Cancer: Thriving and Surviving

# The Chronic Disease Self-Management Program of Stanford University

**Sessions include:**  *Techniques for dealing with frustration, fatigue, pain, isolation, sleep, & uncertainty*

### Appropriate exercise to regain and maintain flexibility and endurance

* *Treatment decisions and complementary therapies*
* *Communication techniques with family, friends and health professionals*
* *Nutrition*
* *Setting priorities*
* *Relationships*

*This FREE 6-week workshop will be offered on*

# XXXXXXXX

#  Community Partner Name

*Address*

*For additional information and to register for this six week program,*

*please call XXX-XXX-XXXX or register on line at:*

*All participants will receive a copy of the companion book,* **Living a Healthy Life with Chronic Conditions***, 4th Edition, and a CD,* **Mind and Body**

**Your organization’s logo can be added to this.**

#### *Sponsored by: Ocean Monmouth Health Alliance, Social Communities Action Network (SCAN). Ocean Monmouth Health Alliance is a regional chronic disease prevention coalition funded by the Office of Cancer Control and Prevention of the NJ Department of Health.*

#### *For more information on Comprehensive Cancer Control in NJ, visit* [*www.njcancer.gov*](http://www.njcancer.gov/)