



# I Can Cope

*It's FREE! Call from the comfort of your home or office!*

*Free telephone classes allow you to...*

- *Talk with other cancer patients & caregivers*
- *Get answers to your questions*
- *Get cancer information*
- *Learn skills to manage your cancer experience*
- *Participate over the phone from the comfort of your home or office*

*Self-guided classes also available online at [www.cancer.org/onlineclasses](http://www.cancer.org/onlineclasses).*

*Join us the first Wednesday of each month for the upcoming telephone classes:*

## **Exploring Self-Esteem and Intimacy**

Wednesday, March 4, 2009 10:00 a.m. – 12:00 p.m.

Register by February 25

Facilitator:Carolynn Peterson, RN, MS, AOCN

## **Relieving Cancer Pain**

Wednesday, April 1, 2009 10:00 a.m. – 12:00 p.m.

Register by March 25

Facilitator: Mark Holtsman, PharmD

## **Nutrition During and After Cancer Treatment**

Wednesday, May 6, 2009 10:00 a.m. – 12:00 p.m.

Register by April 29

Facilitator: Vicky Newman, MS, RD

**Pre-registration is required.**

***To register or to receive more information, call 1-800-ACS-2345.***

*The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.*



I Can Cope®

*I Can Cope is for patients and caregivers only.*

Hope.Progress.Answers.®

1.800.ACS.2345

[www.cancer.org](http://www.cancer.org)