



**FOR IMMEDIATE RELEASE**

**October 6, 2009**

**The Marion L. Shepard Cancer Center Announces  
October Programs for Cancer Patients, Survivors and Caregivers**

(Washington, NC) – The Marion L. Shepard Cancer Center offers a variety of special programs and activities to help cancer patients, survivors as well as their primary caregivers deal with the emotional and physical challenges associated with having cancer. The Cancer Center's vision is to provide integrative therapies that complement traditional care at no cost to the participant.

**Look Good...Feel Better** – Monday, October 12<sup>th</sup>, 2:00 – 4:00 p.m. A hands-on group session for adult female cancer patients currently in treatment who are coping with the side effects of chemotherapy and/or radiation treatment. Brought to you by the American Cancer Society. Pre-registration is required,

**Restorative Yoga and Meditation** – A yoga class that emphasizes relaxation for the body, mind and spirit. Registration is NOT required. Classes are held every Monday at 6:00 p.m. at Lifestyles Medical Fitness Center. Classes are open to all cancer patients, survivors and primary caregivers.

**Therapeutic Massage** – One free therapeutic foot, hand and chair massage is available every week at the Marion L. Shepard Cancer Center by appointment. Appointments are open to all cancer patients, survivors and primary caregivers.

**Breast Cancer Support Group** - Tuesday, October 20th 11:00 a.m. - Ladies, join a support system for breast cancer survivors and those who have been recently diagnosed and undergoing treatment. This group meets in the Education Department at Beaufort County Medical Center. Pre-registration is not required.

**Caregiver Support Group** - Tuesday, October 15th 4:00 p.m. - If you are taking care of someone you love who is fighting cancer, we invite you to join others who are facing the same questions and challenges that you are experiencing. This group is open to any adult caregiver, man or woman. Pre-registration is not required. The group meets at the Marion L. Shepard Cancer Center.

**Free Breast Cancer Screenings** Saturday October 10th 10:00am - 12:00pm John A Wilkinson Community Center, 144 W Main St, Belhaven. Call 944-2226 to register and Tuesday October 13th 5:00 - 7:00pm Aurora Medical Center, 151 3rd Street, Aurora. Call 975-4236 to register.

For more information or to register for any of the upcoming programs please call the Cancer Center at 975-4308. You may also visit [www.marionlshepardcancercenter.org](http://www.marionlshepardcancercenter.org).

The Marion L. Shepard Cancer Center, a division of Beaufort Regional Health System, provides medical services in the diagnosis and treatment of cancer and blood disorders. This state-of-the-art cancer center provides high-quality, comprehensive cancer treatment along with compassionate care to the residents of Beaufort and surrounding counties.

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