CANCER SUPPORT COMMUNITY
DELAWARE

Middletown Outreach Programs

December 2018

The Cancer Support Community provides programs of support and education for individuals and their families that have been touched by cancer.
All programs are led by licensed professionals and all programs are offered at no charge.

For More Information
Contact: Sean Hebbel
302-995-2850
shebbel@cscde.org

All Classes Are Held at
811 N. Broad Street,
Suite 213
Middletown, DE 19709

Entrance Is Next To The GoodWill Store Entrance

www.cancersupportdelaware.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
3	4 Yoga 11:45 am Tai Chi 1:30 pm Meditation 2:45 pm	5	6	7	8
10	11 Yoga 11:45 am Tai Chi 1:30 pm Meditation 2:45 pm	12	13	14	15
17	18 Yoga 11:45 am Tai Chi 1:30 pm Meditation 2:45 pm	19 Ask The Nutritionist "Healthy Holiday Desserts" 1:00 pm	20	21	22
24	25 Office Closed In Observance of the Holiday	26	27	28	29
31					

CANCER SUPPORT COMMUNITY
DELAWARE

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.

MIDDLETOWN SPECIAL PROGRAMS

WHO WE ARE

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.

What began as a local grass roots movement, grew into the largest provider of psychosocial oncology support in the world, advancing the idea that psychosocial care is as important as medical care in the face of a cancer diagnosis.

Incorporated in 1993, The Cancer Support Community quickly grew statewide with locations in Wilmington, Dover and Rehoboth. Today, our vision remains the same—
To offer support to all people with all types of cancer, as well as their families and friends, so that no one has to face cancer alone.
We are excited to be able to expand our programs into the Middletown, Odessa, Townsend area.

WHAT WE OFFER

Educational Programs * Support Groups * Nutrition Classes * Stress Reduction Programs * Networking Groups * Weekly Support Groups * Art Classes and Much More!

PROGRAMS

Yoga - Tuesdays - 11:45 am to 12:45 pm
Discover the proven health benefits of yoga to reduce stress and enhance focus and relaxation. This is a restorative yoga that focuses on breathing and light stretching poses.

Tai Chi - Tuesdays - 1:30 pm to 2:30 pm
Facilitated by Ran Greim. Tai Chi began as a martial art and as it developed took on the purpose of enhancing physical and mental health. Practiced in a variety of styles, tai chi involves slow, gentle movements, deep breathing and meditation. Tai Chi is known to strengthen balance, improve the flow of energy through the body, leading to greater awareness, calmness and an overall sense of wellness.

Meditation - Tuesdays - 2:45 pm to 3:45 pm
Discover the health benefits of meditation and experience how it reduces stress and enhances breathing, focus and relaxation. This guided meditation class is facilitated by Josephine Diagonale and is perfect for beginners and particularly beneficial during a cancer diagnosis.

Ask The Nutritionist - Wednesday, December 19th - 1:00 pm
"Healthy Holiday Desserts"
Join Nutritionist, Tracey Sinibaldi, RD, LDN, CDE of TKS Nutrition for some ideas and recipes of healthy holiday desserts. Call 302-734-0898 to register.