

Navigate Life with Cancer Take Control of Your Health

Cancer: Thriving and Striving (CTS) Program* FREE Workshop for Cancer Survivors and Caregivers

*Cancer: Thriving and Striving Program Stanford Patient Education Research Center

Adults of all ages who are living with, or survived cancer, and their caregivers are invited to take part in this

FREE 6-week series to:

- 🌀 Manage symptoms like fatigue, pain, difficulty sleeping
- 🌀 Deal with difficult emotions, relationships and body changes
- 🌀 Communicate with your health care team, family and friends
- 🌀 Make decisions about treatment and plans for the future
- 🌀 Eat well and remain fit
- 🌀 Find mutual support from others living with and surviving cancer

DAYS: 6 Sessions on 6 Consecutive Wednesday Afternoons

WHEN: Wednesdays, October 25st through November 29th •
12:30 – 3:00 PM

WHERE: Healthy Living Center at the Hamilton Area YMCA •
1315 Whitehorse-Mercerville Road, Hamilton, NJ

LIGHT REFRESHMENTS provided

PRESENTED BY: Rutgers Cooperative Extension of Mercer County
Department of Family & Community Health Sciences AND the
Hunterdon & Mercer County Regional Chronic Disease Coalition



*To register call Hunterdon Regional Cancer Center Outreach: (908) 237-2328
Monday through Friday 9:00am to 5:00pm
Enrollment is Limited, Call Today!*