

SPRING 2018 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

Support and Education

GROUP	DESCRIPTION	DATES	TIME
CanThrive EH	Living Your Best Life as a Survivor	Wednesday, May 16: Internet Resources Wednesday, June 13: Art Therapy	5:30-7PM
Thriving through Treatment RE	Support and education for women diagnosed with Breast Cancer within the last 12 months. See flyer for specific topics.	Call for Dates	5:30-7PM
Look Good, Feel Better EH	An American Cancer Society Program which teaches hair and make-up techniques to women currently in treatment.	Monday, June 11	5-7PM

Health and Wellness Offerings...During Treatment

Reiki LON and RE	For cancer patients on treatment, free Reiki sessions are available to patients in Manchester and Londonderry.	See the receptionist for availability	
Massage LON and RE	Massages are available to patients receiving radiation therapy in Manchester and Londonderry at no charge. Please schedule your massages with the receptionist. Limit 2.	Wednesday and Friday appointments available	1-3PM

...and Especially for Survivors

Thriving with Yoga LON and RE	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	Mondays in Londonderry Wednesdays at River's Edge	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! RE and SHC	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 Ctr, 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.	
Grocery Tours: Hannaford Super Market , Bicentennial Drive (Next to Shorties), Hooksett NH, 03106	You will learn: Tools to help balance your diet; Reading the label — portion size; Guiding Star navigation system; Better for you Carbohydrates; and Quick Meal Ideas and Snacks	Dates vary, call 695-2680 to register	
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.	Mondays Wednesdays For more information, call American Dragon 629-9118	6-6:50PM 6:15-7PM