Cancer Thriving and Surviving Program

The Cancer Thriving and Surviving Program is an evidence-based program originally developed at Stanford University School of Medicine. Learn how to set personal goals and develop the skills you need to overcome barriers and successfully manage your health. The program will not conflict with your existing programs or treatment; it is designed to enhance regular treatment.

The program helps you in:

- **Developing techniques to deal with problems such as frustration, fatigue, pain, isolation, poor sleep and living with uncertainty**
- **Learning appropriate exercise for regaining and maintaining flexibility and endurance**
- **Making decisions about treatment and complementary therapies**
- **Communicating effectively with family, friends, and health professionals**
- **Nutrition**
- **Setting priorities**
- **Relationships**

Join us for this interactive 6 week workshop (2 ½ hours each week)

Doolittle Senior Center

1950 J. Street Las Vegas, NV 89106
Mondays: July 10, July 17, July 31, Aug 7, Aug 14, Aug 21, 2017
12:30 p.m. - 3:00 p.m.

To register for a workshop, please call 702.229.6125

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