

THE SUSSEX WARREN CHRONIC DISEASE COALITION AND THE
SUSSEX COUNTY DIVISION OF SENIOR SERVICES IS SPONSORING...



“CANCER THRIVING AND SURVIVING WORKSHOP”



Are you a cancer survivor that has completed treatments and/or a caregiver of a cancer survivor? Join us for an informative 6-week workshop series, including a light snack. Workshop topics include:

- ✓ Learn techniques to deal with problems such as frustration, fatigue, pain, isolation, poor sleep and living with uncertainty;
- ✓ Exercises for regaining and maintaining flexibility and endurance;
- ✓ Make decisions about treatment and complementary therapies;
- ✓ Communicate effectively with family, friends and health professionals;
- ✓ Nutrition; and
- ✓ Setting priorities.

This FREE program will be offered at...

Sparta Cancer Center
Conference Room
89 Sparta Avenue
Sparta, NJ 07871

**Wednesday's
February 8 – March 15, 2017
1:00 p.m. - 3:30 p.m.**

**For additional information or to register for the program, contact Diane Friedberg at the
Sussex County Department of Health and Human Services, Division of Senior Services,
at 973-579-0555 ext.1222 or dfriedberg@sussex.nj.us**

"The Sussex-Warren County Regional Chronic Disease Coalition is made possible by a grant from the New Jersey Department of Health, Office of Cancer Control and Prevention. The mission of the Sussex-Warren County Regional Chronic Disease Coalition is to implement the New Jersey Comprehensive Cancer Control Plan in Sussex and Warren County. For more information on Comprehensive Cancer Control in New Jersey, please visit: www.njcancer.gov."

