Following your cancer treatment

This is your time to THRIVE

How can this programme help you?
Cancer Thriving and Surviving offers you a sense of confidence and a chance to learn self-management skills when moving on from your cancer treatment.

How is the programme taught?
- Workshops are taught in a relaxed and friendly environment of 10-16 participants
- This shared support builds your confidence in your ability to manage your health and maintain an active and fulfilling life
- Participants take an active role in the workshops by setting their own weekly goals

Programme details
- FREE of charge
- At a location near you
- One class a week for 6 weeks
- Led by health professionals and cancer survivors who have taken special training
- 2½ hour sessions

What will you learn?
Techniques to deal with problems such as:
- Getting better sleep
- Nutrition
- Managing frustration, fatigue or pain
- Setting priorities
- Making decisions about treatment
- Relationships
- Communicating effectively with family, friends and health professionals
- Regaining and maintaining physical flexibility and endurance

For more information contact:
National Cancer Control Programme
E: info@cancercontrol.ie
Irish Cancer Society
Cancer Nurse Helpline: 1800 200 700
www.cancer.ie/thrivingandsurviving
Marie Keating Foundation
www.mariekeating.ie
www.surviveandthrive.ie