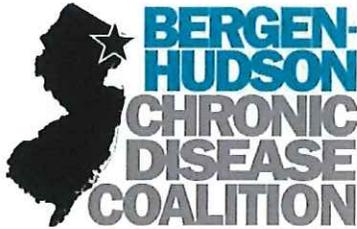


Please join us for a unique workshop series for Cancer Survivors.

Sponsored by the Bergen County Department of Health Services and the Ridgewood YMCA



Steps to Healthier Living™

Thursdays
November 10, 17
December 1, 8, 15, 22

Ridgewood YMCA
112 Oak Street
Ridgewood NJ
12 – 2:30 PM
---FREE---
Lunch is provided

Cancer: Thriving and Surviving Program

The Cancer: Thriving and Surviving (CTS) Program is a two and a half hour workshop given, once a week, for six weeks. Workshops are facilitated by two trained leaders.

Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain, isolation, poor sleep and living with uncertainty, 2) appropriate exercise for regaining and maintaining flexibility, and endurance, 3) making decisions about treatment and complementary therapies, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, 6) setting priorities, and 7) relationships.

Each participant in the workshop receives a copy of the companion book, *Living a Healthy Life With Chronic Conditions, 4th Edition*, and a relaxation CD, *Relaxation for Mind and Body*.

Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

The program is designed to enhance regular treatment and gives participants the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives and relationships.

Contact Carol Livingstone 201.444.5600 x330 or clivingstone@ridgewoodymca.org
WWW.RIDGEWOODYMCA.ORG

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