

WINTER 2018/2019 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

Health and Wellness Offerings...During Treatment

GROUP	DESCRIPTION	LOCATION / DATES	TIME
Reiki LON and EH	For cancer patients on treatment, free Reiki sessions are available to patients in Manchester and Londonderry.	LON and EH. See the receptionist for availability.	
Massage LON and EH	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 EH. Wednesday and Friday appts available.	

...and Especially for Survivors

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 Center, 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