



January - February 2015

Vol. 13, Issue 1

# Inspire

All Cancer Resource Centre programs are free of charge to cancer patients and their loved ones.

## ORIENTATION SESSIONS

Our orientation sessions introduce the philosophy of the Cancer Resource Centre. Attendance is required prior to joining a support group.

Orientation is NOT required prior to attending any educational seminar or workshop, mind/body program or networking group.

Call 219-836-3349  
for dates and times.

## REGISTRATION

It is important that you register for all events as soon as possible. In the event of poor weather conditions call the Cancer Resource Centre regarding possible program cancellations.

To register for any of these programs, call 219-836-3349, Mon. through Fri., 8:30 am-5 pm. For more information, call the Centre or visit our website at [www.cancerresourcecentre.com](http://www.cancerresourcecentre.com).



## Greetings from the Director

The Cancer Resource Centre Advisory Board and staff wish everyone a wonderful new year filled with abundance, joy and treasured moments. We are grateful for your support that enables us to continue to grow and serve those whose lives have been touched by cancer. We ended the year with our 11th Annual Unite & Fight Cancer Walk & Fun Run that raised more than \$100,000. Chairman Dr. Russell Pellar and the committee thank all who participated and invite you to next year's event October 4, 2015. A big "thank you" to the Friends of the Centre and committee for the festive Holiday Entertaining 101 event. We also celebrated the holidays with our open house, enjoying music from the Munster High School Chorale under the direction of William Woods and our very own Ukulele group.

We wish Cancer Resource Specialist Monica Hoffman the best in her retirement after nine years of service to the Centre. We thank you for your efforts, dedication and contributions on behalf of the Centre.

Good luck for a healthy, happy life spending time with your family and on the many journeys ahead.

We look forward to 2015, so we can continue our **mission** of providing support, education and encouragement. We will be sending our annual survey in the mail and appreciate your returning it to us so we can continue to meet your needs.

Looking ahead to spring we will have our brick dedication for the June Hawk-Franklin Garden of Meditation and Healing. All orders must be turned in no later than February 1, 2015.

If you are still interested in receiving future INSPIRE newsletters electronically, please e-mail [aandello@comhs.org](mailto:aandello@comhs.org) or [mshields@comhs.org](mailto:mshields@comhs.org). If you no longer wish to be on our mailing list; please contact the Community Cancer Research Foundation at 219-836-6875 or the Cancer Resource Centre at 219-836-3349.

Anthony Andello  
Director, Cancer Resource Centre



Cancer Resource Centre  
Community Cancer Research Foundation

926 Ridge Road, Munster, IN 46321  
Cancer Resource Centre: 219-836-3349  
Community Cancer Research Foundation: 219-836-6875  
[www.cancerresourcecentre.com](http://www.cancerresourcecentre.com)  
[www.MyCCRF.com](http://www.MyCCRF.com)

## Cancer Resource Centre Mission...

To promote the well-being of all people whose lives have been touched by cancer by offering support, education, and encouragement.

## Community Cancer Research Foundation Mission...

To reduce the cancer morbidity and mortality in our community by supporting and advancing cancer detection, diagnosis, treatment, education and prevention efforts of the Community Healthcare System, and by promoting the acquisition of knowledge through clinical research.



Eight Annual  
*Share The Love Luncheon*

February 11, 2015 — Center for Visual and Performing Arts

Veteran Chicago sportscaster Rich King, will share stories of his journey to begin a new life after the loss of his soulmate and wife of 32 years.

**Tickets are \$50. Proceeds benefit the Cancer Resource Centre.**

**For more information call Sherri Holt at 219-836-0130.**

# Culver's Cares

**DONATE  
WHILE YOU DINE**

Take your Valentine out for a fundraiser that benefits the Cancer Resource Centre. Culver's of Highland, Merrillville and Crown Point will donate 10% of sales from 10 am to 10 pm on Tuesday, February 10, to the Cancer Resource Centre.

- Highland: Ridge Road & Cline Avenue
- Merrillville: 1 block north of Rt. 30 on Mississippi Street
- Crown Point: 1800 Summit

## Breast Aware with Tupperware



Kate Ray thought she knew everything there was to know about breast cancer. Her mom had been diagnosed some 21 years ago. But when her mom was recently re-diagnosed, she set out to learn what was new about breast cancer today and raise awareness in the process. Friend Michelle Krueger is a Tupperware representative and together the two planned a Girls Night Out, selling bright pink Tupperware containers with a speaker who told her story and taught self-examinations. They presented a \$350 check from the proceeds to Mary Shields, administrator of the Community Cancer Research Foundation that will be earmarked for breast cancer research.

# Perennial Ball



**Saturday, April 18  
Chicago Hilton**

## STRENGTH IN Sharing

**SUBMIT YOUR PHOTOS TODAY  
Deadline: February 2, 2015**

Strength in Sharing is the theme of this year's annual fundraiser and photo contest to support the Community Cancer Research Foundation. The winning photos will be published on a set of four-color note cards and distributed at the 2015 Perennial Ball Fundraiser. Photos should fit the theme "Strength in Sharing" and be appropriate subject matter for a general note card.

**For more information on the photo contest, visit: [www.MyCCRF.com/StrengthInSharing](http://www.MyCCRF.com/StrengthInSharing).**

**For more information on how you can be a part of the Perennial Ball, please contact Sherri Holt at our Development Office, 219-836-0130.**

# Holiday Entertaining 101



Holiday tips for food, friends, fun and entertaining were presented at this get together hosted by the Friends of the Cancer Resource Centre. Joining in the festivities were The Tasty Olive Company, The Gourmet Goddess®, Ambiance and Becky Kirsch gift wrapping.

## Lights of Life Beacons of Hope

Nearly 300 area residents gathered Dec. 3 as pink and lavender pine trees were lit by Radiologist Thomas Hoess, MD, on staff at the hospitals of Community Healthcare



System. The lights program was started 14 years ago to honor those touched by cancer. To date, the Lights of Life program has raised more than \$100,000 to bring cancer research programs to people in Northwest Indiana, southwest Michigan and the south suburbs of Chicago. **For more information on ways to give to the Cancer Research Foundation or Cancer Resource Centre, call 219-836-6875.**

## SYMPOSIUM FEATURES WOMEN'S CANCERS



*Brenda Eriksen, MD*

This year's annual event offered presentations on Common Cancers in Women. Community Healthcare System's Director of Pathology Brenda Eriksen, MD, discussed "How to Decipher the Pathology of Breast Cancer" and Cancer Researcher Jane Houldsworth, PhD from Cancer Genetics, Inc. discussed "Cervical Cancer Screening: Enhancing the Pap Smear."

## Clinical Trials

### NEW STUDIES

**Alliance A151216:** Adjuvant Lung Cancer Enrichment Marker Identification and Sequencing Trial (ALCHEMIST)

**Alliance A081105:** Randomized Double Blind Placebo Controlled Study of Erlotinib or Placebo in Patients with Completely Resected Epidermal Growth Factor Receptor (EGFR) Mutant Non-Small Cell Lung Cancer (NSCLC)

**ECOG-ACRIN 4512:** A Phase III Double-Blind Trial for Surgically Resected Early Stage Non-Small Cell Lung Cancer: Crizotinib versus Placebo for Patients with Tumors Harboring the Anaplastic Lymphoma Kinase (ALK) Fusion Protein

**SWOG S1400:** Phase II/III Biomarker-Driven Master Protocol for Second Line Therapy for Squamous Cell Lung Cancer

***Please contact the Cancer Research department for information about this or other clinical trials.***

***You may visit our website***

***www.MyCCRF.com***

***for a current listing of open trials.***



**COMMUNITY** Hospital

901 MacArthur Blvd., Munster, Indiana 46321



Cancer Resource Centre  
Community Cancer Research Foundation

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
HAMMOND, IN  
PERMIT NO. 0028

[Cancer Resource Centre Hours](#)

Monday - Friday: 8:30 a.m. to 5 p.m.

[Community Cancer](#)

[Research Foundation Hours](#)

Monday - Friday: 7:30 a.m. to 4 p.m.

## Many Thanks!

*The Cancer Resource Centre and Community Cancer Research Foundation wish to thank the following businesses, individuals and organizations for their support.*

Leukemia & Lymphoma Society  
**Blood Cancers Support Group**

St. Thomas More 3<sup>rd</sup> Grade  
Brownies

**Cancer Care Bag Donations  
and Ribbons Breast Cancer  
Awareness Month**

Lake Central Volleyball  
**Bump Out Cancer  
Monetary Donation**

Hobart Volleyball Program  
**Diggin for a Cure  
Monetary Donation**

Hospice of the Calumet Area  
Munster Donut  
**Healing Hearts**

Aurelios-Munster  
Gino's Steakhouse  
Giuseppe's-Schererville  
Penn Station-  
Munster/Schererville  
Munster High School  
Chorale Group  
Rima Krutulis-  
CRC Ukulele Group  
**Holiday Open House**

April Bragg  
Community Hospital Auxillary  
Dan Largent & Maintenance  
Joyce Ivey  
Linda Katsinis, Dietary  
Robin DaSilva, Soloist  
Salvation Army-  
Hammond/Munster Corp  
Singing Company  
Scott Holly & Staff  
Thomas Hoess, MD  
**Lights of Life Ceremony**

American Cancer Society  
Doris Bauer, Bunny's Beauty  
Salon-Discreetly Hair  
Holli Zabek, SpaPointe  
**Look Good...Feel Better**

Kathy Porras  
**Ostomy Networking**

Pam Kozy  
Heart in Hand, LLC  
Highland, IN  
**Reiki, Reiki Reflexology,  
Sound Healing**

## Healing Hearts

Join others who have lost a loved one. Share experiences, struggles, feelings and triumphs. Healing Hearts support group offers helpful information and support in a comfortable atmosphere. Dorothy Poma, bereavement facilitator for Hospice of the Calumet Area, facilitates this group.

**Wed, Jan 14, 2015 1:30-3 pm**  
Surviving the Loss of a Loved One

**Wed, Jan 21, 2015 1:30-3 pm**  
Understanding the Grief Process

**Wed, Feb 4, 2015 1:30-3 pm**  
Helping Yourself Heal

**Wed, Feb 18, 2015 1:30-3 pm**  
How to Deal with Other People When I am Grieving

## ON THE SHELF... *New Arrivals*

**"After Cancer Treatment, Heal Faster,  
Better, Stronger"**

*By Julie K. Silver, MD*

**"Survivor, Taking Control of Your Fight  
Against Cancer"**

*By Laura Landro*

**"Everyday Strength - A Cancer Patient's Guide to  
Spiritual Survival"**

*By Randy Becton*

*These books are available in our lending library.  
Please visit our library to see other available books.*

# Happenings

# January 2015

## Breast Cancer Support Group

**Mon, Jan 5, Jan 19; 6:30-8 pm**

All breast cancer survivors are invited to attend. Please call to register.

## NEW! Crystal Bowl Sound Healing

**Mon, Jan 12; 11am -12:15 pm**

The pure sounds of the crystal bowls will wash away stress and still the mind. Wear loose clothing; bring a blanket and pillow for comfort. Held the 2nd Monday of every month. Facilitated by Pam Kozy of Heart in Hand.

## Blood Cancer Support Group

**Tue, Jan 20; 6-7 pm**

## Medicaid & Affordable Care Act

**Tue, Jan 27; 2-3:30 pm**

Yvette Hernandez, regional financial counselor for Community Hospital, will be here to address your questions and concerns regarding Medicaid and the Affordable Care Act.

## Ostomy Support Group

**Wed, Jan 28; 10 am-12pm**

Effects of Relaxation and Exercise

## Stress Management

**Wed, Jan 28; 6-7 pm**

Balance-A Yogic View

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  HOLIDAY CENTRE CLOSED	2  CENTRE Open NO PROGRAMS	3
4	5  Yoga: 9:30-10:30 am Breast Cancer Support Group: 6:30-8 pm	6  Wellness Support: 10-11:30 am OR 6-7:30 pm	7  Chair Massage: 10-11:30 am  Mind Over Mood Support Group: 10-11:30 am  Yoga: 6-7 pm	8  Chi Gong: 9:30-10:30 am  Chair Yoga: 2-3 pm  No Ukulele	9  Tai Chi: 9:30-10:30 am	10
11	12  Yoga: 9:30-10:30 am Sound Healing: 11-12:15 am Reflexology: 1-3 pm	13  Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm	14  Reiki: 9:30-11:30 am Healing Hearts: 1:30-3 pm  Yoga: 6-7 pm	15  Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm  Ukulele: 3:15-4:30 pm	16  Tai Chi: 9:30-10:30 am	17  Please donate your yarn to the Knit One Group!
18	19  Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm Breast Cancer Support Group: 6:30-8 pm	20  Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm  Blood Cancer Support Group: 6-7 pm	21  Chair Massage: 10-11:30 am Healing Hearts: 1:30-3 pm  Yoga: 6-7 pm	22  Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	23  Tai Chi: 9:30-10:30 am	24
25	26  Yoga: 9:30-10:30 am	27  Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm  Medicaid & Affordable Care Act: 2-3:30 pm	28  Ostomy: 10 am-12 pm  Reiki/Reflexology: 3-5pm  Stress Management: 6-7 pm	29  Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm  Ukulele: 3:15-4:30 pm	30  Tai Chi: 9:30-10:30 am	30

## **MIND/BODY/SPIRIT**

**\* Please provide a prescription from your physician before attending ALL Mind Body Spirit programs.**

**Chi Gong** - Experience this therapeutic form of Eastern medicine and learn this ancient healing art of breath, movement, non-movement and meditation. You will be led through a one hour session of warm-ups, positions and focused movements.

**Chair Massage** - A 20-minute chair massage will physically relax the body, reduce mental stress, anxiety and may promote better sleep. Administrated by Certified Massage Therapists.

**Chair Yoga** - Designed for those who have difficulty with the regular yoga environment. You may sit or use a chair for balance. Kriya is a holistic, therapeutic, whole body experience; it works to calm the nervous system; strengthens and quiets the mind and body.

**Empowerment Drumming** - Drumming is enjoyable, physically, mentally and emotionally rewarding. It reduces stress, increases energy & over-all well-being. It is accessible to everyone and no previous music experience needed.

**Expressive Art Therapy** - Art Therapy has been recognized as an effective mind/body intervention. The class provides an outlet for your inner thoughts and feelings while giving a sense of control over your surroundings that cannot be put into words.

**Healing Touch** - Uses hands-on and energy-based techniques to balance and align the human energy field. Body, mind, emotion and spirit are touched through this therapeutic process.

**Knit One...Nurture Too** - Knitting and crocheting squares, scarves, or blankets. Any skill level welcome. Supplies are provided or bring your own

**Reiki**- Reiki is a technique that aids the body in releasing stress and tension by creating deep relaxation and inner balance. Reiki restores energy, balance and vitality.

**Reiki Reflexology** - Reiki compliments all other healing arts and is a source of energy. Reflexology is the practice of treating the whole body by touching the feet and sometimes the palms. Together they become a valuable therapy.

**Tai Chi** - The art of Tai Chi is considered “Meditation in Motion.” Classes emphasize balance, posture, breathing techniques, concentration and complete relaxation.

**Yoga Classes** - Breathe and stretch your body and mind; classes are therapeutic as well as restorative. Each class will conclude with a relaxation segment to enhance overall well-being and peace.

**Stress Management**- One hour of seated relaxation using breath work and mind body exercises to reduce stress.

## **SUPPORT GROUPS**

**All Support Groups are professionally facilitated**

**Blood Cancers Support Group** - For adult family/friends and those with a diagnosis of leukemia, Hodgkin lymphoma, non-Hodgkin lymphoma or multiple myeloma. In conjunction w/Leukemia & Lymphoma Society.

**Breast Cancer Support Group**- For all women with a breast cancer diagnosis. Newly diagnosed to long-term survivors are welcome to share their concerns, stories and experiences.

**Family Support Group** - This is a supportive program for patients, couples, spouses and family caretakers and the dynamics of cancer in those relationships.

**Mind Over Mood Support Group** - Explore factors that impact mood and develop skills to counter depression and anxiety when facing cancer.

**Wellness Support Groups** - Provides an opportunity to share feelings, receive support, and learn ways to cope with the experience of having cancer.

**Healing Hearts Grief Support Group** - Join others who have lost a loved one to share experiences, struggles, feelings and triumphs. This group offers helpful information and support in a comfortable atmosphere. Sponsored by Hospice of the Calumet Area.

## **EDUCATIONAL PROGRAMS**

**Please check the calendar monthly for other popular educational programs.**

**Healthy Cooking** - The Healthy Cooking program will be facilitated by visiting chefs and students from the area cooking schools. The program will be held every quarter in our own state-of-the-art demonstration kitchen. Demonstrations will address healthy eating habits, nutritional value and the actual preparation of food. It is an informative as well as fun afternoon for all to experience

**Look Good...Feel Better** - For women undergoing chemotherapy and/or radiation. Program helps women restore appearance and self-image. Sponsored by the American Cancer Society.

## **NETWORKING GROUP**

**Ostomy** - This networking group is for all people who have a colostomy, urostomy or ileostomy.

# Happenings

# February 2015

## Survivorship

**Tue, Feb 3; 3-4:30 pm**

Dr. Shah of the Northwest Oncology Group will discuss how to identify appropriate follow-up care, practice healthy behaviors, improve your attitude and quality of life. Light refreshments served.

## NEW! Crystal Bowl Sound Healing

**Mon, Feb 9; 11 am-12:15 pm**

The pure sounds of the crystal bowls will wash away stress and still the mind. Facilitated by Pam Kozy of Heart in Hand.

## Culver's Cares-DONATE WHILE YOU DINE

**Tue, Feb 10; 10am-10pm**

Visit Culver's of Highland, Merrillville and Crown Point on Tuesday, February 10 and Culver's will donate 10% of sales to the Cancer Resource Centre.

## Living Wills, Advance Directives

**Fri, Feb 13; 1-2pm**

Karl Hand, from the Hand Law Group in Schererville, will provide information on why you should have a living will, advance directives and how to handle your estate planning.

## Look Good ...Feel Better

**Tue, Feb 17; 2-4pm**

This program is designed for women undergoing chemotherapy and/or radiation. Sponsored by American Cancer Society. Seating is limited.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Yoga: 9:30-10:30 am  Breast Cancer Support Group: 6:30-8 pm	3 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm  Survivorship: Dr. Shah 3-4:30 pm	4 Chair Massage: 10-11:30 am Mind Over Mood Support Group: 10-11:30 am Healing Hearts: 1:30-3 pm Yoga: 6-7 pm	5 Chi Gong: 9:30-10:30 am  Chair Yoga: 2-3 pm  Ukulele: 3:15-4:30 pm	6 Tai Chi: 9:30-10:30 am	7 Art Therapy: 9 am-12 pm
8	9 Yoga: 9:30-10:30 am  Sound Healing: 11am-12:15 pm  Reflexology: 1-3 pm	10 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm  Culver's Cares: 10am-10pm	11 Reiki: 9:30-10:30 am Yoga: 6-7 pm	12 Chi Gong: 9:30-10:30 am  Knit One: 1-2:30 pm  Chair Yoga: 2-3 pm  Ukulele: 3:15-4:30 pm	13 Tai Chi: 9:30-10:30 am  Advanced Directives Estate Planning: 1-2 pm	14
15	16 Yoga: 9:30-10:30 am  Drumming: 5:30-6:30 pm  Breast Cancer Support Group: 6:30-8 pm	17 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm  Look Good... Feel Better: 2-4pm  Blood Cancer Support Group: 6-7pm	18 Chair Massage: 10-11:30 am  Healing Hearts: 1:30-3pm  Yoga: 6-7 pm	19 Chi Gong: 9:30-10:30 am  Chair Yoga: 2-3 pm  Ukulele: 3:15-4:30 pm	20 Tai Chi: 9:30-10:30 am	21  Please donate your yarn to the Knit One Group!
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