

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

Look Good...Feel Better

brought to you by the American Cancer Society

Monday, September 12th 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.

Lilly Oncology on Canvas

September 14th - 24th

Launched in 2004, this program was conceived to honor the journey of those affected by cancer. The rich tapestry of emotions conveyed in this art endures and provides hope and inspiration to others. Please stop by the center to see these inspiring pieces of artwork and receive a free copy of the book.

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.

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.

Knowledge is Power presents

Prostate Screenings: *What you should know.*

**Tuesday, September 20th
at 6:00pm**

DINNER IS PROVIDED

Open to the general public
please call 975.4308 to pre-register

Healthy Living with Cancer

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

**Tuesday, September 13th, September 20th,
September 27th and October 4th**

at 1:00pm

Space is limited so call to pre-register

MLSCC September Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Office Closed in observance of Labor Day	6	7	8	9	10
11	12 Look Good... Feel Better 2:00 - 4:00pm Restorative Yoga & Meditation 6:00pm	13 Healthy Living with Cancer 1:00pm	14	15	16	17
18	19 Restorative Yoga & Meditation 6:00pm	20	<div style="border: 2px solid black; border-radius: 15px; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Healthy Living with Cancer 1:00pm</p> <p>Knowledge is Power 6:00pm DINNER PROVIDED</p> </div>		23	24
25	26 Restorative Yoga & Meditation 6:00pm	27 Healthy Living with Cancer 1:00pm	28	29	30	

LILLY ONCOLOGY ON CANVAS 14TH - 24TH