

LIVING WELL WITH CANCER THRIVING AND SURVIVING

Glenwood 50+ Center

2400 Route 97, Cooksville, MD 21723

FRIDAYS • 9:30 AM TO NOON

April 26 AND May 3, 10, 17, 24, 31

You can take back control of your health, and you do not have to do it alone. Overcome the day-to-day struggles of cancer by learning to set goals and make action plans in a small, interactive, peer-to-peer supportive setting.

Register online today at hcg.org/events

REAL LIFE SKILLS EXPLORED

- Fatigue • Frustration • Pain • Isolation • Difficulty Sleeping • Living with Uncertainty
- Regaining and Maintaining Flexibility and Endurance
- Treatment and Complementary Therapy Decisions
- Communication Among Family, Friends and Health Professionals
- Nutrition
- Setting Priorities

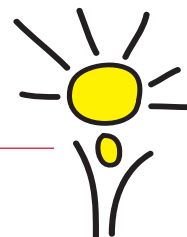
Each session builds upon the previous week, and offers participants the opportunity to share experiences and identify solutions and tools for solving problems.

Caregivers are also welcome to attend.


Howard County Office on
Aging and Independence
Department of Community Resources and Services

FOR MORE INFORMATION

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410-313-3506 (VOICE/RELAY)



If you need accommodations to participate or need this information in an alternate format, contact Maryland Access Point of Howard County at 410-313-1234 (voice/relay).

www.howardcountymd.gov/livingwell