

# CANCER THRIVING & SURVIVING



Improvements in early detection, diagnosis and treatment mean that people with cancer are living longer, with better quality of life.

This workshop was developed by Stanford University in order to help participants develop the skills to overcome barriers to health and learn ways to successfully manage their care.

Some of the topics and skills discussed in the workshop include:

- Living with uncertainty
- Considerations for integrating complementary therapies
- Deep breathing techniques
- Addressing fatigue
- Cancer and relationships

The workshop runs for 2 ½ hours once a week for seven consecutive weeks; and is facilitated by two trained leaders who are cancer survivors or caregivers of cancer survivors.

Class size is limited and registration is required.

**Tuesdays, March 5 - April 16, 2019**  
**1:00 p.m. to 3:30 p.m.**  
**Center for Molecular Medicine**  
**Building, Room 163**  
**University of Nevada, Reno**

**To register, go to <https://bit.ly/2Pc0cyE>**  
**or call 775-784-1583**

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