

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, May 3rd 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, May 17th 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, May 24th 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, May 9th 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.

Skin Cancer Risk and Prevention

Tuesday, May 17th

6:00pm

Guest Speaker:

KIRSTEN SCHNEIDER, PA-C
Eastern Dermatology and Pathology

Held in the Education Department
of Beaufort County Medical Center

Space is limited, call 975-4308 to pre-register

DINNER WILL BE PROVIDED

MLSCC May Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>1</i>	<i>2</i> Restorative Yoga & Meditation 6:00pm	<i>3</i> Breast Cancer Support Group 10:00am	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>
<i>8</i>	<i>9</i> Look Good... Feel Better 2:00 - 4:00pm Restorative Yoga & Meditation 6:00pm	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>
<i>15</i>	<i>16</i> Restorative Yoga & Meditation 6:00pm	<i>17</i> Caregiver Support Group 10:00am Skin Cancer Risk and Prevention 6:00pm	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i> FREE Skin Cancer Screening Registration Required 9:00am - 12:00pm
<i>22</i>	<i>23</i> Restorative Yoga & Meditation 6:00pm	<i>24</i> Conversations 10:00am	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>
<i>29</i>	<i>30</i> ***** Office is closed in observance of Memorial Day	<i>31</i>				