

If you need help on how to manage living with or being affected by cancer, join a **Cancer: Thriving and Surviving workshop.**

What is Cancer: Thriving and Surviving?

Cancer: Thriving and Surviving is an interactive workshop for cancer survivors and those impacted by cancer. Workshop sessions are highly participative where mutual support and success builds confidence in the ability to manage health and maintain an active and fulfilling life. Participants learn skills to help address concerns such as the fear of recurrence, changes in body image, fatigue, pain, nutrition and more. Participants are guided to tailor the workshop content to their own needs. Also available in Spanish.

Who should attend a workshop?

- Adults with cancer, survivors, family, friends, and caregivers
- Participants must be able to function in a group setting

Benefits to join a workshop:

- Increased energy and less fatigue
- Increased physical activity
- Increased confidence in managing health
- Decreased pain and depression
- Less frustration or worry about health



Topics covered during workshop sessions:

- Fear of recurrence and changes in body image
- Making decisions about treatment and complementary therapies
- Communicating with family, friends and health care providers
- Dealing with emotional issues such as depression, anger and fear
- Appropriate exercise for maintaining and improving strength and endurance
- Problem-solving, decision-making, goal setting and many more

Duration of a workshop:

- Workshops meet weekly for six weeks for 2.5 hours with a built-in break
- Workshops meet in person at convenient community or clinical settings OR virtually (**technical assistance is provided**)

How do I join a workshop?

- To find a workshop near you or for more information, call the number below or email the Health Promotion Team at AgeOptions.