



Navigate Life with Cancer: Take Control of Your Health FREE Cancer: Thriving and Surviving (CTS) Program*

This FREE 6-week series is for people living with cancer, cancer survivors and caregivers. Come out to learn how to:

- Manage symptoms like fatigue, pain, difficulty sleeping
- Deal with difficult emotions, relationships and body changes
- Talk with your health care team, family and friends
- Make decisions about treatment and plans for the future
- Eat well and remain fit
- Find support from others living with and surviving cancer

**Thursdays, March 29- May 3, 2018
12:30 PM – 3:00 PM**

**Trenton Health Team - Conference Room
218 N Broad Street
Trenton, NJ**

Includes a Light Snack, Book, and Raffle Prizes!!

For more program information contact Michelle Brill at (609) 989-6830
To register contact Tiona Moore at (609) 944-8846



Presented by, Rutgers Cooperative Extension of Mercer County Department of Family & Community Health Sciences, the Hunterdon & Mercer County Regional Chronic Disease Coalition, and the Trenton Health Team: BUILD Health Challenge Initiative.

*Cancer: Thriving and Surviving Program Stanford Patient Education Research Center