

CANCER: THRIVING & SURVIVING

Support workshop

OBJECTIVES

- Developed by Stanford University, this FREE 6-week, interactive workshop is for cancer patients, survivors and caregivers.
- The sessions are participative, where mutual support and success builds confidence in your ability to manage your health and maintain an active & fulfilling life.
- Whether newly diagnosed, in active treatment, or living beyond it, this program helps cope with the concerns, thoughts, & health conditions that accompany having a cancer diagnosis.
- Caregivers are encouraged to attend!
- All participants receive a complimentary Living a Healthy Life with Chronic Conditions book.

BENEFITS

- Techniques to deal with problems such as fatigue, pain, isolation, poor sleep & living with uncertainty
- Setting priorities & goal-setting
- Nutrition
- Communicating effectively with family, friends, & health professionals
- Making decisions about treatment & complementary therapies
- Appropriate exercise for regaining & maintaining flexibility & endurance

WHEN

Tuesdays, May 14 - June 18
6:30-8:30

WHERE

Cape May County Library
30 Mechanic St
Cape May Court House

REGISTER

Class size is limited call
609-653-3923

PARTICIPANTS

Complete this course, receive
\$25 Wawa gift card