



CANCER PATH: THRIVING & SURVIVING

Attend a free 6-week virtual workshop

Cancer PATH is an interactive workshop designed to help individuals with any kind of cancer improve their health and feel better. Whether newly diagnosed, in active treatment, or living beyond it, this program helps survivors cope with the concerns, thoughts, and health conditions that accompany having a cancer diagnosis.

Get on the PATH to better health!

Learn tools to help you:

- Deal with Difficult Emotions
- Live with Uncertainty
- Get Better Sleep
- Manage Pain and Fatigue
- Eat Healthier
- Manage Stress
- Stay Active
- Action Plan!



CANCER PATH WORKSHOPS VIA ZOOM

Thursday Evening Series:

October 13 – November 17, 2022

5:30 pm – 8:00 pm

TO REGISTER call (517) 592-1974 or email livingwellprograms@r2aaa.net

PROVIDER REFERRALS can be faxed to (517)592-1975 Attn: Cancer PATH