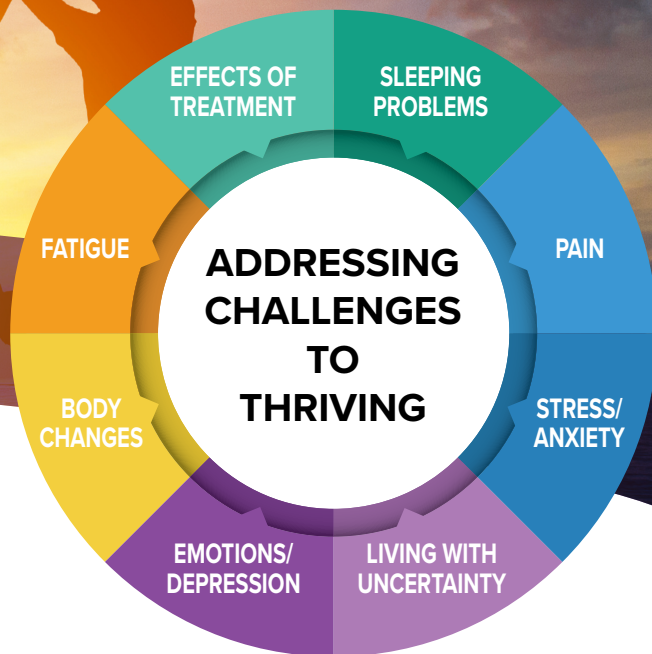


A Workshop to Support Adults and
Caregivers Impacted by Cancer

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.

For more
INFORMATION
CALL 908-237-2328

6-Week Series on Thursdays | 6:00 – 8:00 pm

Dates: February 16, 23 & March 2, 9, 16, 23, 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