

I Can Cope Online

Educational Classes for People Facing Cancer

If you or someone you love is facing cancer, you probably have a lot of questions about diagnosis, treatment, and ways to cope with the daily challenges cancer can bring.

The American Cancer Society's free, interactive I Can Cope online classes are a quick and convenient way to get the answers you need, when you need them. The classes are self-paced, so you control how quickly you move through them.

I Can Cope online classes have video, audio, and interactive quizzes. Links to more detailed information and related topics are available for those who are interested.

What Online Classes Are Available?

I Can Cope currently offers the following online classes:

- Communicating Concerns and Feelings
- Learning About Cancer
- Managing Cancer-Related Fatigue
- Managing the Effects of Illness and Treatment
- Nutrition During Cancer Treatment Part I: Nutrition Basics
- Nutrition During Cancer Treatment Part II: Managing Side Effects
- Relieving Cancer Pain
- Understanding Cancer Treatments

Other classes are currently in development.

How Can I Take a Class?

It's easy to take an online class.

- Go to www.cancer.org/onlineclasses.
- Select the class you want to take and complete the short registration form.



I Can Cope®

1.800.ACS.2345
www.cancer.org

Hope.Progress.Answers.®