



KICK KENTUCKY CANCER

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

