A Workshop to Support Adults and Caregivers Impacted by Cancer

CANCER THRIVING & SURVIVING



REGISTER TODAY!

For this free online 6-week workshop to develop skills that address the challenges to thriving.

JOIN & EXPERIENCE

Developed by Stanford University, 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.

For more
INFORMATION
CALL 908-237-2328

6-Week Series on Thursdays | 6:00 – 8:00 pm

Dates: February 16, 23 & March 2, 9, 16, 23, 2023

Place: Online via Zoom

Registration required and space is limited: REGISTER HERE:
https://www.elixirfund.org/events/cts_registration/

FROM US TO YOU

All participants 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

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CANCER COMFORT CARE