

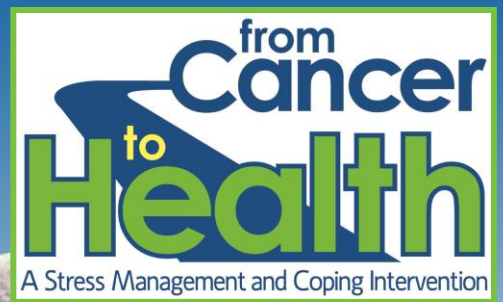
Beneficial Program to Help People with Cancer Manage Stress

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 upcoming *From Cancer to Health™* group!

FREE weekly ongoing sessions

Beginning Tuesday, March 13, 2018

Time: 5:15 p.m. to 6:45 p.m.

Location: UnityPoint Health -Trinity Cancer Ctr.

Family waiting room

500 John Deere Road, Moline, Illinois

Pre-registration is required -contact Melissa at 563-326-7504 or melissa@gildasclubqc.org

Program supported by Trinity Health Foundation and UnityPoint Health-Trinity

