

2024

CANCER THRIVING AND SURVIVING WORKSHOP (CTS)

FREE!

February 8, 2024-March 19, 2024

10:00AM-12:30PM

Morris County Library Conference Room

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 open to people with cancer, survivors, family, friends, and caregivers. The facilitator led sessions are highly participative where mutual support and success builds your confidence in your ability to manage your health and maintain an active and fulfilling life.

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
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