



November 2018

The Cancer Support Community's mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community.

KENT COUNTY SPECIAL PROGRAMS AND EVENTS

***NEW*Core-n-Stretch Class**- This 45 minute class led by ACE personal trainer Jessica Moyer, is designed for any level. Designed two-fold, first to strengthen core muscles benefitting posture, stronger back, injury prevention and improved balance. Second, to gently stretch body benefitting better range of motion, gain flexibility, increase circulation and reduce muscle tension.

Dancercise - Held every Tuesday, 11:30 a.m.

Join Certified Fitness Instructor, Jessica Moyer as she leads the group in Dancercise! This fun, easy to follow class includes low impact dance with toning and balance exercises. Class is open to anyone at any fitness level and will be instructed to fit your ability and needs.

Cancer Support Group - Held every Tuesday, 12:30 p.m.

This group is open to anyone that has been diagnosed with cancer and their caregiver. The group allows you to connect with others who are experiencing the same issues that you may be and gives you valuable information as you navigate through the "cancer world."

Yoga - Held every Wednesday, 5:30 p.m.

Join facilitator Deb Lloyd every Wednesday evening for a restorative light stretching and relaxing yoga. Wear comfortable clothing. All supplies are provided.

Chair Fitness - Held every Thursday, 10:00 a.m.

Personal trainer Mary Bruno will lead participants in a chair fitness program using forms of light stretching, lifting and breathing. Stretch bands and light hand weights will be incorporated. The group is open to anyone 50 or older and will be held at the Cancer Support Community location. This program is graciously funded by the Palmer Home Foundation. All supplies are provided.

FRANKLY SPEAKING ABOUT MULTIPLE MYELENOMA **Monday, November 19th - 6:00pm**

Join Dr. Naini from Bayhealth Oncology and Program Director, Sean Hebbel, LCSW as they present this national program on the risks, symptoms, tests and the treatment options for Multiple Mylenoma.

Please RSVP to 302-995-2850 or
email shebbel@cscde.org

APPLICATIONS AVAILABLE FOR INCYTE CANCER CARE ASSISTANCE FUND

We are pleased to announce that we are now accepting applications for the Incyte Cancer Care Assistance Fund.

Administered entirely by Cancer Support Community Delaware, this emergency fund was established for the sole purpose of providing emergency financial assistance to people with cancer who reside in Delaware. The fund will cover medical expenses and/or basic living expenses. Application forms are available on our website.

BAYHEALTH CANCER MEETINGS

Prostate Support Group

Wednesday, Nov. 21 - Bayhealth Kent General Hospital, Outpatient Rehab Conf. Rm., 7p.m.

Free Mammogram Screenings

Tuesday, November 20 Smyrna & Middletown

Wednesday, November 21- Dover & Milford

Registration required, call Harriet Pinkston at 302-744-6752 or 302-430-5143.

Pink Ribbon Journey

Thursday, November 8 - Bayhealth Kent General Hospital, 5 - 6:30p.m.

**Unless otherwise noted, groups meet at the
Cancer Support Community, 812 S. Bradford Street, Dover
302-734-0898**

The Cancer Support Community is dedicated to helping people affected by cancer enhance their health and well-being through participation in a professional program of emotional support, education and hope. At the Cancer Support Community, all programs are free of charge, but we request that you call in advance to register.

Kent County

812 S. Bradford Street, Dover, DE 19904

Phone: 302-734-0898 Fax: 302-734-4310

Hours: Open Only During Scheduled Programs in November and December




For a complete schedule of programs throughout Delaware, please visit www.cancersupportdelaware.org

Our Collaboration

Cancer Support Community of Delaware, Kent County, is proud to offer these cancer support programs in collaboration with Bayhealth. Bayhealth is a member of the Penn Cancer Network.



Cancer Support Community November 2018 Calendar of Events

Mon	Tue	Wed	Thu	Fri	Sat
			1 Chair Fitness 10:00am Tai Chi 4:30pm	2	3 Wings of Hope Breast Cancer Group 10:00am 
5 Core & Stretch 11:00am Tai Chi 6:30pm MMH	6 Dancercise 11:30am Cancer Support Group 12:30pm	7 Meditation 3:00pm Yoga 5:30pm	8 Chair Fitness 10:00am Tai Chi 4:30pm Pink Ribbon Journey 5:00pm	9	10
12 Office Closed in Observance of the Holiday 	13 Dancercise 11:30am Cancer Support Group 12:30pm	14 Meditation 3:00pm Yoga 5:30pm	15 Chair Fitness 10:00am Tai Chi 4:30pm	16	17
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