



The Cancer: Thriving & Surviving Program

## ***FREE* Cancer Classes**

### **Nanticoke Training Center**

121 S. Front St

Seaford, DE 19973

When: 4/22– 6/3/19

Mondays, from 10am– 12:30pm

(4/22, 4/29, 5/6, 5/13, 5/20 & 6/3)

### **More knowledge about living with cancer can:**

- Help prevent and/or delay health complications
- Support techniques to deal with frustration, fatigue, pain, isolation, poor sleep and living with uncertainty
- Help evaluate and make decisions about treatment and complementary therapies
- Help with communicating effectively with family, friends and health professionals

**More knowledge about cancer can improve your life!**

*DELAWARE HEALTH AND SOCIAL SERVICES*

Division of Public Health

Diabetes and Heart Disease Prevention and Control Program



**Sign up for free classes!**

**Register online**

**[HealthyDelaware.org/SelfManagement](http://HealthyDelaware.org/SelfManagement)**

**or call: Self-Management Programs 302-990-0522**