



# CANCER PATH: THRIVING & SURVIVING

## Attend a free 6-week virtual workshop

Cancer PATH is an interactive workshop designed to help individuals with any kind of cancer improve their health and feel better. Whether newly diagnosed, in active treatment, or living beyond it, this program helps survivors cope with the concerns, thoughts, and health conditions that accompany having a cancer diagnosis.

## Get on the PATH to better health!

Learn tools to help you:

- Deal with Difficult Emotions
- Live with Uncertainty
- Get Better Sleep
- Manage Pain and Fatigue
- Eat Healthier
- Manage Stress
- Stay Active
- Action Plan!



## CANCER PATH WORKSHOP VIA ZOOM

TO OBTAIN INFORMATION ON THE NEXT AVAILABLE SERIES:

call (517) 592-1974

or email [livingwellprograms@wellwiseservices.org](mailto:livingwellprograms@wellwiseservices.org)

PROVIDER REFERRALS can be faxed to (517)592-1975 Attn: Cancer PATH

