

# I Can Cope<sup>®</sup>

Join us Wednesdays each month from 10am-Noon for the upcoming telephone classes:

## Relieving Cancer Pain

June 2, 2010 [Register by May 25]

## Nutrition During and After Cancer Treatment

July 7, 2010 [Register by June 30]

## Managing Cancer-Related Fatigue

July 21, 2010 [Register by July 14]

## In Spanish: Managing Cancer-Related Fatigue

[1:00pm – 3:00pm]

July 21, 2010 [Register by July 14]

## Taking Charge of Money Matters

August 4, 2010 [Register by July 28]

## NEW, for caregivers only: Supporting Your Loved One and Yourself through the Cancer Experience

August 11, 2010 [Register by August 4]

## PRE-REGISTRATION IS REQUIRED.

To register or to receive more information:

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

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).