



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

KICK KENTUCKY CANCER

JOIN US

FOR LESSON THREE: TAKING CARE OF YOUR MENTAL HEALTH DURING CANCER

- ▶ Practice strategies to support mental health
- ▶ Increase confidence in talking to your healthcare team

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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