

# A Workshop for Adults & Caregivers

# CANCER THRIVING & SURVIVING



## REGISTER TODAY!

For this free, 6-week virtual workshop designed to provide the skills needed to address the challenges to thriving.

## JOIN & EXPERIENCE

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

*"The workshop created a community feeling where we all felt comfortable discussing some of the challenges we are facing, learning from each other and learning more about ourselves."*

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

## WORKSHOP SCHEDULE

Dates: March 20, 27 & April 3, 10, 17, 24, 2025

Time: 4:30 PM – 6:30 PM

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.

For more

**INFORMATION**

**CALL 908-237-2328**

*This workshop is provided by:*



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CANCER COMFORT CARE