### Living with Cancer Support Group

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues, Apr 10</td>
<td>1-2pm</td>
<td>A support group for people 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.</td>
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<td>Tues, Apr 24</td>
<td>6-7pm</td>
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<td>Tues, May 8</td>
<td>1-2pm</td>
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<td>Tues, May 22</td>
<td>6-7pm</td>
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<td>Tues, June 5</td>
<td>1-2pm</td>
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<td>Tues, June 19</td>
<td>6-7pm</td>
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*Patti Nichols, MSW, LICSW*

Call 603-552-9134 to register

### Look Good... Feel Better

**Tuesday, April 3, 2018 2-4pm**

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.

Call 603-552-9134 to register

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

**Tuesday May 15th 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.

Light lunch will be served. Patient and families welcome. Pre-registration is required.

*Presented by Michelle Horan, RD, LD*

Call 603-552-9134 to register

### 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

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