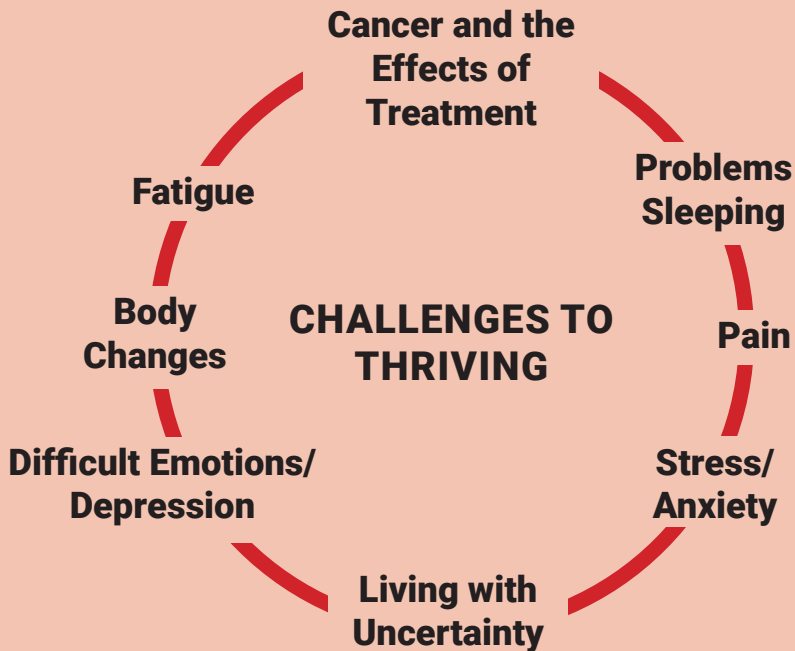


CANCER THRIVING & SURVIVING

A WORKSHOP DESIGNED FOR ADULTS AND CAREGIVERS IMPACTED BY CANCER



Enroll now in a free online 6-week workshop in self-management proven to better manage challenges to thriving

Developed by Stanford University, this curriculum in self-management has proven to help cancer patients/survivors learn to better manage symptoms. Topics include managing fatigue, pain and sleep; dealing with emotions and relationships; and communicating with your health care team, family and friends.

DATES: 6 Week Series on Wednesdays
April 7, 14, 21, 28
May 5, 12

TIME: 10:30 A.M. – 12:30 P.M.

PLACE: Online via Zoom

*All participants will receive the book
“Living a Healthy Life with Chronic Conditions”*

Registration Required and Space is Limited: CALL 908-237-2328 Today



Hunterdon Healthcare
Your full circle of care.