Miracles- found it very helpful and wish we had a book like this through the years."

Norbert Sobek, long-term cancer survivor.

Sid brings his professional background as a pharmacist, combined with his own personal experience as a cancer survivor, into every session he leads. Perhaps more importantly, he brings his optimism, support, and enthusiasm to help patients, family members, friends, and caregivers deal with cancer and other chronic illnesses. He is able to push people beyond their normal boundaries while respecting individual differences and abilities.

Jerry Waldman, Executive Director, JFCS

[Contact Sid for more information](#)