

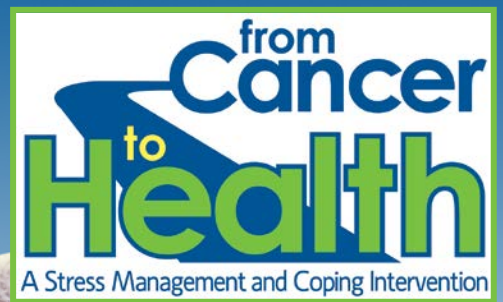
New Program to Help Women with Gynecological Cancers Manage Stress

People diagnosed with cancer feel a great deal of stress. Over time, that stress can sometimes disrupt the healing process. *From Cancer to Health™* can help.

Through 12 group sessions, patients recently diagnosed with gynecological cancers will learn:

- Strategies to help **manage stress**
- Ways to **lessen the impact of physical symptoms** of cancer
- Skills to **cope with common problems** faced by women with cancer

Research shows that people participating in the program feel less stress, have better immunity, keep healthier diet and exercise habits and feel greater social support.



YOU'RE NOT ALONE

Join others at our upcoming *From Cancer to Health™* group!
Next group starts on May 25th, 2016 @ 3 – 4:30pm

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For more information or to sign up
for the group contact
Jena Cooreman, LCSW
(916) 734-5198
jlcooreman@ucdavis.edu