

LUNCH & LEARN

With Darren Pelio, MHS, GCRA, PA-C

CHEMOTHERAPY WELLNESS During & After

Darren Pelio, PA-C will host an insightful Lunch and Learn session focused on wellness during and after chemotherapy, offering invaluable guidance to patients and caregivers.

With expertise and compassion, He will discuss strategies to support physical and emotional well-being, including tips, stress management techniques, and the importance of maintaining a positive mindset throughout treatment.



 **ST. JOSEPH
HOSPITAL**

Nov 5th, 2025
12:30 - 1:30 pm

Hospital Board Room
172 Kinsley Street Nashua, NH

Any questions or to sign-up,
please call 603-880-3408

