

Join us on a **CANCER PATH** to Living Well



CANCER PATH is a 6-week workshop that teaches self-management skills and ways to reduce side-effects from all types of cancer and its treatments. This program helps people cope with the concerns and thoughts that accompany having a cancer diagnosis, regardless of whether you are newly diagnosed, in active treatment, or living beyond active treatment. No matter what stage you are in, this workshop is for YOU.

ATTEND A VIRTUAL WORKSHOP!

What's in it for YOU?

You will learn to better manage your condition using these tools:

- Dealing with Difficult Emotions
 - Living With Uncertainty
 - Better Sleeping Tips
- Managing Pain and Fatigue
 - Healthy Eating
- Stress Management
 - Staying Active
 - Action Plans!



ON-LINE CANCER PATH workshops
Meet through Zoom
2.5 hours per week for 6 weeks.

WHEN: FRIDAYS 10:00am-12:30pm
OCTOBER 16– NOVEMBER 20, 2020

WHERE: You will sign on through Zoom either on the phone app or on-line. We'll walk you through it if you've never used Zoom before!

COST=FREE!

[CLICK HERE TO REGISTER](#)

OR Call Region 2 Area Agency on Aging to register at 517-592-1678
email tori.hubbell@r2aaa.net

