



Stop Cancer
Before It Starts
Series



Prostate Cancer: Screening & Prevention

Join Dr. Sandip Prasad from Morristown Medical Center for a conversation on prostate health, cancer treatment and beyond.



Wednesday, September 23, 2020

Time: 6:00 p.m.

Register today at: <https://bit.ly/3396Euu>



Atlantic
Health System
Cancer Care



Public Health
Prevent. Promote. Protect.

The Regional Morris & Somerset County
CHRONIC DISEASE & CANCER COALITION
Early Detection Best Protection
www.co.somerset.nj.us • 908-231-7155

You Can! Live Well! Cancer: Thriving and Surviving Workshop



Attend the Cancer: Thriving and Surviving Program Workshop to learn about:

- ♦ techniques to deal with problems such as frustration, fatigue, pain, isolation, poor sleep and living with uncertainty
- ♦ appropriate exercise for regaining and maintaining flexibility, and endurance
- ♦ making decisions about treatment and complementary therapies
- ♦ communicating effectively with family, friends, and health professionals
- ♦ nutrition
- ♦ setting priorities and more

It is the process in which the program is taught that makes it effective. Classes are highly participative, where mutual support build participants' success.

Cancer: Thriving and Surviving is a **free** evidence based program for adult cancer survivors, as well as family members and caregivers. The program will not conflict with existing programs or treatment. It is designed to enhance regular treatment and provide skills to coordinate all the things needed to manage health, and maintain active and fulfilling lives.

**Dates: Every Tuesday
September 29, October 6, 13,
20, 27, November 3rd
1:00 pm – 3:00 pm**

Location:

**This program will be held
virtually via ZOOM.**

***Must register to receive the
ZOOM link please contact:***

***Please email
kwilsusen@randolphnj.org***

***Or call
908-203-6077***

This program is held free of charge in partnership with Township of Randolph Health Department, Rockaway Division Health, Norwescap and the Regional Morris & Somerset Chronic Disease & Cancer Coalition.





CONTROLLING YOUR CANCER RISK

Join Rutgers Cancer Institute of New Jersey
to learn about the differences between hereditary
and sporadic risk factors for cancer.

Community Cancer Control Specialist
Daniel Pearson will share best practices to
reduce and manage your cancer risk.

Information on genetic risk assessment and genetic
testing will be provided.

When: Tuesday, October 13, 2020
Time: 11:00 a.m.

Register for this Zoom session today at:

<https://us02web.zoom.us/j/84451200000>



North Jersey Health Collaborative
[health matters](http://healthmatters.org)

RUTGERS
Cancer Institute
of New Jersey
RUTGERS HEALTH

