

# 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, January 4<sup>th</sup> at 10:00am  
at the Marion L. Shepard Cancer Center

Tuesday, January 18<sup>th</sup> 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, January 10<sup>th</sup> 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, January 18<sup>th</sup> 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, January 25<sup>th</sup> 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.

## **Smoking Cessation**

*Part of our Knowledge is Power Series*

Thursday, January 27<sup>th</sup> at 6:00pm

This event is open to the public in addition to survivors and caregivers. Let's get serious about quitting and experience the power of freedom from cigarettes! Please RSVP by January 25<sup>th</sup> by calling the Cancer Center at 975.4308. Held in the Education Department at Beaufort County Medical Center.

**Dinner will be provided.**

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



[www.marionlshepardcancercenter.org](http://www.marionlshepardcancercenter.org)

# MLSCC January Programs

| Sunday    | Monday  | Tuesday   | Wednesday | Thursday  | Friday    | Saturday  |
|-----------|---|---|-----------|---|-----------|-----------|
|           |   |   |           |   |           | <i>1</i>  |
| <i>2</i>  | <i>3</i><br><br><b>Restorative Yoga<br/>&amp; Meditation</b><br>6:00pm  | <i>4</i><br><br><b>Breast Cancer<br/>Support Group</b><br>10:00am   | <i>5</i>  | <i>6</i>  | <i>7</i>  | <i>8</i>  |
| <i>9</i>  | <i>10</i><br><b>Look Good...<br/>Feel Better</b><br>2:00 - 4:00pm<br><b>Restorative Yoga<br/>&amp; Meditation</b><br>6:00pm | <i>11</i>   | <i>12</i> | <i>13</i>   | <i>14</i> | <i>15</i> |
| <i>16</i> | <i>17</i><br><br><b>Restorative Yoga<br/>&amp; Meditation</b><br>6:00pm   | <i>18</i><br><b>Caregiver<br/>Support Group</b><br>10:00am<br><br><b>Breast Cancer<br/>Support Group</b><br>11:00am | <i>19</i> | <i>20</i>   | <i>21</i> | <i>22</i> |
| <i>23</i> | <i>24</i><br><br><b>Restorative Yoga<br/>&amp; Meditation</b><br>6:00pm   | <i>25</i><br><br><b>Conversations</b><br>10:00am  | <i>26</i> | <i>27</i><br><br><b>Smoking Cessation</b><br>Knowledge is Power<br>6:00pm<br><b>DINNER PROVIDED</b> | <i>28</i> | <i>29</i> |