



# 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).*

## **Communicating with Family, Friends & Health Care Providers**

Wednesday, March 3, 2010 10:00 a.m. – 12:00 p.m.  
Facilitator: Soomie Chun, LCSW

## **Nutrition During & After Cancer Treatment**

Wednesday, March 24, 2010 10:00 a.m. – 12:00 p.m.  
Facilitator: Susan Speer, MS, RD, CDE, FADA

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

Wednesday, April 7, 2010 10:00 a.m. – 12:00 p.m.  
Facilitator:Carolynn Peterson, RN, MSN, AOCN

## **Managing Cancer-Related Fatigue [in Spanish]**

Wednesday, April 21, 2010 1:00 p.m. – 3:00 p.m.  
Facilitator: Mercedes Garcia-Mohr, LCSW, ACSW, OSW-C

## **Exploring Self-Esteem & Intimacy**

Wednesday, May 5, 2010 10:00 a.m. – 12:00 p.m.  
Facilitator: Kate Zeiss, PhD, MSW

***Pre-registration is required. Registration deadline is one week before each class. To register, call:***

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

*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.*