

# I Can Cope<sup>®</sup>



## PRE-REGISTRATION IS REQUIRED.

Call to register or receive more information:

**1-800-227-2345.**

Join us for telephone support classes  
FOR CANCER PATIENTS AND CAREGIVERS:

### **Managing Side Effects of Cancer and Treatment**

Wednesday, December 7, 2011 10:00am–Noon [Register by 11/30]

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

Wednesday, January 11, 2012 10:00am–Noon [Register by 1/4]

### **Supporting Your Loved One and Yourself Through the Cancer Experience [for caregivers only]**

Wednesday, January 18, 2012 10:00am–Noon [Register by 1/11]

### **Nutrition During and After the Cancer Experience**

Wednesday, February 1, 2012 10:00am–Noon [Register by 1/25]

#### ***Repeated in Spanish:***

Saturday, February 11, 2012 9:00am–11:00am [Register by 2/6]

The American Cancer Society is saving lives and creating more birthdays by helping people stay well and get well, by finding cures, and by fighting back against cancer.

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

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