

LIVING WITH CANCER? CANCER SURVIVOR?

Maintain an Active and Fulfilling Life

Enroll in “Cancer: Thriving and Striving”*



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

Adults of all ages who are living with or who have survived cancer are invited to take part in this **FREE** 6-week series that will help you:

- 🌀 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

WHEN: Wednesday, June 21st through July 26th • 1:00 PM - 3:30 PM

WHERE: ECHO, Inc. at Covenant Presbyterian Church • 471 Parkway Ave. • Trenton NJ

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 Rutgers Cooperative Extension at: (609) 989-6830
Monday through Friday 8:30 am to 4:30 pm
Enrollment is Limited, Call Today!