

# Distraction activities and camaraderie

Both are crucial to folks going through treatment

**F**or those battling cancer, the journey is often filled with physical and emotional challenges that can seem insurmountable. However, Thrive To Survive proves that distraction activities and the power of camaraderie can have a remarkable impact on cancer survivors' survival and quality of life.



**Jennifer Harris**

Thrive to Survive

Cancer survivors often navigate a labyrinth of treatments, surgeries, and emotional turmoil.

To address the physical and emotional toll,

Thrive To Survive offers a range of distraction activities designed to help survivors regain a sense of normalcy and well-being. These

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activities, which include art therapy, yoga, gardening, and more, provide a much-needed respite from the stress and anxiety that cancer can bring. They allow survivors to rediscover their passions, learn new skills, and connect with others who have walked a similar path.

One of Thrive To Survive's programs' most significant aspects is the camaraderie they foster. Cancer can be an isolating experience, but through these activities, survivors find a supportive community of peers who understand their struggles.

Gathering for group sessions, workshops, and outings, survivors build lasting friendships that provide emotional strength and resilience. The shared laughter, empathy, and encouragement help survivors

endure and thrive during and after their cancer journey through meals, sporting events, boat tours, picnics, rock painting, gatherings, and more.

The success of Thrive To Survive would not be possible without the community's unwavering support. Local businesses, individuals, and organizations generously have contributed time, resources, and funding to make these programs available to cancer survivors.

Recently, Friendly Auto Dealers raised more than \$11,000 for Thrive To Survive with their September car show and September sales. Pam Venuti, president and co-founder of Thrive To Survive, expressed gratitude for this community supporter.

"Their support allows us to provide these sought-after programs

that have a profound impact on the lives of cancer survivors," Venuti said. "They are not just donors; they are true partners in our mission to empower survivors and enhance their quality of life."

This generosity is a great boost in helping the organization meet its "Mission To Reach One Million" by March 2024. To date, Thrive To Survive has raised more than \$920,000. All of these funds have gone directly into providing our programs and services to support adults in treatment for any form of cancer, and we are hoping to meet the million-dollar mark as we begin our 13th year.

Thrive To Survive proves that distraction activities and camaraderie can be powerful tools in the fight against cancer. Not only do they help survivors cope with

the challenges they face, but they also improve their overall well-being and sense of hope. The organization continues to grow and expand its offerings, ensuring that more cancer survivors can benefit from these life-changing programs.

The power of community support is evident in all that Thrive To Survive does. The smiles and strength of the cancer survivors who gather for these activities serve as a reminder that together, we can make a difference in the lives of those who need it most.

To learn more about Thrive To Survive and how you can support their mission, visit [www.thrivetosurvive.org](http://www.thrivetosurvive.org).

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