



CANCER: THRIVING & SURVIVING 6-WEEK WORKSHOP

An evidence-based program developed by
Stanford University



Facilitated by: Stanford Trained leaders

When: July 12 - August 16
Wednesdays, 5:30-8:00pm

Where: Cameron Center

**There is no cost to participate.
Space is limited. RSVP (808) 242-7661**

Subjects covered include:

- Techniques to deal with issues such as frustration, fatigue, pain, isolation, poor sleep and living with uncertainty.
- 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, and relationships.



PACIFIC CANCER FOUNDATION
Access. Knowledge. Support.

*Providing Access, Knowledge and Support to all those
affected by cancer in Maui County.*

T: 808.242.7661 F: 808.242.7616
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