



**CANCERcare**<sup>®</sup>  
Help and Hope

## FREE PROFESSIONAL SUPPORT SERVICES

CancerCare helps individuals, families, caregivers and the bereaved cope with the emotional and practical challenges of cancer. Our services include counseling, support groups, educational workshops, publications and financial assistance. All of our services are provided by professional oncology social workers and are offered completely free of charge. To learn more, visit [www.cancercares.org](http://www.cancercares.org).

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**CancerCare<sup>®</sup> National Office**  
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# Happiness and Gratitude: What's It All About and Why Should I Be Happy? Thursday, May 17, 2018

**CancerCare is inviting all those affected by cancer to attend an exciting, innovative workshop. This workshop will be led by CancerCare's oncology social workers.**

Studies have shown that positive emotions are one of the most powerful emotions we possess. Gratitude can change our attitude and our outlook on life. This workshop will explore studies on happiness and gratitude. Learn how happiness and gratitude can be integrated into your own daily life and how it can increase one's resilience to stress and pain.

## TIME

6:00 p.m. – 7:30 p.m.

## LOCATION

KW Village Square Realty  
74 Godwin Avenue  
Ridgewood, NJ 07450

## FOR MORE INFORMATION, CONTACT

Ariana Parmese, Regional Coordinator, CancerCare at [aparmese@cancercares.org](mailto:aparmese@cancercares.org) or 201-301-6808.

Kathy Nugent, LCSW, Director of Regional Programs, CancerCare at [knugent@cancercares.org](mailto:knugent@cancercares.org) or 201-301-6809.

**Space is limited, registration is required.**