

# 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.**

## **Healthcare Reform**

*part of the Knowledge is Power Series*

**Tuesday, March 29<sup>th</sup> at 6:00pm**

Please join us and guest speaker Dr. Jennie Crews to discuss and answer questions on Healthcare Reform and how it will effect us. Dinner will be provided so pre-registration is required by Monday March 28<sup>th</sup>. Held in the Education Room of Beaufort County Medical Center.

## **Breast Cancer Support Network**

**Tuesday, March 1st 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. We welcome anyone, whether you are newly diagnosed, currently undergoing treatment, or are enjoying post-treatment survivorship. Pre-registration is not required. Group is held at the Cancer Center.

## **Look Good...Feel Better**

*Brought to you by the American Cancer Society*

**Monday, March 14<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. Pre-registration is required. Held at the Cancer Center.

## **Caregiver Support Group**

**Tuesday, March 15<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.

Pre-registration is not required. The group meets at the Cancer Center.

## **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.

## **Conversations**

**Tuesday, March 22<sup>nd</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. Pre-registration 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. Pre-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.

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



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

# MLSCC March Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>1</i>  <b>Breast Cancer Support Group</b> 10:00am	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
<i>6</i>	<i>7</i>  <b>Restorative Yoga &amp; Meditation</b> 6:00pm	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>
<i>13</i>	<i>14</i> <b>Look Good... Feel Better</b> 2:00 - 4:00pm <b>Restorative Yoga &amp; Meditation</b> 6:00pm	<i>15</i> <b>Caregiver Support Group</b> 10:00am	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>
<i>20</i>	<i>21</i>  <b>Restorative Yoga &amp; Meditation</b> 6:00pm	<i>22</i>  <b>Conversations</b> 10:00am	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>
<i>27</i>	<i>28</i>  <b>Restorative Yoga &amp; Meditation</b> 6:00pm	<i>29</i>  <b>Healthcare Reform</b> <i>Knowledge is Power Series</i> 6:00pm	<i>30</i>	<i>31</i>		