

Are you living with or have been affected by cancer?

Living Well
South East

Self-Management Program  Ontario

Cancer: Thriving and Surviving

FREE 6-week workshop

ONLINE via Zoom meeting

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.

Who Attends?

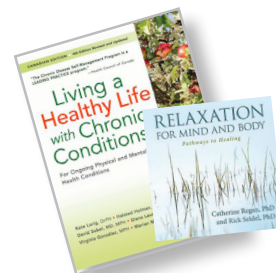
People with cancer, survivors, family, friends or caregivers.

Thursdays, March 23 to April 27, 2023

1:30 to 4:00 pm EST

Receive a **FREE** copy of the book *Living a Healthy Life with Chronic Conditions* and the audio file *Relaxation for Mind and Body*.

REGISTER ONLINE TODAY as spaces are limited! You can register by visiting www.livingwellseontario.ca. Please contact us with any issues at selfmanagement@kchc.ca or 613-542-2949.



You can learn how 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...