



# 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

It's time to dust off your running/walking shoes and get your team ready for the Centre's 13th Annual Unite & Fight Cancer Walk & 5K Run on October 2nd. Committee members

have worked diligently to ensure this year's event is bigger and better than ever! Please join us for this fun and family event to promote cancer awareness. Collection envelopes can be picked up at the Centre or have it mailed to your residence or business. Please call the Centre to let us know how you would like to receive yours.

Just a reminder, twice a year in May and October, you can purchase bricks in honor of or in memory of a loved one, to be placed in the June Hawk-Franklin Garden of Meditation and Healing. The deadline for October was July 1. For placement this coming May 2017, please have purchase form(s) in no later than Feb. 1. Visit [www.cancerresourcecentre.com/giving\\_garden.asp](http://www.cancerresourcecentre.com/giving_garden.asp) to download a printable order form to mail in, or you can complete your order online.

Through your generous donations and support, the Centre has had more than 40,000 visits since its inception in 2003. Thank you.

Anthony Andello

Director, Cancer Resource Centre

## Fall Cancer Symposium

Thursday, October 13, 2016  
6-8:30pm

The Center for Visual and Performing Arts  
1040 Ridge Road, Munster

Join us for this FREE annual event. Jeffrey Albaugh, PhD, APRN, CUCNS addresses "Intimacy Issues in Cancer Patients."

For more information, visit [www.mycrcf.com](http://www.mycrcf.com). Advanced registration is necessary. Call 219-836-3477 or toll-free 1-866-836-3477.



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.

## September is Prostate Cancer Awareness Month

Regular physician check-ups are important. The Centers for Disease Control (CDC) and other federal agencies follow the prostate cancer screening recommendations set forth by the U.S. Preventive Services Task Force which recommends against PSA-based screening for men who do not have symptoms. (The main goal of a cancer screening test is to reduce the number of deaths from the disease. The Task Force found that because prostate cancer grows at such a slow rate that in the majority of adult men it isn't likely to cause health problems during a lifetime. Therefore, only a very small number, if any, benefit from PSA screening.)

### Informed Decision Making

With the understanding that men and their doctors may continue to screen for prostate cancer, the CDC continues to support informed decision-making. Men and their families will turn to trusted healthcare professionals to help them make informed decisions. CDC encourages doctors to have open conversations with their patients who have questions about prostate cancer and PSA screening.

*Informed decision-making occurs when a man:*

- Understands the nature and risk of prostate cancer.
- Understands the risks of, benefits of and alternatives to screening.
- Participates in the decision to be screened or not at a level he desires.
- Makes a decision consistent with his preferences and values.

## Clinical Trials

Triple Negative Breast Cancer: A Randomized, Double-Blind Phase III Study of Pembrolizumab (MK-3475) plus Chemotherapy vs Placebo plus Chemotherapy for Previously Untreated Locally \ Recurrent Inoperable or Metastatic Triple Negative Breast Cancer - (KEYNOTE-355). Pembrolizumab (MK-3475) in Newly Diagnosed and Treatment-Naïve Multiple Myeloma (KEYNOTE 185).

**Please contact the Cancer Research department for information about this or other clinical trials. You may visit our website [www.MyCCRF.com](http://www.MyCCRF.com) for a current listing of open trials.**

## UPCOMING FUNDRAISERS

### Eat for Change

Make dinner a selfless act by joining us for a fundraiser to support Cancer Resource Centre. Come in to the Chipotle at **8201 Calumet Ave.** in Munster on **Monday, September 19th** between **3:00pm** and **6:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 50% of the proceeds will be donated to Cancer Resource Centre.



Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.

### Buckle Up & Fight Cancer with a Wine & Canvas Night

**Friday, Sept. 23; 6-9 pm.**

**Featured Artist: Marco Salazar**

Silver Buckle Saloon, 8355 Indianapolis Blvd., Highland, IN

Join us for creative fundraising fun to benefit the Cancer Resource Centre's Unite & Fight Cancer Walk & 5K Run.

**Cost: \$40** (Includes glass of wine, appetizer and supplies)

**Reserve your spot, call: 219-392-7009. Seating is limited.**

**Sponsored by St. Catherine Hospital**



**SUN, Oct. 2, 2016**  
Munster High School  
Football Field

### Registration - 12 pm

Decorate our "Wall of Heroes" by bringing photos or copies of photos of loved ones - patients, survivors, special caregivers, doctors, nurses or someone you love who has lost their battle. Photos will be displayed on the wall near the concession stand during the walk/run. New photos will be taken after the picnic.

### Survivorship Celebration - 12:30 pm

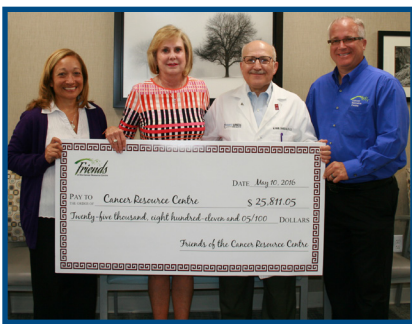
We invite all survivors to unite on the track and form the "Cancer Survivor Ribbon."

### Kids 100 yard Dash - 12:45 pm

For Kids 10 & under. Please register at the runner's table prior to participation. Prizes will be awarded.

### Family Walk & 5K Run - 1 pm

Help raise funds for the Cancer Resource Centre. Start putting your teams together now!!! Sign up at [http://www.uniteandfight.org/team\\_info.asp](http://www.uniteandfight.org/team_info.asp).



## 2016 Friends of the Centre Luncheon

Friends of the Cancer Resource Centre recently held their annual membership luncheon. Chairperson Linda Favors helps to organize the group that not only raises funding,

but also volunteers their time and talent to promote the activities of the Centre. Every year, the group plans the “Share the Love” event in February, decorates a holiday tree for the Festival of Trees luncheon and plans various other projects that directly benefit the Centre. In 2015, the Friends of the Centre raised \$25,811 to assist with the Centre’s mission. To date, the Friends of the Centre group has raised more than \$100,000 for the Cancer Resource Centre from their fundraising activities.

## Briar Ridge Country Club Casino Night/Briar Fest 2016

On Sat, May 14, Briar Ridge Country Club members held their annual Casino Night. Proceeds from this event went to the Cancer Resource Centre. On Sat, July 16, Briar Ridge Country Club held a fundraiser for the Friends of the Centre as part of their annual Briar Fest. Proceeds from all of their efforts will be used to support the Cancer Resource Centre mission.



Pictured (left to right) is: Linda Favors, president, Friends of the Cancer Resource Centre, Anthony Andello, Centre director and Jodi Hemrick, Briar Ridge club manager.



## Culver’s Fundraiser

Culver’s Cares - Donate While You Dine fundraising day on June 9 raised \$2,089.10 for the Cancer Resource Centre. Thank you for a successful event that supports our mission.

Pictured from left to right is Michael Wondaal, Michael Young, Fred Terpstra and Anthony Andello.

## Rev Up to Unite & Fight Car Show

On June 18, Hartsfield Village and the Cancer Resource Centre partnered to showcase the 2nd annual Rev Up to Unite and Fight Cancer: Car, Truck and Bike Show. The family fun event featured 30 classic vehicles, live entertainment and delicious food and generated nearly \$1,200 for the Cancer Resource Centre. The annual event has grown to be one of the most anticipated, exciting and fun car shows in Northwest Indiana. **Don’t miss next year’s show scheduled for Sat, June 17, 2017!**

# October is Breast Cancer Awareness Month

## American Cancer Society Guidelines:

### Breast Cancer Screening

- Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.
- Clinical breast exam (CBE) about every 3 years for women in their 20s and 30s and every year for women 40 and over.
- Women should know how their breasts normally look and feel and report any breast change promptly to their healthcare provider. Breast self-exam (BSE) is an option for women starting in their 20s.

Some women – because of their family history, a genetic tendency or certain other factors – should be screened with MRI in addition to mammograms. (The number of women who fall into this category is small: less than 2 percent of all the women in the US.) Talk with your doctor about your history and whether you should have additional tests at an earlier age.

## SAVE THE DATE



# Lights of Life

Wednesday, December 7; 6 pm

Community Hospital Outpatient Entrance

Honor someone special this holiday season by purchasing a light on the Lights of Life trees. Be sure to attend the lighting ceremony at the hospital’s outpatient entrance off Columbia Avenue and Fisher Street. Each light represents a \$5 donation toward cancer research sponsored in our community. For \$15, in addition to reserving a light, a special pink breast cancer and/or lavender cancer awareness pin or a lapel cancer awareness pin can be sent to your honoree with a gift card. **Call 219-836-6875 for more information or visit [myccrf.com/lights\\_of\\_life.asp](http://myccrf.com/lights_of_life.asp)**

Munster Medical Research Foundation, Inc.  
for



**COMMUNITY** Hospital

901 MacArthur Blvd., Munster, Indiana 46321

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Cancer Resource Centre  
Community Cancer Research Foundation

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.***

The Leukemia & Lymphoma Society  
Blood Cancers Support Group

Rima Krutulis  
Ukulele

Briar Ridge Country Club  
Briar Fest 2016/  
Casino Night Fundraiser

American Cancer Society  
Doris Bauer, Discreetly Hair  
Holli Zabek, SpaPointe  
Look Good...Feel Better

Dr. Brian Blonigen  
Lecture: What is CyberKnife?

Kathy Porras, RN  
Ostomy Networking

Pam Kozy, Heart in Hand LLC  
Reiki; Reflexology

Dr. Neel B. Shah  
Lecture: Cancer Screening  
Guidelines for 2016

Hospice of the Calumet Area  
Munster Donut  
Healing Hearts

## 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, Sept 7; 1:30 – 3 pm**  
Understanding the Grief Process

**Wed, Sept 21; 1:30 – 3 pm**  
Helping Yourself Heal

**Wed, Oct 5; 1:30 – 3 pm**  
How to Deal with Other People  
When I'm Grieving

**Wed, Oct 19 1:30-3 pm**  
Life Changes



## Welcome New Staff

**Ashley M. Gibbs, RN, BSN** joined the research staff in May of this year. She was previously a nurse at the Lynn Sage Breast Center of Northwestern University. Ashley has prior experience with oncology patients on the Burn/Plastic Surgery Intensive Care Unit at University of Chicago. She also worked as a supervisor in a plastic surgery clinic. She will begin pursuing her master's degree in Health Administration this fall. Ashley's enthusiasm for research and recruitment of patients on clinical trials is appreciated and we

look forward to her valuable contributions. Her free time is spent with her husband and young son. Formerly an "ace" pitcher in the Valparaiso area, she enjoys watching competitive fastpitch softball.

# Happenings

## Caregiver Support Group

**Tue, Sept 6; 6-7:30pm**

This group is for spouses/family and caregivers to explore and develop strategies to help cope when you have a loved one diagnosed with cancer.

## Mind Over Mood Group

**Wed, Sept 7; 10-11:30am**

Explore factors that impact mood and develop skills to counter depression and anxiety when facing cancer.

## Ostomy Networking Group

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

Vendor Fair – This group is for all people who have a colostomy, urostomy or ileostomy. The group is facilitated by Kathy Porras, RN.

## Yoga

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

Lecture: Discuss relaxation techniques on Stress Management.

## ST. MARY MEDICAL CENTER

Education Center

(Conference Room 2 West Entrance)

1500 S. Lake Park Ave., Hobart

## Hope Network

**Cancer Support Group**

**Sept 28; 5:30-7pm**

# September 2016

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday   |
|---|---|--|--|--|---|--|
| <b>PLEASE DONATE YOUR YARN TO THE KNIT ONE GROUP!</b> |   |  |  | <b>1</b><br>Chi Gong: 9:30-10:30am<br>Chair Yoga: 2-3pm<br>Ukulele: 3:15-4:30pm                        | <b>2</b><br>Tai Chi: 9:30-10:30am                               | <b>3</b><br>Art Therapy: 9am-12pm                    |
| <b>4</b>  | <b>5</b><br><b>LABOR DAY</b>  | <b>6</b><br>Wellness Support: 10-11:30am or 6-7:30pm<br>Caregiver Support: or 6-7:30pm | <b>7</b><br>Chair Massage: 10-11:30am<br>Mind Over Mood: 10-11:30am<br>Healing Hearts: 1:30-3pm<br>Yoga: 6-7pm<br>Breast Cancer Support: 6-7:30pm            | <b>8</b><br>Chi Gong: 9:30-10:30am<br>Knit One: 1-2:30pm<br>Chair Yoga: 2-3pm<br>Ukulele: 3:15-4:30pm  | <b>9</b><br>Tai Chi: 9:30-10:30am                               | <b>10</b>  |
| <b>11</b>   | <b>12</b><br>Yoga: 9:30-10:30am<br>Sound Healing: 11am-12pm<br>Reiki/Reflexology: 1-3pm | <b>13</b><br>Wellness Support: 10-11:30am or 6-7:30pm                                  | <b>14</b><br>Reiki: 9:30-11:30am<br>Lung Cancer Support: 10-11:30am<br>Yoga: 6-7pm   | <b>15</b><br>Chi Gong: 9:30-10:30am<br>Chair Yoga: 2-3pm<br>Ukulele: 3:15-4:30pm                       | <b>16</b><br>Tai Chi: 9:30-10:30am                              | <b>17</b>  |
| <b>18</b>   | <b>19</b><br>Yoga: 9:30-10:30am<br>Drumming: 4:30-5:30pm                                | <b>20</b><br>Wellness Support: 10-11:30am or 6-7:30pm                                  | <b>21</b><br>Healing Touch: 1-2:30pm<br>Healing Hearts: 1:30-3pm<br>Yoga: 6-7pm<br>Breast Cancer Support: 6-7:30pm   | <b>22</b><br>Chi Gong: 9:30-10:30am<br>Knit One: 1-2:30pm<br>Chair Yoga: 2-3pm<br>Ukulele: 3:15-4:30pm | <b>23</b><br>Tai Chi: 9:30-10:30am                              | <b>24</b>  |
| <b>25</b>   | <b>26</b><br>Yoga: 9:30-10:30am   | <b>27</b><br>Wellness Support: 10-11:30am or 6-7:30pm                                  | <b>28</b><br>Ostomy: Vendor Fair 10 am-12pm<br>Reiki/Reflexology: 3-5pm<br>Hope Network: 5:30-7pm<br>Stress Management: Relaxation Tools & Techniques; 6-7pm | <b>29</b><br>Chi Gong: 9:30-10:30am<br>Chair Yoga: 2-3pm<br>Ukulele: 3:15-4:30pm                       | <b>30</b><br>Tai Chi: 9:30-10:30am<br>Chair Massage: 10-11:30am | <b>PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349</b> |

# October 2016

## Happenings

### Healthy Cooking – Lunch

**Mon, Oct 24; 12:30-2pm**

Come and join Chef Dana Wichlinski as she prepares a nutritionally balanced lunch featuring homemade chicken noodle soup and baked rice fritters. Enjoy and relax with a cup of hot ginger mint tea and discuss “What to eat during cancer treatment”. Seating is limited.

**VALPARAISO HEALTH CENTER  
OF ST. MARY MEDICAL CENTER**  
3800 St. Mary Drive, Valparaiso

### Chair Yoga

**Sat, October 15; 9–10am**

Prescription required.

### Chair Massage

**Sat, October 15; 9–11am**

Prescription required.

### Art Therapy

**Sat, October 15; 9am – 12pm**

### **ST. MARY MEDICAL CENTER**

Education Center

(Conference Room 2 West Entrance)

1500 S. Lake Park Ave., Hobart

### Hope Network Cancer Support

#### Group

**Oct, 26; 5:30 - 7pm**

| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday   | Friday                                | Saturday  |
|---|--|---|---|--|---------------------------------------|---|
| <b>PLEASE DONATE YOUR YARN TO THE KNIT ONE GROUP!</b>             |  |   |   |  |                                       | <b>1</b><br>NO ART THERAPY  |
| <b>2</b><br><b>13th ANNUAL UNITE &amp; FIGHT</b><br><b>12-3pm</b> | <b>3</b><br>Yoga:<br>9:30-10:30am  | <b>4</b><br>Wellness Support:<br>10-11:30am<br>or 6-7:30pm<br>Caregiver Support:<br>or 6-7:30pm | <b>5</b><br>Chair Massage:<br>10-11:30am<br>Mind Over Mood:<br>10-11:30am<br>Healing Hearts:1:30-3pm<br>Yoga: 6-7pm<br>Breast Cancer<br>Support: 6-7:30pm | <b>6</b><br>Chi Gong:<br>9:30-10:30am<br>Chair Yoga: 2-3pm<br>Ukulele:<br>3:15-4:30pm                        | <b>7</b><br>Tai Chi:<br>9:30-10:30am  | <b>8</b>  |
| <b>9</b>  | <b>10</b><br>Yoga:<br>9:30-10:30am<br>Sound Healing:<br>11am-12pm<br>Reiki/Reflexology:<br>1-3pm | <b>11</b><br>Wellness Support:<br>10-11:30am<br>or 6-7:30pm                                     | <b>12</b><br>Reiki: 9:30-11:30am<br>Lung Cancer<br>Support: 10-11:30am<br>Yoga: 6-7pm   | <b>13</b><br>Chi Gong:<br>9:30-10:30am<br>Knit One: 1-2:30pm<br>Chair Yoga: 2-3pm<br>Ukulele:<br>3:15-4:30pm | <b>14</b><br>Tai Chi:<br>9:30-10:30am | <b>15</b><br>Valparaiso<br>Health Center<br>of SMMC<br>Chair Yoga: 9-10am<br>Chair Massage: 9-11am<br>Art Therapy: 9am-12pm |
| <b>16</b>   | <b>17</b><br>Yoga:<br>9:30-10:30am<br>Drumming:<br>4:30-5:30pm                                   | <b>18</b><br>Wellness Support:<br>10-11:30am<br>or 6-7:30pm<br>Blood Cancer<br>Support: 6-7pm   | <b>19</b><br>Chair Massage:<br>10-11:30am<br>Healing Touch:<br>1-2:30pm<br>Healing Hearts:1:30-3pm<br>Yoga: 6-7pm<br>Breast Cancer<br>Support: 6-7:30pm   | <b>20</b><br>Chi Gong:<br>9:30-10:30am<br>Chair Yoga: 2-3pm<br>Ukulele<br>3:15-4:30pm                        | <b>21</b><br>Tai Chi:<br>9:30-10:30am | <b>22</b>   |
| <b>23</b>   | <b>24</b><br>Yoga: 9:30-10:30am<br>Healthy Cooking:<br>12:30-2pm<br>Yoga: 9:30-10:30am           | <b>25</b><br>Wellness Support:<br>10-11:30am<br>or 6-7:30pm                                     | <b>26</b><br>Reiki/Reflexology: 3-5pm<br>Hope Network: 5:30-7pm<br>Yoga: Meditation<br>6-7pm  | <b>27</b><br>Chi Gong:<br>9:30-10:30am<br>Knit One: 1-2:30pm<br>Chair Yoga: 2-3pm<br>Ukulele:<br>3:15-4:30pm | <b>28</b><br>Tai Chi:<br>9:30-10:30am | <b>29</b><br><b>PLEASE REGISTER FOR ALL PROGRAMS</b><br><b>219-836-3349</b>   |
| <b>30</b>   | <b>31</b>  |   |   |  |                                       |   |

## **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. Administered 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.

**Crystal Bowl Sound Healing** - 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.

**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 complements 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.

**Ukulele** - Be part of a fun group that likes to strum along, sing and laugh. Ukulele's are provided.

## **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.

**Caregiving Support Group** - This is a supportive program series for spouses/family caretakers to explore and develop strategies to help cope when you have a loved one diagnosed with 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.

**Hope Network Cancer Support Group** - Provides cancer patients and their caregivers educational sessions and support to share thoughts, feelings and ideas.

**Lung Cancer Support Group** - All with a lung cancer diagnosis are invited to come together to share experiences and concerns.

**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.

## **EDUCATIONAL PROGRAMS**

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

**Healthy Cooking** - Facilitated by visiting chefs, this 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.

**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.