

## News from the Somerset County Board of Chosen Freeholders

Shanel Y. Robinson, Freeholder Director • Sara Sooy, Freeholder Deputy Director  
Brian D. Levine, Freeholder • Brian G. Gallagher, Freeholder • Melonie Marano, Freeholder

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**FOR IMMEDIATE RELEASE – CORRECTION**

**UPDATE: The workshop won't start until Oct. 6.**

## Register for a Free Disease Management Workshop *'Cancer: Thriving and Surviving'*

Are you or a loved one living with cancer? The Morris-Somerset Regional Chronic Disease Coalition invites those who have been affected by cancer and their caregivers to attend a **free** six-week workshop titled "Cancer: Thriving and Surviving." The workshop will be held virtually on **Tuesdays** from **1 to 3 p.m.**, on **Oct. 6, 13, 20 and 27, Nov. 3 and 10.**

**Preregistration** is required by calling Lea Kimmelman at 908-203-6077 or by sending an email to Kristine Wilsusen at [kwilsusen@randolphnj.org](mailto:kwilsusen@randolphnj.org).

Participants will gain a more positive outlook about their condition and improve their state-of-mind and overall health. Workshop topics will include how to communicate effectively with family, friends and healthcare professionals; make decisions about treatment and complementary therapies; cope with negative emotions such as feelings of isolation, frustration and uncertainty; manage pain, deal with poor sleep and how to increase flexibility and endurance through exercise.

This program is sponsored by the Morris-Somerset Regional Chronic Disease Coalition, Norwescap, RSVP, the Township of Randolph Health Department and Rockaway Division of Health.

For more information or to register, call Lea Kimmelman at 908-203-6077 or send an email to Kristine Wilsusen at [kwilsusen@randolphnj.org](mailto:kwilsusen@randolphnj.org).

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