



# July 2008 – Life Renewing Events & Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:30pm Reiki by appt 5:30pm AAYACS	2 3:00pm Pink Ribbon Team Tea 5:30pm Yoga for Caregivers	3 10:00am Healing Touch by appointment 1:00pm Healing Practice of Breath & Sound	4 <b>CENTER CLOSED FOR 4TH OF JULY</b>	5
6	7 5:00pm Yoga for Breast Cancer Survivors	8 11:00am Chronic Illness Support Group 1:00pm Ovarian Group 5:30pm Reiki by appt	9 5:30pm Yoga for Caregivers	10 10:00am Healing Touch by appointment 1:00pm Healing Practice of Breath & Sound 5:30pm Breast Cancer Support Group 7:00pm Prostate Cancer Support Group (MSB)t	11	12
13	14 10:00am Look Good... Feel Better 5:00pm Yoga for Breast Cancer Survivors	15 5:30pm Reiki by appt	16 11:30am Love & Laughter Support Group 5:30pm Yoga for Caregivers	17 10:00am Healing Touch by appointment 5:30pm Family Night	18	19
20	21 5:00pm Yoga for Breast Cancer Survivors	22 5:30pm Reiki by appt	23 5:30pm Yoga for Caregivers	24 10:00am Healing Touch by appointment	25 5:30pm Introduction Dinner - Advanced Cancer Patients	26
27	28 5:00pm Yoga for Breast Cancer Survivors	29 5:30pm Reiki by appt	30 5:30pm Yoga for Caregivers	31 10:00am Healing Touch by appointment		

## Loran Smith Center for Cancer Support On-going Support Groups

Support Groups provide a comfortable, informal setting to share information and receive inspiration from others who are facing the cancer challenge, All groups are FREE of charge unless otherwise stated. For more information call 706-475-4900.

### Breast Cancer Support Group

2nd Thursday of each month  
5:30 - 7:00 p.m.

The Breast Cancer Support Group is a group for any woman managing a diagnosis of breast cancer. Women who are newly diagnosed, in treatment or have completed treatment are invited to participate. Various topics are discussed and are determined by the group. Jill Clark, LMSW at Northeast Georgia Cancer Care and one of the breast health nurse specialists at the Loran Smith Center for Cancer Support or the ARMC Breast Health Center facilitate our meetings.

**Our next meeting is July 10, 2008**

**Topic: Nutrition, by Kimberly Ingram, MSW**

### Facing Cancer with Love & Laughter

3rd Wednesday of each month  
11:30 am - 1:00 p.m.

A general support group that meets once a month for patients, family and friends. This active group enjoys lunch and an interesting speakers each month.

**Our next meeting is July 16, 2008**

**Topic: "How to Improve Your Nutritional Status During and After Treatment"**

### Prostate Cancer Support Group

2nd Thursday of each month  
7:00 - 9:00 p.m.

Medical Services Bldg, 3rd Floor

An educational group for men with prostate cancer. Contact Hank Benner, 706-543-0402

**Our next meeting is July 10, 2008**

**Topic: "Stroke Symptoms: Causes and Remedies"**

### Breathe Club

Meetings will resume in the Fall.

### Ovarian Cancer Chat Group

2nd Tuesday of each month  
1:00 - 2:30 p.m.

The Ovarian Chat Group is a support group for women managing a diagnosis of ovarian cancer or any other gynecologic cancer. All women coping with a gynecologic cancer are invited to participate. Various topics are discussed and are determined by the group. The oncology nurse at the Loran Smith Center facilitates our group for Cancer Support.  
**Our next meeting is July 8, 2008**

### Ostomy Support Group

#### Meetings will resume in the Fall

2nd Sunday of each month  
2:00 - 3:30 p.m.

A support group for people with an ostomy. Jane Lastrapes, RN, CWOCN and Cindy Downs, RN, CWOCN, Facilitators.

### Coming to Grips with Chronic Illness

2nd Tuesday of each month  
11:00 a.m. - 12:30 p.m.

A support group open to anyone with any chronic condition.

**Our next meeting is July 8, 2008**

### Yoga for Caregivers

Wednesdays  
5:30 - 7:00 p.m.

Yoga for Caregivers is designed to help you take care of yourself through physical movement, breathing techniques, and deep relaxation, so that you may return to caregiving activities refreshed and rejuvenated.

### Yoga for Breast Cancer Survivors

Mondays  
5:00 - 7:00 p.m.

A gentle yoga program designed to relax body and mind, decrease anxiety, depression and pain symptoms, and improve physical fitness, body image, chest expansion and functional mobility. The practice taught in class can be modified to your individual physical restrictions. The instructor, Judi Spears, is a highly qualified certified hatha yoga instructor with intensive training in adaptive yoga for people with physical limitations.

### Young Adults With Cancer—Athens

1st Tuesday of each month  
5:30 - 7:00 p.m.

Support group and social activities Cancer survivors between the ages of 18 - 35. If you are recently diagnosed, a multi-year survivor, on or off treatment, this group is for you. Come meet other young adult survivors. Hang out. Play. Talk.

The group is facilitated by Paige Campbell, EdD, LMSW.

**Our next meeting is July 1, 2008.**

At Ferrandos, 2080 Timothy Rd., on Timothy just off of Atlanta Hwy.)

Call 706-475-4900 to register and for directions.

