## Fighting Cancer with Your Fork Luncheon: Separating Fact from Fiction

**Tuesday**
**May 16, 2017**
**12 – 1:30pm**

Learn about the role of nutrition and a healthy lifestyle in cancer prevention and survivorship. We will discuss phytonutrients, whole grains, soy, healthful fats, and will include a question & answer period. Pre-registration is required. *Light lunch will be served. Patient and families welcome.*

Presented by Michelle Horan, RD, LD

## Look Good… Feel Better

**Tuesdays**
**April 11, 2017**
**June 13, 2017**
**2:00-4:00pm**

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.

## Thriving with Yoga*

**Every Monday**
**5:30-6:30 pm**
**No Charge**

Presented in cooperation with YogaCaps, Inc. Open to those with a current or past cancer diagnosis. Beginners or people experienced in yoga are welcome. Caregivers may also attend.

*Call 603-674-3770 to register*
*Held at Elliot Regional Cancer Center,*
*40 Buttrick Rd Londonderry, NH*

## Living with Cancer Support Group

**April 4**  **1-2pm**
**April 19**  **6-7 pm**
**May 2**  **1-2pm**
**May 17**  **6-7pm**
**June 6**  **1-2pm**
**June 21**  **6-7pm**

A support and education group for individuals who have cancer or who have been treated for cancer, as well as their families and caregivers. Come talk with others who are faced with the same challenges.

Patti Nichols, MSW, LICSW

## Acceptance

**Tuesday**
**May 2**
**1-2pm**

Acceptance - We hear we need it and that it provides peace; but what is acceptance and how do we apply it in everyday life. Is acceptance possible and what does it do? Come and let’s explore together the meaning and application of acceptance.

Connie Perlin, Chaplain

---

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

All above programs are FREE and most include light refreshments. For more information and to register please call 603-552-9134.