



*Cancer:*

## **THRIVING AND SURVIVING PROGRAM**

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.

**Tuesdays starting February 14, 2017**  
**6:00pm - 8:30pm**  
**MedStar St. Mary's Hospital**  
**Health Connections**  
**Call 301-475-6019 for more information or to register.**



**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 relationship
- Managing fatigue
- Effects of treatment