

2023

**FREE!**

# **CANCER THRIVING AND SURVIVING WORKSHOP (CTS)**

Participants will attend a 2½-hour interactive workshop once a week for 6 weeks to learn techniques to deal with symptoms of cancer and its treatment such as:

- Fatigue
- Pain
- Sleeplessness
- Shortness of Breath
- Stress
- Emotional Problems (Depression, Anger, Fear, and Frustration)

## **WHO IS IT FOR?**

CTS is for adults who have survived any form of cancer such as breast cancer, lung cancer, prostate cancer, leukemia, etc.

**Call To Register**  
**(973)-682-4940**  
**(973)-285-6063**

## **WHAT ARE THE BENEFITS?**

- **Decreased depression**
- **Increased energy and less fatigue**
- **Improve sleep**
- **Improved communication with medical providers**

**For any further questions and/or concerns regarding the program,  
Call (973)-682-4940**



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**Public Health**  
Prevent. Promote. Protect.