

You Can! Live Well!

Cancer: Thriving and Surviving Workshop



Attend the Cancer: Thriving and Surviving Program Workshop to learn about:

- ♦ techniques to deal with problems such as frustration, fatigue, pain, isolation, poor sleep and living with uncertainty
- ♦ appropriate exercise for regaining and maintaining flexibility, and endurance
- ♦ making decisions about treatment and complementary therapies
- ♦ communicating effectively with family, friends, and health professionals
- ♦ nutrition
- ♦ setting priorities and more

It is the process in which the program is taught that makes it effective. Classes are highly participative, where mutual support build participants' success.

Cancer: Thriving and Surviving

is a **free** evidence based program for adult cancer survivors, as well as family members and caregivers. The program will not conflict with existing programs or treatment. It is designed to enhance regular treatment and provide skills to coordinate all the things needed to manage health, and maintain active and fulfilling lives.

Dates: Every Tuesday
September 29, October 6, 13,
20, 27, November 3rd
1:00 pm – 3:00 pm

Location:

This program will be held virtually via ZOOM.

Must register to receive the ZOOM link please contact:

Please email

kwilsusen@randolphnj.org

Or call

908-203-6077

This program is held free of charge in partnership with Township of Randolph Health Department, Rockaway Division Health, Norwescap and the Regional Morris & Somerset Chronic Disease & Cancer Coalition.

