

FREE Activities & Events for Survivors & Caregivers

Our programs are not limited to patients of the Marion L. Shepard Cancer Center, any survivor or caregiver is welcome!

For more information, to make an appointment or to register for any of these programs, please call us at 975-4308.

Breast Cancer Support Network

For ladies who are newly diagnosed, are currently undergoing treatment, or are enjoying post-treatment survivorship.

Tuesday, February 1st at 10:00am
at the Marion L. Shepard Cancer Center

Tuesday, February 15th at 11:00am
at the Beaufort County Medical Center
Education Department

These are two opportunities for you to gain insight and encouragement, information and inspiration, and to share with ladies who have had similar experiences.

Pre-registration is not required.

Look Good...Feel Better

Brought to you by the American Cancer Society

Monday, February 14th at 2:00pm

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. Preregistration is required.

Held at the Cancer Center.

Caregiver Support Group

Tuesday, February 15th 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. This group is open to any adult caregiver, man or woman. Preregistration is not required. The group meets at the Cancer Center.

Conversations

Tuesday, February 22nd 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. Preregistration is not required. Group will meet at the Cancer Center.

Restorative Yoga and Meditation

A yoga class that emphasizes relaxation for the body, mind and spirit. Registration is not required. Held every Monday at 6:00 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 or chair massage is available every week to all cancer patients, survivors, and primary caregivers. Please call for an appointment.

*All Cancer Center programs are
FREE Thanks to the community
support of the
Shepard Cancer Foundation*



www.marionlshepardcancercenter.org

MLSCC February Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Breast Cancer Support Group 10:00am	2	3	4	5
6	7 Restorative Yoga & Meditation 6:00pm	8	9	10	11	12
13	14 Look Good... Feel Better 2:00 - 4:00pm Restorative Yoga & Meditation 6:00pm	15 Caregiver Support Group 10:00am Breast Cancer Support Group 11:00am	16	17	18	19
20	21 Restorative Yoga & Meditation 6:00pm	22 Conversations 10:00am	23	24	25	26
27	28 Restorative Yoga & Meditation 6:00pm					