

# CANCER: THRIVING & SURVIVING

## Join us to see how you can Thrive & Survive

This six-week self-management workshop is designed to help cancer survivors to live more active and fulfilling lives. Each session provides information and practical tools to help individuals manage symptoms, challenges, and day-to-day tasks in small, supportive classes. Lorem ipsum dolor sit amet, consectetur adipiscing elit.

Class Begins  
July 38rd @ 10am

We meet weekly for six weeks at the HCMC Private Dining Room.

301 Tyson Ave,  
Paris, TN 38242

Call the HCMC Find Line at 731-644-3463 or go online at [www.hcmc-tn.org](http://www.hcmc-tn.org) to RSVP.