

Free Classes & Support Groups for Cancer Patients, Survivors & Caregivers January-April 2018

Support Groups These are all drop-in groups. No registration is necessary unless there is a presentation scheduled. If you have questions or would like to talk to someone before you attend, call (206) 297-2500

Living with Cancer Support Group

Open to those living with any type of cancer from diagnosis through post-treatment. Family and friends welcome.

2nd & 4th Mondays

Jan 8 & 22, Feb 12 & 26, Mar 12 & 26, Apr 9 & 23

7:00pm-8:30pm

Breast Center Conference Room

Women's Cancer Support Group

Open to women living with any type of cancer from diagnosis through post-treatment.

3rd Wednesdays

Jan 17, Feb 21, Mar 21, Apr 18

1:00pm-2:30pm

Breast Center Conference Room

Classes and Events Please register for any of these classes or presentations by calling 206-297-2500 or visit www.cancerlifeline.org

Card Making Made Easy

Tuesday, Jan 23

10:00am-12:00pm

Medical Arts Center: Rm A

Practicing Mindfulness Through Easy Drawing

Tuesday, Feb 20

11:00am-1:00pm

Medical Arts Center: Rm E&F

Watercolor Arts Exploration

Tuesday, Mar 20

10:00am-12:00pm

Medical Arts Center: Rm B

Creative Card Making

Tuesday, Apr 17

10:00am-12:00pm

Medical Arts Center: Rm E&F

Gentle Yoga: Session I

Please bring your own mat and arrive 5 minutes early

Thursdays, Jan 11-Feb 15

6:00pm-7:00pm

Medical Arts Center: Rm E&F

Gentle Yoga: Session II

Please bring your own mat and arrive 5 minutes early

Thursdays, Mar 1-Apr 12

6:00pm-7:00pm

Medical Arts Center: Rm E&F

Healthy Steps: Session I

Tuesdays, Jan 16-Feb 13

6:00pm-7:00pm

Medical Arts Center: Rm D

Healthy Steps: Session II

Tuesdays, March 6-April 3

6:00pm-7:00pm

Medical Arts Center: Rm D

Foods to Fight Fatigue

Saturday, Jan 27

2:00pm-4:00pm

Merrill Gardens:

104 Burnett Ave S

Healthy Italian Cuisine

Saturday, Feb 24

2:00pm-4:00pm

Merrill Gardens:

104 Burnett Ave S

Healthier Desserts

Saturday, Mar 24

2:00pm-4:00pm

Merrill Gardens:

104 Burnett Ave S

Healthier Chinese Foods

Saturday, Apr 14

2:00pm-4:00pm

Merrill Gardens:

104 Burnett Ave S

Addressing Fears of Recurrence

Wednesday, Jan 17

1:00pm-2:00pm

Breast Center Conf Room

Medical Marijuana

Monday, Apr 9

7:00pm-8:00pm

Breast Center Conf Room

Anti-Inflammatory Foods For Health & Wellness

Monday, Jan 22

7:00pm-8:00pm

Breast Center Conf Room

Immunotherapy Cancer Treatment

Monday, Feb 12

7:00pm-8:00pm

Breast Center Conf Room

Menopausal Nutritional Support

Wednesday, Mar 21

1:00pm-2:00pm

Breast Center Conf Room

Simple Techniques to Increase Wellbeing

Monday, Mar 26

7:00pm-8:00pm

Breast Center Conf Room

Chemicals That Disrupt Hormones & Cancer

Wednesday, Apr 18

1:00pm-2:00pm

Breast Center Conf Room