

Winter 2020/2021 Support & Education Program Schedule

Health and Wellness Offerings...During Treatment!

EH: Elliot Hospital, One Elliot Way, Manchester

LON: Elliot Medical Center at Londonderry, 40 Buttrick Rd, Londonderry

Reiki

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

See receptionist for availability.

**Temporarily on hold
on due to COVID**

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 further information.

978-856-5774

Sharon@hairandscalp360.com

Handhold for Head and Neck Patients

Head and Neck Cancer patients and their caregivers we're now offering a new support group 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 603-552-1628..

Massage

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

See receptionist for availability.

Expressions through Art

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

Strength, Stretch and Flow

Our Strength, Stretch and Flow program is designed to help patients/caregivers to help with side effects from your current or prior cancer treatment. This program is a joint collaboration between the Solinsky Center for Cancer Care at the Elliot and Dartmouth Hitchcock/ Norris Cotton Cancer Center.

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

Thriving with Yoga

In partnership with YogaCaps, Inc., free yoga classes are offered for cancer survivors and caregivers. Registration is required.

Call 603-674-3770 or email info@yogacaps.org for more info. Classes are being held virtually until January 2021.

Thriving through Treatment

Join our new group at the Solinsky Center for Cancer Care at Elliot Health System. Thriving Thru Treatment is a group for breast cancer survivors that have been diagnosed within the past 12 months.

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

Now What? Life Beyond Treatment

This support group is open to those who have been out of cancer treatment for up to 12 months. We will discuss concerns pertaining to one's physical and emotional wellbeing, quality of life and "finding your new normal."

For more information and to register please call 603-663-2355.