

Cancer: Thriving & Surviving



Are you or a loved one affected by cancer?

Cancer: Thriving & Surviving is a workshop facilitated by two trained leaders focusing on increasing your ability to manage your health and maintain an active and full life. The program is open to people with cancer, survivors, family, friends, and caregivers.

Participants will learn about:

- Setting Priorities
- Maintaining Relationships
- Nutrition
- Techniques to deal with frustration, fatigue, pain, isolation, poor sleep, and living with uncertainty
- Communicating effectively with family, friends, and health professionals
- Making decisions about treatment and complementary therapies
- Appropriate exercise for regaining and maintaining flexibility and endurance

**Workshops meet every Thursday for
6 weeks**

When:

June 8 - July 13, 2023

4:00pm - 6:30pm

Where:

**Moultrie County Health Department
202 S. Main, Sullivan, IL 61951**

To Register:

Moultrie County Health Dept.

- **217 728-4114**

Registration is required. Books may be borrowed for program use or purchased for \$20.

Contact the Health Promotion Team at AgeOptions at AgeOptions (800)699-9043 or email info@ilpathwaystohealth.org

This workshop is open to any resident in the State of Illinois except for residents of the following counties: Boone, Carroll, DeKalb, Lee, Ogle, Jo Daviess, Stephenson, Whiteside, and Winnebago.

This project was supported in part by grant number 90FSPG0030-01-01 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.