



Cancer Thriving & Surviving (CTS)

The Central Ohio Area Agency on Aging announces the launch of a free CTS workshop!

CTS is a Stanford evidence based workshop series. This small group workshop may be for you if you are a cancer survivor or a caregiver of a cancer survivor.



FREE Cancer Thriving & Surviving Self-Management Workshop

- Join this FREE 2 ½-hour workshop series held once a week for six weeks – a \$300 value. Refreshments provided.
- Learn self-management skills to gain confidence and feel better.
- Set your own goals and make a step-by-step plan to improve your health – and your life.
- Complete the workshop and receive a copy of the companion book, *Living a Healthy Life With Chronic Conditions, 4th Edition*.

Mount Carmel Haven of Hope
3100 Plaza Properties Blvd 3rd floor
Cols 43219

Tuesdays Sept 27th-Nov 1st
10:00am-12:30pm

To register contact:
Jane Acri at 614-645-3866 or email
Jacri@coaaa.org

Space is limited.
Attendance required at all sessions.
Registration deadline Sept 20th



Put life back in your life!

Ohio's Healthy U Program is excited to offer the newest self-management program of Cancer Thriving and Surviving workshop.

The series is once a week for six weeks for two and a half hours. The workshop is offered in convenient community settings.

CTS is for cancer survivors or their caregivers.

Self-Management topics covered include:

- 1) Techniques to deal with problems such as frustration, fatigue, pain and depression,
- 2) suggestions on exercise for maintaining and improving strength, flexibility, and endurance,
- 3) stress and relaxation,
- 4) communicating effectively with family, friends, and health professionals,
- 5) nutrition, and,
- 6) how to evaluate new treatments.

Other workshops offered in the Healthy U Program are:
Healthy U ~ Chronic Disease Self-Management and
Healthy U ~ Diabetes Self-Management

Each participant who completes the workshop receives a copy of the companion book, *Living a Healthy Life With Chronic Conditions, 4th Edition*.



For more information or to bring this program to your venue please call:

Jane Acri at
614-645-3866
1-800-589-7277
jacri@coaaa.org

The Central Ohio Area Agency on Aging supports older adult independence, choice, and dignity.



Central Ohio Area Agency on Aging
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Online: www.coaaa.org
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Healthy U is made possible through The Ohio Department of Aging and Older Americans Act funds, Title III-D, designated to promote evidence-based disease prevention and health promotion programs. COAAA works in collaboration with many local partners to bring this program to you.

"In just a few weeks, I got back to feeling better – and back to being the kind of person I like to be."

