



BOONE COUNTY CANCER SOCIETY



AWARENESS. SERVICE. EDUCATION.



# Program Offerings

For Boone County Cancer Patients and Their Friends and Family

**To join the mailing list to be notified of upcoming programs, call Joy at 765-336-9119**

## Support Groups

Living with Cancer Support Group for Patients and Caregivers

\*Facilitated by **Kathy Flanary**, a 9 year survivor of breast cancer and retired nurse from Witham Health Services

**Last Wednesday of each month – 12:00- 1:30pm and 5:30-7:30pm – South Pavilion Lobby**

**January 27, 2016- Program Kick-off. Lunch will be served at noon meeting- snacks will be provided in the evening.**

## Gentle Stretch Yoga

No matter where you are in your treatment or if you have a loved one with cancer, this class is for you. Yoga has been shown to increase flexibility, strength, and blood flow in your body while decreasing stress and toxins. Come join us and make a positive change in your life. This class is open to cancer patients and their friends and family members.

**Every first, second, and fourth Tuesday of each month- 1-2pm**

**South Pavilion Wellness Center (across from the Cancer Institute)**

## Cooking for Wellness

Nutrition is so important before, during, and after treatment. Energy levels, side-effects, and stress can all be managed by keeping a healthy diet. Each month, come learn and explore new and tasty recipes. Each person will have a chance to taste each dish, so please RSVP for this program.

**Third Tuesday of every month- 1-2pm**

**South Pavilion Wellness Center (across from the Cancer Institute)**

To RSVP to the programs above, please call the **Boone County Cancer Society** at **765-482-2043** and leave a message or Joy at **765-336-9119**