

University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service



JOIN-US For this five-lesson program where you will learn

- Understand the basics of cancer
- Apply strategies to manage nutrition during cancer
- Implement coping strategies to improve mental health during cancer
- Balance caregiving responsibilities with self-care
- Recognize ways to be empathetic with someone with cancer

Cooperative Extension Service Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



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