

## **About this Workshop**

Developed by Stanford University, this self-management program is proven to help cancer patients, survivors and caregivers learn to better manage the challenges of thriving.

## Location

**Virtual via Zoom -** Link to join the workshop will be sent after registration.



DATES: February 18, 25 & March 4, 11, 18, 25, 2025

## To Register:

To register, visit bit.ly/4hfKzPj OR scan the QR code





The Regional Morris & Somerset County
CHRONIC DISEASE & CANCER COALITION
Early Detection Best Protection
www.co.somerset.nj.us • 908-231-7155



