



### Navigating the Cancer Maze Archives Available

Navigating the Cancer Maze aims to share time-proven strategies in a "Let's talk about it" atmosphere with the aim of making the journey through cancer more easeful through knowledge. The program is solutions focused for patients at all stages of cancer. Acknowledging and dealing with fear and trauma surrounding cancer is essential for any Health Restoration Plan as is pre-planning for any setbacks that are likely to be met along the way. Although we hear a lot about cancer in the news, for many patients cancer remains a personal, silent and deeply unexpressed grief. It is important to acknowl

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