



Cancer: Thriving and Surviving

A free workshop for cancer survivors

Get support and share experiences with others who have survived cancer

Learn to manage your fears, stress, fatigue, pain and the effects of treatment. Set small goals and work toward them. Find better ways to talk to your friends and family about your health.

Tuesdays, January 9th through February 13th

4:00 pm to 6:30 pm

At the Tilley Drive Oncology Rehab

(62 Tilley Drive, South Burlington, VT)

FREE Parking

Call (802) 847-7255, or email SelfManagement@UVMHealth.org



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