

Are you or a loved one living with or have been affected by cancer?

**Living Well**  
South East

Self-Management Program  Ontario

# Cancer: Thriving and Surviving

**FREE 6-week workshop**



## 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...

**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.

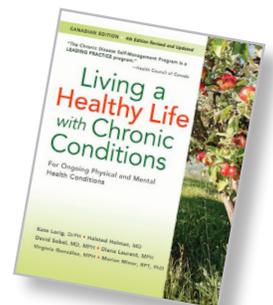
**Belleville & Quinte West Community Health Centre**  
**161 Bridge St. West, Belleville**

**February 18 to March 24, 2020**

**1:30 pm to 4:00 pm**

Receive a **FREE** copy of the book *Living a Healthy Life with Chronic Conditions*.

**REGISTER TODAY** as spaces are limited! You can register by contacting the Program Secretary at 613-962-0000 x 233. You do not need to be a client of the Community Health Centre to attend.



Belleville and Quinte West  
Community  
Health Centre



Kingston Community  
Health Centres  
Centres de santé  
communautaire de Kingston

The Living Well workshops are coordinated by the Self-Management Program of Southeastern Ontario which is housed at the Kingston Community Health Centres and is made possible through funding from the Ministry of Health and Long-Term Care.