## **Take Charge of Your Health!**

## Self-Management for Young Adult Cancer Survivors



Participate in a Program for Young Adult Cancer Survivors This study is being done to develop and test a program to help young adult survivors ages 18 to 25 improve their self-management skills for long-term follow-up care. This 6-week program consists of tips and information about how to better manage your health and follow-up care and weekly calls with a peer mentor for guidance and support.

## To Learn More or Sign Up:

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