

FALL 2018 SUPPORT & EDUCATION PROGRAM SCHEDULE



Elliot Regional CANCER CENTER

Call To Register: 663-1804

EH: Elliot Hospital, One Elliot Way, Manchester | **RE:** The Elliot at River's Edge, 185 Queen City Avenue, Manchester | **SHC:** The Elliot Senior Health Fitness Center, 138 Webster Street, Manchester, 663-7016

Support and Education

| GROUP | DESCRIPTION | LOCATION / DATES | TIME |
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| Thriving through Treatment | Support and education for women diagnosed with Breast Cancer within the last 12 months. See flyer for specific topics. | RE. Thursdays, Sept 20, 27 and Oct 4, 11 | 5:30-7PM |
| Look Good, Feel Better | An American Cancer Society Program which teaches hair and make-up techniques to women currently in treatment. | EH. Tuesday, Sept 25 | 5-7PM |
| 23 and You: Is Direct to Consumer genetic testing right for you? | Denise Jeffery, APRN, and Kim Grace, Certified Genetic Counselor will discuss what at-home DNA tests can and cannot tell you about yourself. | RE. Tuesday, Sept 18, call 663-4567 to register. | 5:30-7PM |
| Cancer Fighters in Your Food | A Registered Dietitian led discussion about reducing risk of cancer and recurrence through what we eat. Try samples of fall harvest cancer fighting foods and hear tips on how to incorporate these foods into your holiday meals and everyday life. | RE. Thursday, October 4 | 5:30-7PM |
| Is Lung Cancer screening right for you? | Hear a panel of doctors discuss who could benefit from low-dose CT screening for Lung Cancer, the latest advances in lung cancer treatment and have your personal questions and concerns answered by our panel. | RE. Tuesday, Nov 13 | 5-7PM |

Health and Wellness Offerings...During Treatment

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| Reiki LON and RE | For cancer patients on treatment, free Reiki sessions are available to patients in Manchester and Londonderry. | LON and RE. See the receptionist for availability | 1-3PM |
| Massage LON and RE | Massages are available to patients receiving radiation therapy in Manchester and Londonderry at no charge. Please schedule your massages with the receptionist. Limit 2. | LON and RE. Wednesday and Friday appts available | |

...and Especially for Survivors

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| Thriving with Yoga | In partnership with YogaCaps, Inc., free yoga classes are offered for cancer survivors and caregivers. Registration is required. Call 674-3770 or email: info@yogacaps.org | LON — Mondays RE — Wednesdays | 5:30-6:30PM 1:30-2:30PM |
| Oncology Rehabilitation | 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 Doctor for a referral. | |
| Get Fit With Us! | Join either of our staffed exercise areas. We offer many options to assist you in meeting your fitness needs! | The Welliot at River's Edge, 663-4200, M-F; The Senior Health Center Fitness Ctr, 663-7016, M-F | 6:30AM-4PM 6:30AM-4PM |
| LIVESTRONG® | FREE 12-week small group program for adult cancer survivors with the goal of helping survivors to reclaim their health. | Offered at your local YMCA. Call Cindy Lafond at Granite YMCA to enroll: 232-8650. | |
| ABC: Actively Beating Cancer American Dragon, 193 Londonderry TPK #4, Hooksett, NH | A specially designed program for cancer patients to get healthier with their Mind, Body & Spirit while learning self-defense. | Monday Wednesdays For more information, call American Dragon 629-9118 | 6-6:50PM 6:15-7PM |