

# Cancer: Thriving and Surviving

## Cancer Adaptation of the Chronic Disease Self-Management Program Curriculum

### Mountain Empire Older Citizens Offers Workshops for Cancer Survivors

Mountain Empire Older Citizens and the Mountain Laurel Cancer Support and Resource Center will offer self-management workshops for cancer survivors and friends and family of persons affected by cancer. The workshops are **free** and will focus on people who have completed at least their initial treatment. Participants are welcome to bring a family member to the sessions with them. Workshops are given two and a half hours, once a week, for six weeks, in community settings such as senior centers, nutrition sites, area agencies on aging, centers for independent living, churches, libraries, and hospitals. Content areas include topics such as managing difficult emotions, relaxation techniques, healthy diet, decreasing pain and fatigue, correct use of medications, and exercise.



“Most importantly, the curriculum is based on goal setting, problem solving, and action planning; the learning of these process-oriented skills in an environment of social feedback and support has been demonstrated to increase self-efficacy and improve outcomes.”  
- Dr. Richard Seidel

### Interested in taking a workshop? Contact us!

Sessions are being planned in the coming weeks. Participants are encouraged to pre-register as soon as possible so educational materials can be obtained in advance. If you, or a family member, is interested in attending a workshop in your area, please contact Maggie Christian or Rachel Helton at (276) 523-4202.

#### Content Areas:

- Managing Difficult Emotions
- Relaxation Techniques
- Maintaining a Healthy Diet
- Decreasing Fatigue
- Managing Medication
- Creating an Exercise Plan

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