



CANCER THRIVING & SURVIVING



This health education and lifestyle management program is designed for cancer survivors of any type of cancer, and provides techniques to deal with symptoms of cancer and its treatment, such as:

- Fatigue
- Pain
- Sleeplessness
- Shortness of breath
- Stress
- Emotional challenges such as depression, anger, fear and frustration

Caregivers are also invited.

**Call OWN at
(833) 673-9355
to learn more.**



Learn ways to cope with and overcome fears of recurrence



Discover methods to address changes in body image



Find new ways to enhance eating habits for a more nutritious diet



Learn to make decisions about treatments and therapies



Learn about action-planning and problem-solving



Get tips to work more effectively with healthcare providers

This program is available in English and Spanish.

