



Kingston Community
Health Centres
Centres de santé
communautaire de Kingston

FREE SIX-WEEK WORKSHOP

for adults living with cancer, survivors,
and their family, friends and caregivers

CANCER: Surviving and Thriving

Improve your lifestyle, health, and wellness while navigating life with cancer

JOIN US ONLINE VIA ZOOM

Our community workshops include:

- Managing symptoms
- Communicating with family, care teams and professionals
- Deciding on treatments, therapies, nutrition and exercise
- Dealing with frustration, fatigue, and isolation
- And more... **SPACES ARE LIMITED!**

REGISTER TODAY AT
[KCHC.CA/PROGRAMS](https://kchc.ca/programs)

or email us at
selfmanagement@kchc.ca

