

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.

FROM PARTICIPANTS

"I am extremely grateful to have been part of this experience, as it has helped to lighten what is a very heavy lead and highly recommend it."

"This was a wonderful program and gave me the empowerment I needed."

For more
INFORMATION
CALL 908-237-2328

6-WEEKS ON THURSDAYS | 6:00 – 8:00 PM

Dates: September 21, 28, October 5, 19, 26 (no class will be held on 10/12), and November 2, 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



LIFE · LOVE · HEALING
CANCER COMFORT CARE