

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

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."

6-WEEKS ON THURSDAYS

Dates: October 3, 10, 17, 24 (no session on 10/31) and November 7, 14, 2024

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/

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:

 **Hunterdon | Mercer**
Chronic Disease Coalition



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CANCER COMFORT CARE