

A Workshop for Adults & Caregivers **CANCER THRIVING & SURVIVING**



A 6-week virtual workshop designed to provide the skills needed to address the challenges to thriving.

HOW TO REGISTER

Click on the Link or Scan the QR Code

https://www.elixirfund.org/events/cts_registration/

Registration required
and space is limited.



WORKSHOP SCHEDULE

Dates: April 16, 23, 30 and May 7, 14, 21, 2026

Time: 4:00 PM – 5:30 PM

Place: Online via Zoom

JOIN & EXPERIENCE

This licensed program in self-management is proven to help cancer patients, survivors and caregivers learn to better manage the challenges of thriving. The curriculum covers issues experienced by many such as managing fatigue; pain and sleep; dealing with difficult emotions and relationships; staying active and communicating with providers, family and friends.

FROM PARTICIPANTS

"I am more confident in myself and more willing to try things and make changes in my life and routine mentally and physically."

"It helped shift my mindset to a more positive outlook at a time when I really needed it."

FROM US TO YOU

All participants who complete the workshop receive a complimentary copy of the book ***Living a Healthy Life with Chronic Conditions***. This is a great self-management reference guide that provides valuable information to support your journey.

This workshop is provided by:

 **Hunterdon | Mercer**
Chronic Disease Coalition
Partnering to Improve Health for all People



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CANCER COMFORT CARE