

Fall/Winter 2024 Support & Education Program Schedule

Free Health and Wellness Offerings...During Treatment!

Manchester Location: Elliot Hospital, One Elliot Way, Manchester
Londonderry Location: Elliot Medical Center at Londonderry, 40 Buttrick Rd, Londonderry

Reiki

For cancer patients on treatment, free Reiki sessions are available to patients in Londonderry.

See receptionist for availability.

Massage

Massages are available to patients receiving treatment in Manchester and Londonderry at no charge. Limit 2.

See receptionist for availability.

Hair and Scalp 360

Learn the many internal and external factors that affect hair and scalp, particularly hair loss and regrowth by joining us in Manchester.

Contact Sharon Clohesy for more information at 978-856-5774 or Sharon@hairandscalp360.com.

Coffee with Caregivers

Fill your cup with time for yourself and connect with other caregivers.

This free class is held on the first Friday of every month from 10am to 11am.

For more information and to register, call Dianne Kashiwabara at 603-552-1628 or Melissa Nickola at 603-663-2326.

Handhold for Head and Neck Patients

Support Group for Head and Neck Cancer patients and their caregivers at Elliot Health System – held at our Londonderry location.

Discuss topics like nutrition, dealing with fatigue, working and exercise with cancer.

For more information and to register, call Dianne Kashiwabara at 603-552-1628.

Expressions through Art

Cancer patients and survivors express your feeling through our Expression Through Art program at the Solinsky Center for Cancer Care at Elliot Health System.

This free class is held on the third Wednesday of every month from 10am to 11am.

For more information and to register, call 603-663-5554.