

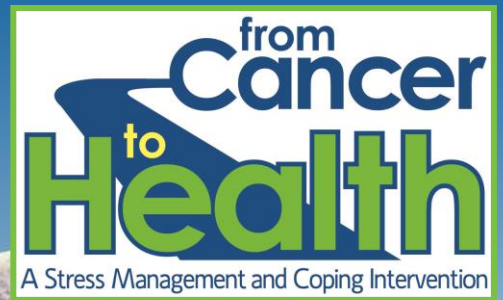
Program to Help People with Cancer Manage Stress

People diagnosed with cancer feel a great deal of stress. Over time, that stress can sometimes disrupt the healing process. *From Cancer to Health™* can help.

Through weekly group sessions, cancer patients will learn:

- Strategies to help **manage stress**
- Ways to **lessen the impact of physical symptoms** of cancer
- Skills to **cope with common problems** faced by people with cancer

Research shows that people participating in the program feel less stress, have better immunity, keep healthier diet and exercise habits and feel greater social support.



YOU'RE NOT ALONE

Join others at our weekly *From Cancer to Health™* group!

Location: Gilda's Club
1234 E. River Dr.
Davenport, IA

For more information or to sign up for the group, contact Melissa at melissa@gildasclubac.org or 563-326-7504.

Meeting Dates and Times:
Mondays beginning October 9th
from 3:30 to 5:00 p.m.