

Spring 2012 Programs

April-June

Londonderry, NH

Please call 603-552-9134 to register as space may be limited.

PROGRAM	DATE & TIME	DESCRIPTION
Living with Cancer Support Group	Tues. April 3, 6-7 pm Wed. April 18, 1-2:15 pm Tues. May 8, 6-7 pm Wed. May 23, 1-2:15 pm Tues. June 12, 6-7 pm Wed. June 27, 1-2:15 pm	A support group for people living with cancer, including families and caregivers. Come talk with others who are faced with the same challenges. Please feel free to attend any or all of these sessions. Joyce Austin, MSW, LICSW & Kristie Weeks, RN, OCN
Time for Spouses, Families and Caregivers	Thursday, April 12 1-2:15 pm OR Thursday, June 7 6:00-7:15 pm	Family members and caregivers often face their own challenges in caring for patients with cancer. Come connect with others, learn coping strategies & obtain resources. Joyce Austin, MSW, LICSW & Kristie Weeks, RN, OCN
Look Good... Feel Better	Tuesday, May 1 2-4 pm	An American Cancer Society program for women. Come have fun while you learn beauty tips to help you look and feel better while undergoing cancer treatment.
Fighting Cancer with Your Fork	Tuesday, April 10 12-1:30 pm	Separating Fact from Fiction: Learn about the role of nutrition and a healthy lifestyle in cancer prevention and survivorship. Michelle Horan, RD, LD, Dietitian *Light lunch will be served.
The Weight-Cancer Connection	Tuesday, June 5 6-7 pm	What's weight got to do with it? Learn how body weight impacts cancer & recurrence risk and how you can achieve a healthy weight. Michelle Horan, RD, LD, Dietitian
Thriving with Yoga*	Mondays 4:30-5:30 pm	A free program in partnership with YogaCaps, Inc. Open to beginners & those experienced in yoga with a current or past cancer diagnosis. *Held at Elliot Regional Cancer Center, 40 Buttrick Road, Londonderry. Call 603-670-0302 to register.
Making Your Wishes Known	Thur. April 5, 10-11 am Thur. May 3, 10-11 am Thur. June 7, 10-11 am *no session in July*	Who would you want to make your medical decisions if you couldn't make them yourself? This session offers information and assistance on completing Advanced Medical Directives. Joyce Austin, MSW, LICSW
Living Beyond Breast Cancer*	Thur. April 19th 5:30-7:00pm Call 603-552-1628 for May and June dates.	An ongoing group that provides support and sharing for any woman who has experienced breast cancer. Kristie Weeks, RN, OCN & Chris Howard, MSW, LICSW, Elliot Regional Cancer Center *Held at Elliot Regional Cancer Center, 40 Buttrick Road, Londonderry. Call 603-552-1628 to register.

All above programs are FREE, include light refreshments, and are intended for those 18 years and older. For updates or cancellations due to weather, please call the registration line at 603-552-9134.