



Put Life Back in Your Life!



Cancer: Thriving and Surviving Program A Free Six-Week Workshop

Adapted from Stanford University's Chronic Disease Self-Management Program (CDSMP)

Dates: Tuesdays, February 23rd thru March 29th

Time: 1:00pm - 3:30 p.m.

Location: American Cancer Society,
First Floor Conference Room, Suite A-145

Address: 8500 Menaul Blvd NE, Albuquerque, NM 87112

Call or email Patricia Torn, at (505) 307-3414 or
ptorn@comcast.net. Workshop limited to 20 people and is for
adults of all ages. Sign-up today!

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TOPICS INCLUDE:

WEEK 1

- Introduction to workshop
- Group introductions
- The mind-body connection
- Fatigue management and getting help
- Introduction to action plans

WEEK 2

- Feedback and problem-solving
- Dealing with difficult emotions
- Getting a good night's sleep
- Regaining fitness during and after cancer treatment
- Making an action plan

WEEK 3

- Feedback
- Managing pain
- Living with uncertainty
- Making decisions
- Future plans for health care
- Making an action plan

WEEK 4

- Feedback
- Cancer and changes to your body
- Healthy eating
- Communication skills
- Problem-solving
- Making an action plan

WEEK 5

- Feedback
- Endurance exercise
- Making decisions about treatment and complementary therapies
- Weight management
- Positive thinking
- Making an action plan

WEEK 6

- Feedback
- Cancer and relationships
- Guided imagery
- Working with your health care team
- Looking back and planning for the future

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. Family members and caregivers are welcome to attend too. Sign-up today! Call 505 307-3414 or email ptorn@comcast.net

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The CDSMP is known as the Manage Your Chronic Disease (MyCD) Program in New Mexico