

Cancer: Thriving and Surviving

Improvements in early detection, diagnosis and treatment means that people with cancer are living longer, with better quality of life. The Cancer: Thriving and Surviving Workshop was developed by Stanford University School of Medicine to help participants set personal goals and develop skills to overcome barriers and successfully manage their own care.

Some of the topics and skills discussed in the workshop include:

- Living with uncertainty
- Considerations for integrating complementary therapies
- Deep breathing techniques
- Addressing fatigue
- Cancer and relationships

The workshop runs for 2 ½ hours once a week for seven consecutive weeks; and is facilitated by two trained leaders who are cancer survivors or caregivers of cancer survivors.

Class size is limited and registration is required.

Thursdays, February 16 - March 30, 2017

1:00 p.m. to 3:30 p.m.

**Sanford Center for Aging
University of Nevada, Reno**

**To register, go to <https://unsom.formstack.com/forms/cancerselfmanagement>
or call 775-784-1807 or email rsvp@unr.edu**

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