

Cancer Navigation & Wellness Programs

Three professional women, all touched by cancer both personally and professionally have teamed up to assist, inform and support individuals affected by cancer.



SURVIVORS' COMPASS™

We provide evidence based practical information and services for people diagnosed with cancer and their loved ones to help them through the scope of challenges that accompany a life disrupted by cancer.

Kathy Gurland, LCSW

PEG'S Group, LLC

Cancer Navigation Consultants™

PEG'S Group, a private group of Cancer Navigation Consultants™, provides Personal Education, Guidance and Support to those affected by cancer.

pegsgroup.com

718.246.7347

Lisa Hoffman, M.A.

Solo Fitness & Wellness

Cancer Wellness Programs

Lisa is the author of: [The Healing Power of Movement: How to Benefit From Physical Activity During Your Cancer Treatment](#). She makes physical activity an integral part of every comprehensive cancer treatment plan.

solofitnessandwellness.com

212.505.5747

Mary Beth Augustine, R.D. CDN

The Natural Nutritionist, PLLC

Cancer Nutrition Consultations

Nutritionist, cancer survivor and former Memorial Sloan Kettering staff, MaryBeth specializes in diet for cancer prevention, treatment, recurrence and survival.

thenaturalnutritionist.com

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