Cancer: Thriving and Surviving Program

What is the Cancer: Thriving & Surviving Program?
Cancer: Thriving and Surviving (CTS) Program is a 6-week workshop designed for people who are living with and/or who have been affected by cancer. The workshop is designed to provide individuals with the skills and tools needed to manage their life. As a result, people are better equipped to face the challenges cancer has on our lives.

Testimonial
“The people start to interact and ask questions of each other, giving each other tips on how and where to find answers to their questions. They don’t want the workshop to end!”

Cancer: Thriving & Surviving workshop is an interactive workshop that is designed to provide self-management tools needed to take on tasks and help participants to become more active self-managers.

Some of the topics discussed over the 6-week course include:

- Techniques to deal with problems such as frustration, fatigue, pain, poor sleep and living with uncertainty
- Communication strategies that promote effective communication with family, friends and health professionals
- Making decisions about treatment and complementary therapies
- Healthy eating and exercises for regaining and maintaining flexibility and endurance

Location:
Karmanos Cancer Institute
31995 Northwestern Highway
Farmington Hills, MI 48334

Dates:
Wednesdays - April 22, 29, May 6, 13, 20, 27

Time:
9:30am – 12:00pm

Pre-Registration Required:
Contact: Kristin Wilson
248-262-9226 or kwilson@aaa1b.com

Space is limited
No cost to attend- donations to AAA 1-B are appreciated