

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.

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, 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 Leigh Ann Bolinskey at (276) 523-4202.

Content Areas:

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

“Apart from having to cope with the physical and medical challenges, people with cancer face many worries, feelings, and concerns unique to their situation. Cancer support groups can provide access to the most current information regarding available treatments.”