

MARION L. SHEPARD CANCER CENTER



AUGUST PROGRAMS

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. and Saturday at 8:00 a.m. at Lifestyles Medical Fitness Center. Classes are open to all cancer patients, survivors, and primary caregivers.

Look Good...Feel Better

Monday, August 10th 2:00 – 4:00 p.m. 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.

Therapeutic Massage

One free therapeutic foot, hand or chair massage is available every week to all cancer patients, survivors, and primary caregivers. Please call to make an appointment.

ALL CANCER CENTER PROGRAMS ARE FREE.

For more information, to make an appointment or to register, please call Kristi

Ferrington at the Cancer Center at

975-4308, ext. 109

www.marionlshepardcancercenter.org

