

# Cancer

# Thriving & Surviving

## Shasta Community Health Center

1035 Placer St.

Redding, CA 96001

Also available in Anderson & Shasta Lake City

**\$20**  
**Gift Card!**  
Call for details.

### We will talk about:

- Tips to deal with problems such as frustration, fatigue, pain, isolation, poor sleep and living with uncertainty
- Ideas to regain/maintain flexibility and endurance
- Making treatment decisions
- Helpful therapies
- Tips for talking with family, friends, and health professionals during difficult moments
- Nutrition
- Setting priorities
- Relationships

### Who should attend?

Any adult, age 18 and over, that is interested in learning about thriving and surviving the effects of cancer.

### When are workshops?

Workshops start several times throughout the year. Each workshop is 2.5 hrs/ week for 6 weeks.

### How much do they cost?

Nothing, all workshops are **FREE!**



Sign-Up Using Your  
Mobile Device

### Patient Education Team:

(530) 229-5115

[www.shastahealth.org/education](http://www.shastahealth.org/education)

