

For Immediate Release
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**HEALTHY CONNECTIONS OFFERS INFORMATION AND SUPPORT FOR
PEOPLE AND FAMILIES LIVING WITH CANCER**

TRACY, CA – Sutter Tracy Healthy Connections one-stop health resource center offers a wide range of cancer support services at no charge. These services include a cancer information library, computer access to cancer information on the Web, community referrals, and support groups for children and adults and more.

The adult group is open to men and women with all types of cancer, as well as their family, friends and caregivers. Participants come to share their stories and talk about common problems. Most important, they provide each other with much needed strength and emotional support.

“Learning you have cancer can be very scary and confusing. It’s important to have a place you can turn to for accurate information, and people who will support you through the hard times,” says Nurse Navigator Moreen Prasad, RN BSN, who facilitates the cancer support group for adults. “Cancer doesn’t affect just the patient; it affects the family and friends as well. At Healthy Connections, we want you to know you and your loved ones do not have to face this alone. We are here to help in any way possible”.

Prasad and the Healthy Connection’s staff also act as patient advocates and can put you in touch with appropriate community agencies and other helpful resources.

“Sometimes you need someone in your corner to help you navigate the healthcare system to make sure you get the care you need,” says Prasad. “We arranged for one young woman with

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no health insurance to get a mammogram and helped another woman get an operation to remove a rare tumor. We're here to help in whatever way we can.”

Cancer support services are funded in part by the Tracy Hospital Foundation and the previous Run for the Ribbon Fundraiser.

For more information, please call Sutter Healthy Connections Resource Center Cancer at 209-833-2420, or visit the office at 35 E. 10th Street, Suite A, Monday through Friday, from 8:30 a.m. to 5:00 p.m.

Healthy Connections is funded by Sutter Tracy Community Hospital, the Tracy Hospital Foundation and a grant by San Joaquin County First Five program. The resource center offers a wide array of health education resources, classes and social services for children, families and seniors. Drop by or call 209.833.2420 for more information. All services are confidential and most are free of charge.

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