



Cancer Thriving and Surviving Program

The Cancer Thriving and Surviving Program is an evidence-based program developed by Stanford University School of Medicine. Learn how to set personal goals and develop the skills you need to overcome barriers and successfully manage your health. The program will not conflict with your existing programs or treatment; it is designed to enhance regular treatment.

The program helps you in:

- Developing techniques to deal with problems such as frustration, fatigue, pain, isolation, poor sleep and living with uncertainty
- Learning appropriate exercise for regaining and maintaining flexibility and endurance
- Making decisions about treatment and complementary therapies
- Communicating effectively with family, friends, and health professionals
- Nutrition
- Setting priorities
- Relationships

Join us for this interactive 6 week workshop (2 ½ hours each week)

Dignity Health-WomansCare Center

2651 Paseo Verde Pkwy; Ste #180, Henderson, NV 89074

Wednesdays: Feb. 8 - Mar. 15, 2017

3:00 p.m. - 5:30 p.m.

To register for a workshop, please call 702.616.4900



Dignity Health™
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