

Get Healthy North Country

Community Integrated Health Network | gethealthynoco.org

Cancer: Thriving & Surviving

is an evidence based self management workshop, designed for **adults** and **caregivers** impacted by cancer.

This six-week telephonic workshop starts **October 6, 2023** and meets Friday's* through **November 10, 2023** from 12:00pm – 1:00pm.

**Classes on 10/6, 10/13, 10/20, 10/27, 11/3, 11/10*

Topics include:

- Fear of recurrence
- Changes in body image
- Exercise to maintain/ improve strength and endurance
- Healthy eating
- Make decisions about treatment and complementary therapies
- Working with health care providers
- Communicating with friends and family
- Communicating with the health care system
- Dealing with negative emotions
- Action-planning
- Problem-solving

THrive

No cost for you to attend!

Class sizes are limited, so reserve your spot today!

To register, please contact **Julie Cooke** at **(315) 705-9415** or send an email to julie@gethealthyslc.org.



For information or upcoming workshops, visit us at <https://gethealthynoco.org>