

LIVE ONLINE

FREE
Workshop

Cancer: Thriving and Surviving Program (CTSP)



Paths to Health ^{NM}
Tools for *Healthier* Living

Feel better! Join, learn and take control.

Learn new skills during a **FREE** live 6-week workshop using your electronic device and an internet connection.

Come learn how to better manage your health when living with a diagnosis of cancer, or experiencing remission from cancer. Join the **Cancer: Thriving and Surviving Program (CTSP)**.

- Build skills that will help you manage your health.
- Family, friends and caregivers are welcome to attend with you for free.

What topics and skills are covered during this workshop?

- Pain and fatigue management
- Living with uncertainty
- Planning for the future
- Goal-setting and making an action plan
- Decision-making
- Problem-solving
- Healthy eating
- Communication
- Dealing with difficult emotions
- Medication usage

Workshop Details

DAY OF WEEK: Wednesdays

DATES: May 15–June 19, 2024

TIME: 1:30 p.m. – 4:00 p.m.

LOCATION: Held via Zoom
Zoom link emailed weekly

TO REGISTER, CONTACT: Wellness Referral Center
(505) 850 – 0176 or
(575) 703 – 2343 or visit
<http://pathstohealthnm.org>

Lovelace
Health System



CANCER SUPPORT NOW
...so that no one faces cancer alone

