



CANCERcare[®]
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.

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Happiness and Gratitude: What's It All About and Why Should I Be Happy? Monday, November 18, 2019

CancerCare and the ReVital Cancer Rehabilitation program at Kessler are inviting all those affected by cancer to attend an exciting, innovative workshop. This free 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

Kessler Institute for Rehabilitation
300 Market Street
Saddle Brook, NJ 07663
Leisure Area

FOR MORE INFORMATION AND TO REGISTER, CONTACT

Ariana Parmese, Operations Manager,
CancerCare at 201-301-6808 or aparmese@cancercares.org

OR

Call 866-881-8881 or cancercares@kessler-rehab.com

Space is limited, registration is required.

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REHABILITATION CENTER
Select Medical

 **ReVital**[™]
Cancer Rehabilitation