

## Feel better. Be in control. Do the things you want to do. Put life back in your life!



The Manage Your Chronic Disease (MyCD)
Cancer: Thriving and Surviving Program
A Free Six-Week Workshop for Cancer Survivors
Adapted from Stanford University's Chronic Disease Self-Management Program

Day of the week: Tuesdays

**Dates:** February 23 thru March 29 (2/23, 3/1, 3/8, 3/15, 3/22, and 3/29)

**Time:** 1:00 – 3:30 PM

**Location:** American Cancer Society

Address: 8500 Menaul Blvd NE, Albuquerque 87112

Join, Learn, and Take Control!

Call or email **Patricia Torn** at (505) 307-3414 or

ptorn@comcast.net

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**Cancer Support Now** 

Learn new skills to coordinate all the things needed to manage your health, as well as to help keep you active in your life and relationships.

## **Weekly Session Topics Include:**

- Feedback and problem solving
- The mind-body connection
- Fatigue management and getting help
- Dealing with difficult emotions
- Getting a good night's sleep
- Regaining fitness during and after cancer treatment
- Managing pain
- Living with uncertainty
- Making decisions
- Future plans for health care

- Goals setting and action planning
- Cancer and changes to your body
- Healthy eating and exercise
- Communication skills
- Making decisions about treatment and complementary therapies
- Weight management
- Positive thinking
- Cancer and relationships
- Working with your health care team
- Looking back and planning for the future