

CANCER: THRIVING & SURVIVING

An evidence-based program developed by Stanford University

Facilitated by:

Burlington Camden County
Regional Chronic Disease
Coalition

When:

Every Tuesday for 6 weeks
starting May 1st and ending
June 5th

Choice of AM or PM program

9:30 a.m. – 12 p.m. or
6 p.m. – 8:30 p.m.



*There is no cost to participate

Space is limited

Please RSVP 1-888-VIRTUA3

- Techniques to deal with issues such as fatigue, pain, frustration, isolation, poor sleep, and living with uncertainty
- Learn exercise habits that promote strength, flexibility, and endurance
- Introduce healthy nutritional habits and learn how to set priorities



BCCRCDC
Burlington Camden County Regional
Chronic Disease Coalition

**We welcome all patients and caregivers
who have been affected by cancer**

**Virtua Health & Wellness
200 Bowman Avenue Voorhees Suite D290
(Second Floor)**