



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 WORKSHOPS VIA ZOOM TO REGISTER, CLICK THE SERIES YOU WANT TO ATTEND

<u>Wednesday Afternoon Series:</u>	<u>January 20 - February 24, 2021</u>	<u>2:30pm - 5:00pm</u>
<u>Friday Morning Series:</u>	<u>February 19 - March 26, 2021</u>	<u>10:00am - 12:30pm</u>
<u>Monday Afternoon Series:</u>	<u>April 12 - May 17, 2021</u>	<u>1:00pm - 3:30pm</u>
<u>Tuesday Afternoon Series:</u>	<u>July 13 - August 17, 2021</u>	<u>1:30pm - 4:00pm</u>
<u>Tuesday Night Series:</u>	<u>September 14 - October 19, 2021</u>	<u>5:00pm - 7:30pm</u>

QUESTIONS? Call Region 2 Area Agency on Aging at 517-592-1974 or email livingwellprograms@r2aaa.net

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