

SPREADING THE Sunshine

FREE Programs for cancer
survivors and caregivers

For more information, to make
an appointment or to register,
please call the Cancer Center
at 975-4308.

www.marionlshepardcancercenter.org

Breast Cancer Support Group

Tuesday, April 5th at 10:00am

Ladies, please join us for an opportunity to gain insight, encouragement, information and inspiration, and to share with ladies who have had similar experiences.

Caregiver Support Group

Tuesday, April 19th at 10:00am

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.

Conversations

Tuesday, April 26th at 10:00am

A time and place for people to gather who have any type of cancer. Please join others who just might share some of your own experiences.

Look Good...Feel Better

brought to you by the American Cancer Society

Monday, April 11th at 2:00pm

A hands-on group session for adult female cancer survivors currently in treatment who are coping with the side effects of chemotherapy and/or radiation treatment. Pre-registration is required. Held at the Cancer Center.

Therapeutic Massage

One free therapeutic foot, hand or chair massage is available every week to all cancer survivors and primary caregivers. Please call to make an appointment.

Restorative Yoga and Meditation

A yoga class that emphasizes relaxation for the body, mind and spirit. Registration is not required. Held every Monday at 6:00pm at Lifestyles Medical Fitness Center. Classes are open to all cancer patients, survivors, and primary caregivers.

Pet Partners

Our canine companions, Kasey and Sassy, visit us on a regular basis for the enjoyment of our survivors and caregivers. Dog and handler have been registered through the Delta Society's Pet Partners® program.

Art Cart

A mobile art cart that gives patients and caregivers the opportunity to engage in art-related activities during wait times.

Music Cart

A growing selection of CD's and CD players are available to patients in the chemo bay during treatment.

Healthy Living with Cancer

A 4-Week Program Designed To Help
Cancer Survivors Gain Their Well-Being

Thursday, April 7th, April 14th,
April 21st and April 28th
at 1:30pm

Space is limited so call to pre-register

MLSCC April Programs

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

					<i>1</i>	<i>2</i>
<i>3</i>	<i>4</i> Restorative Yoga & Meditation 6:00pm	<i>5</i> Breast Cancer Support Group 10:00am	<i>6</i>	<i>7</i> Healthy Living with Cancer 1:30pm	<i>8</i>	<i>9</i>
<i>10</i>	<i>11</i> Look Good... Feel Better 2:00 - 4:00pm Restorative Yoga & Meditation 6:00pm	<i>12</i>	<i>13</i>	<i>14</i> Healthy Living with Cancer 1:30pm	<i>15</i>	<i>16</i>
<i>17</i>	<i>18</i> Restorative Yoga & Meditation 6:00pm	<i>19</i> Caregiver Support Group 10:00am	<i>20</i>	<i>21</i> Healthy Living with Cancer 1:30pm	<i>22</i>	<i>23</i>
<i>24</i>	<i>25</i> Restorative Yoga & Meditation 6:00pm	<i>26</i> Conversations 10:00am	<i>27</i>	<i>28</i> Healthy Living with Cancer 1:30pm	<i>29</i>	<i>30</i>