

# ARE YOU A CANCER SURVIVOR? ARE YOU CARING FOR SOMEONE WITH CANCER? MAINTAIN AN ACTIVE & FULFILLING LIFE



## Enroll Today in Cancer Thriving & Surviving - A FREE Workshop

### COMMUNITY OUTREACH

**Dates:** Thursdays  
April 2, 9, 16, 23, 30, and May 7<sup>th</sup>

**Time:** 1:00 p.m. - 3:30 p.m.

**Place:** Hunterdon Health & Wellness Center  
1738 Route 31 North  
Clinton, NJ 08809

**Adults of all ages who have been affected by cancer are invited to take part in this 6-week series that will help you:**

- Manage symptoms of fatigue, pain and difficulty sleeping
- Deal with difficult emotions, relationships and body changes
- Communicate with your health care team, family and friends
- Make decisions about treatment and plans for the future
- Eat well, stay fit
- Set priorities

*A light snack is included and everyone receives "Living a Healthy Life with Chronic Conditions"*

### SPECIAL OFFER:

With your registration you will receive a **complimentary membership** to the Hunterdon Health & Wellness Center during this 6-week program to enhance your wellness experience:

- Get a fitness assessment and personalized exercise program
- Use the indoor walking track, cardiovascular and weight-training equipment and aerobic studio
- Enjoy swimming in the 5-lane lap pool or relax in the whirlpool and sauna
- Participate in exercise classes led by fitness instructors such as Pilates, Yoga, Tai Chi and more

**REGISTRATION REQUIRED: CALL 908-237-2328. ENROLLMENT IS LIMITED.**



**Hunterdon Healthcare**

Your full circle of care.

Hunterdon Health & Wellness Centers  
Whitehouse Station • Clinton • Lambertville



Hunterdon & Mercer County  
Regional Chronic Disease Coalition



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CANCER COMFORT CARE