



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

Friday Morning Series:	Oct. 15 – Nov. 19, 2021	10:00 am - 12:30 pm
Monday Afternoon Series:	Jan. 17 – Feb. 21, 2022	2:00 pm - 4:30 pm
Wednesday Evening Series:	Feb. 23 – Mar.30, 2022	5:00 pm - 7:30 pm
Friday Morning Series:	Apr. 15 – May 20, 2022	10:00 am - 12:30 pm
Tuesday Afternoon Series:	May 24 – June 28, 2022	2:00 pm - 4:30 pm

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

QUESTIONS? Call Region 2 Area Agency on Aging at 517-592-1974 or email livingwellprograms@r2aaa.net

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