

Cancer: Thriving and Surviving A Unique Survivorship Workshop

Sponsored by the Bergen Hudson Chronic Disease Coalition and Holy Name Medical Center



Cancer: Thriving and Surviving

Developed by Stanford University

Cancer: Thriving and Surviving is a free 6 week educational fitness program with an emotional wellness component reviewing new topics each week.

Subjects covered include:

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

Each interactive session builds support, confidence and success in the ability to manage health and maintain active and fulfilling lives.

Participants will receive a copy of *Living a Healthy Life With Chronic Conditions, 4th Edition*.

Registration required: RSVP to Courtney Lozano by March 15, 2017 at: 201-833-3392 or c-lozano@holyname.org

Wednesdays

March 29

April 5, 19, 26

May 3, 10

2017

1:00 - 3:30 PM

(light lunch included)

Location:

Holy Name

Medical Center

718 Teaneck Road

Teaneck, NJ 07666

The Bergen- Hudson Chronic Disease Coalition is funded through a grant from the New Jersey Department of Health & Senior Services' Office of Cancer Control and Prevention (OCCP). It is administered through the Bergen County Department of Health Services