



Canadian Cancer Society  
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# Living Well Beyond Cancer

A self-management program for survivors and caregivers

The Canadian Cancer Society offers a **Living Well Beyond Cancer** program for post-treatment cancer patients and their caregivers who strive to live a healthy life. This popular program is based on the Chronic Disease Self-Management Program researched and developed at Stanford University. If you are a post-treatment cancer patient, **Living Well Beyond Cancer** may be for you.

This free program is conducted as a 2 ½ hour workshop held weekly for 6 weeks, and is led by two trained Stanford-licensed peer leaders with a cancer or caregiver experience. The highly interactive sessions are designed to help people post-treatment gain confidence in their ability to control their symptoms and live the best possible life with a long-term condition. Skills are taught to support day-to-day living beyond cancer treatment, and to maintain or increase life's activities.

One participant said, *"the use of cancer survivors as facilitators made them believable and able to identify closely with the participants. Since the course is highly dependent on student participation and our particular problems and feelings, they [peer leaders] successfully coached us into participating without putting undue pressure on us, and made us feel as if we owned the course."*

Another participant summed up the course this way - *"When we arrived 6 weeks ago, we were strangers getting together because of cancer. Now 6 weeks later we are humans that were able to share, discuss and laugh together. At last, there is something positive coming out of this ordeal."*

**Living Well Beyond Cancer** will address: techniques to deal with the psychosocial aspects of cancer, appropriate exercise for maintaining and improving strength, communication and healthy eating.

## You will learn how to:

- Manage symptoms, treatment side effects and medications
- Work with your healthcare team
- Set goals and make plans to achieve goals
- Solve problems and handle difficult emotions

**Living Well Beyond Cancer is offered several times throughout the year. Space is limited to 15 participants for each 6 week program – please contact us at 613-723-1744 ext. 3621 or [cnelson@ontario.cancer.ca](mailto:cnelson@ontario.cancer.ca) for more information and to register.**