Classes

Exercise & Movement

Gentle Yoga
Bring your own mat and arrive 5 minutes early.
Session I
Thursdays, May 10-June 14
6:00-7:00pm
Session II
Thursdays, July 5-Aug 16
6:00-7:00pm
*No Class July 19
Medical Arts Center: Rm E&F

Healthy Steps: Session I
Tuesdays, May 22-June 19
6:00-7:00pm
Medical Arts Center: Rm D

Healthy Steps: Session II
Tuesdays, July 3-31
6:00-7:00pm
Medical Arts Center: Rm D

Nutrition

Healthy Snacks
Saturday, May 5
2:00-4:00pm

Artistic Expression

Let’s Get Crafty & Summer Potluck
Tuesday, May 22
11:00am-1:00pm
Medical Arts Center: Rm E&F

Presentations

Physical Therapy After Cancer Treatment
Wednesday, May 16
1:00-2:00pm
Medical Arts Center: Rm E&F

Meditation for Stress Management
Wednesday, June 20
1:00-2:00pm

Support Groups

Support Groups are drop-in groups that provide educational presentations, group discussion and emotional support.

Living with Cancer Support Group
Open to those living with any type of cancer from diagnosis through post-treatment and their family and friends.
2nd & 4th Mondays
May 14, June 11 & 25, July 9 & 23, Aug 13 & 27
7:00-8:30pm
*No Group May 28

Women’s Cancer Support Group
Open to women living with any type of cancer from diagnosis through post-treatment.
3rd Wednesdays
May 16, June 20, July 18, Aug 15
1:00-2:30pm

For more information or to register for classes, call our lifeline at (206) 297-2500 or go to cancerlifeline.org