



Living Well

Cancer: Thriving and Surviving

Cancer: Thriving and Surviving is a seven-week program designed for people who are managing cancer or are in remission.

Learn how to deal with frustration, fatigue, pain, poor sleep habits, as well as making decisions about treatment and complementary therapies. You will actively engage and learn how to communicate effectively with family, friends, and health professionals. Receive help in gaining confidence in your ability to manage your health, and maintain an active, and fulfilling life.

**MedStarHealth.org/MHS/Our-Services/
Living-Well-Program or call 877-367-5864**

Class Meeting Location

MedStar National Rehabilitation Hospital
102 Irving St, NW
New Values Conference Room Ground Floor
Washington, DC 20010

*Parking validation will be provided

Start Date: Thursday, July 12, 2018
End Date: Thursday, August 23, 2018
Meeting Time: 9:30 a.m. to 12:00 p.m.

Cost: FREE

Registration required

Class size is limited



MedStar Health

Knowledge and Compassion
Focused on You

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