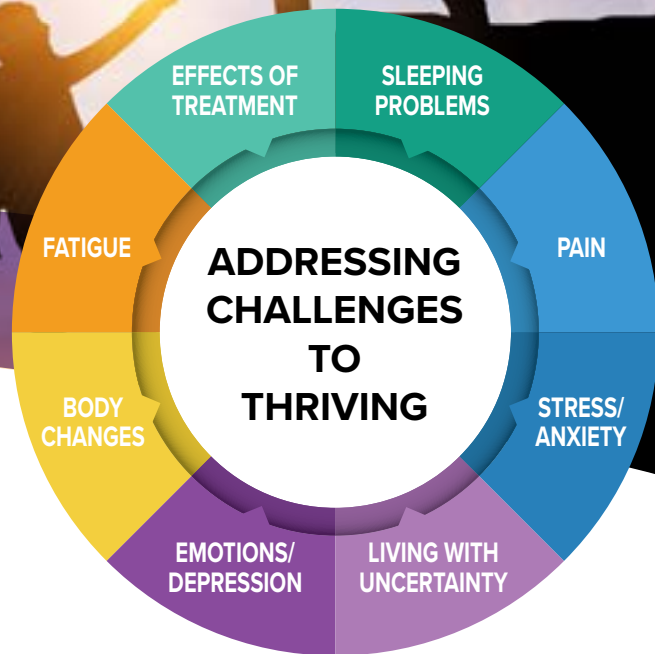
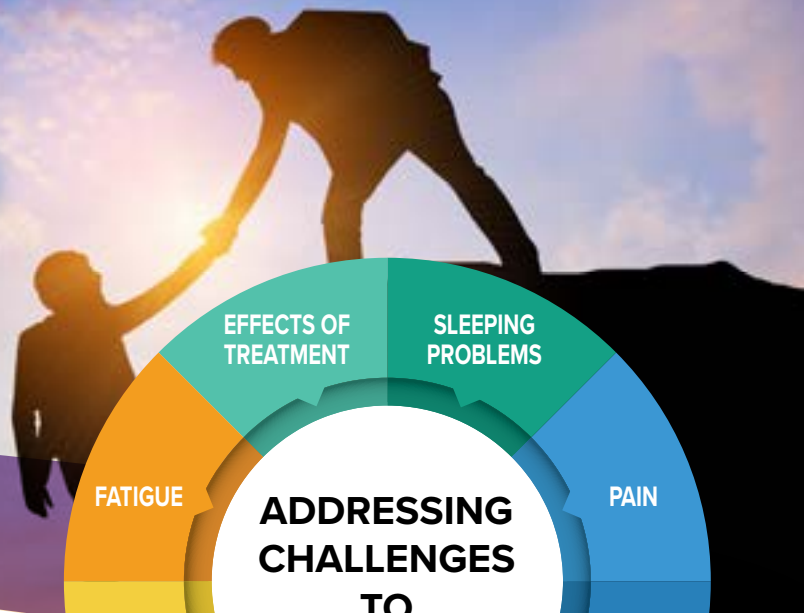


# A Workshop to Support Adults and Caregivers Impacted by Cancer

# 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 load 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: February 8, 15, 22 and March 7, 14, 21, 2024

(no class will be held on 2/29)

Place: Online via Zoom

Registration required and space is limited.



## REGISTER HERE:

[https://www.elixirfund.org/events/cts\\_registration/](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:



LIFE - LOVE - HEALING  
CANCER COMFORT CARE