

Cancer Support and Education Group

Coping with Cancer: Focus on Healing your Body and Mind

Groups can enhance traditional cancer treatment by:

- Providing support from others experiencing cancer
- Reducing physical and mental stress
- Improving your ability to cope with emotional and practical challenges

Some of the topics that will be covered:

- Relaxation techniques for managing stress
- Family issues related to a cancer diagnosis
- Self-image, struggling with acceptance of life changes
- Awareness of your body and mind
- Managing struggles with thoughts



Groups will begin the first week in February.

To register, please call Dr. Melissa Rowland at (815)-735-0732

For more information, email
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