

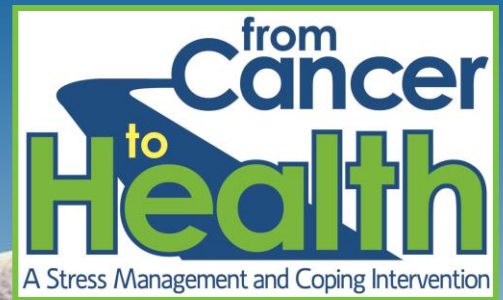
## New Program to Help People with Cancer Manage Stress

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!

Weekly ongoing sessions:  
Tuesday mornings, starting February 19<sup>th</sup>  
Time: 10:00 – 11:30 a.m.  
Location: Gilda's Club  
1234 E. River Dr.  
Davenport, IA

For more information or to sign up for the group, contact Kelly H at [kelly@gildasclubac.org](mailto:kelly@gildasclubac.org) or 563-326-7504.