



 **Solinsky Center for Cancer Care at The Elliot**  
WE ARE SOLUTIONHEALTH

# *Strength, Stretch and Flow*

## What are We Offering?

Strength, Stretch and Flow program for patients/caregivers to help with side effects from your current or prior cancer treatment. These one hours sessions are offered twice monthly and are intended to address a variety of cancer related symptoms/side effects. This program is a joint collaboration between The Solinsky Center for Cancer Care and Dartmouth Hitchcock/Norris Cotton Cancer Center.

### Date

Dates TBD,  
6:00pm – 7:00pm

### Location

1st Thursday of the month will be held at The Solinsky Center for Cancer Care at the Elliot (One Elliot Way, Manchester, NH 03103) and the 2nd Thursday will be held at Dartmouth Hitchcock in Manchester (100 Hitchcock Way, Manchester, NH 03104).

### More Info

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

### Side Note

Participation is limited to 10 due to COVID restrictions, mask's and social distancing will be required. There is no cost to attend any of our programs.

