



Cancer:

THRIVING AND SURVIVING PROGRAM

Tuesday, March 15 - April 26
6 to 8:30 p.m.
MSMH Outpatient Pavilion

This Stanford University Chronic Disease Self Management Program is offered to cancer survivors and their family and friends. Participants will meet once a week for six weeks.



**MedStar St. Mary's
Hospital**

MedStarStMarys.org

Topics covered include:

- ▶ Healthy eating
- ▶ Creating a physical activity program
- ▶ Managing stress
- ▶ Working with health care providers
- ▶ Better communication with family, friends, coworkers and providers
- ▶ Managing emotions and relationships
- ▶ Managing fatigue
- ▶ Effects of treatment

**For more information or to register,
please call 301-475-6019.**