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.

Interested in taking a workshop? Contact us!

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 Jennifer Kennedy or Marsha Craiger at (276) 523-4202.

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

Mountain Laurel Cancer Support and Resource Center
1501 Third Avenue East
P.O. Box 888
Big Stone Gap, VA 24219
276-523-4202
www.meoc.org

Local leaders are ready to come to you. If you are a support group, church, civic organization, business or any group interested in hosting a workshop, call 276-523-4202.

“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