

<i>Support and Education</i>			
GROUP	DESCRIPTION	DATES	TIME
<b>Living Beyond Breast Cancer</b> 1 Elliot Way Manchester	This ongoing support group provides mutual support and sharing for any woman who has experienced breast cancer. <b>Meets the second Wednesday of every month.</b>	May 13: <i>Sleeping well</i> June 10: <i>Products for Survivors</i> July 8: <i>Open forum</i> <b>No meeting in August</b>	6 - 7:30pm
<b>Living with Cancer</b> 1 Elliot Way Manchester	This ongoing support group is for people living with cancer, their families and support persons. Every other month will feature speakers on various cancer related topics. <b>Meets the third Wednesday of every month.</b>	May 20: <i>Managing the Cost of Treatment</i> June 17: <i>Open Forum</i> July 15: <i>Art Therapy</i> <b>No Meeting in August</b>	5:30 -7pm
<b>Prostate Cancer</b> 1 Elliot Way Manchester	A support and education group for men who have experienced prostate cancer, their families and support people.	<b>Mondays:</b> May 18: <i>Open Forum</i> June 22: <i>The Anti-Cancer Environment</i> July 27: <i>Open Forum</i> August 24: <i>Acupuncture</i>	6- 7:30pm
<b>Living Positive</b> 1 Elliot Way Manchester	Information and support for people who test positive for the BRCA gene mutation with or without a Cancer diagnosis	Tuesday, May 19	5-7pm
<i>Health and Wellness Offerings</i>			
<b>Weight and Cancer</b> 1 Elliot Way, Manchester	Tips on weight management, portion control and healthy meal ideas.	Wednesday, May 27	5:30-7pm
<b>Look Good, Feel Better</b> 1 Elliot Way, Manchester	An American Cancer Society Program which teaches hair and make-up techniques to women currently in treatment.	<i>No Program in May</i> Monday, June 8 Wednesday, July 8 Monday, August 10	5-7pm 9-11am 5-7 pm
<b>Reiki</b>	For cancer patients on treatment, free Reiki sessions are available to patients in Manchester and Londonderry. Please schedule your session with the receptionist.	See the receptionist for availability	
<b>Massage</b>	Massages are available to patients receiving radiation therapy in Manchester and Londonderry at no charge. Please schedule your massages with the receptionist. Limit 2.	Friday appointments available	1-3 pm
<i>Especially for Survivors</i>			
<b>Survivor Series: River's Edge</b>	Tips and Tricks for dealing with the After-math of diagnosis and treatment	Wednesday, May 6: <b>Surviving Brain Cancer</b> Wednesday, June 24: <b>Living with Metastatic Cancer</b>	5-7pm 4-6 pm
<b>Thriving with Yoga</b>	In partnership with YogaCaps, Inc., free yoga classes are offered for cancer survivors and caregivers. Registration is required by calling 670-0302 or <a href="mailto:info@yogacaps.org">info@yogacaps.org</a>	Mondays in Londonderry Wednesdays at River's Edge, Manchester	5:30- 6:30pm 1:30-2:30pm
<b>Oncology Rehabilitation</b>	Before, during and after your treatments, we can help you manage the side effects and minimize limitations to get you back to living your life	Please see your Nurse or Dr. for a referral	
			Offered at YMCA