

CANCER: Thriving and Surviving

Gain skills, resources and confidence to better manage your health and daily life.

This free, six-week workshop helps people to actively achieve their best health and wellness, as well as provide them with a greater sense of control over life with cancer.

This workshop is open to anyone living with cancer, survivors, family, friends or caregivers. All participants will receive a free handbook as part of the program.

Next session runs weekly on Thursdays, starting April 11 until May 16, 2024 from 1:30pm to 4:00pm EST

NOW AVAILABLE ONLINE VIA ZOOM

Learn New Strategies to:

- Manage symptoms, such as pain, frustration, isolation and poor sleep.
- Fatigue management and getting help.
- Improve communication with healthcare team members.
- Live with uncertainty.
- Set weekly goals.
- And more...

REGISTER ONLINE TODAY

Register for Living Well community workshops at livingwellseontario.ca - **Spaces are limited!**

Please contact us with any questions at selfmanagement@kchc.ca