



January 2019

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

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

Core-n-Stretch Class - Held every Monday, 11:00 a.m.

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.

Tai Chi - Held every Monday at Milford Memorial Hospital, 6:30pm And at Cancer Support Community DE, Kent Office, Thursday, 4:30 p.m.

Join facilitator Ran Greim for an hour long session of Tai Chi, a series of movements performed in a slow, focused manner and accompanied by deep *breathing*. Tai chi, is a noncompetitive, *self*-paced system of gentle physical movements and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

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, January 16, 2019 - Bayhealth Kent General Hospital, GF conference rooms 1&2.

Free Mammogram Screenings

**Wednesday, January 16, 2019 Milford Hospital & Kent General
Tuesday, January 15, 2016** Smyrna & Middletown

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

Pink Ribbon Journey

Thursday, January 10, 2019 - Bayhealth Kent General Hospital, 5 - 6:30p.m.

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 January

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.

Happy New Year!



Cancer Support Community January 2019 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Office is Closed 	2 Meditation 3:00pm Yoga 5:30pm	3 Chair Fitness 10:00am Tai Chi 4:30pm	4	5 Wings of Hope Breast Cancer Group 10:00am 
7 Core & Stretch 11:00am Tai Chi 6:30pm- held at Milford Memorial Hospital	8 Dancercise 11:30am Cancer Support Group 12:30pm	9 Meditation 3:00pm Yoga 5:30pm	10 Chair Fitness 10:00am Tai Chi 4:30pm	11	12
14 Core & Stretch 11:00am Tai Chi 6:30pm- held at Milford Memorial Hospital	15 Dancercise 11:30am Cancer Support Group 12:30pm	16 Meditation 3:00pm Yoga 5:30pm Mammogram Screening	17 Chair Fitness 10:00am Tai Chi 4:30pm	18	19
21 Core & Stretch 11:00am Tai Chi 6:30pm- held at Milford Memorial Hospital	22 Dancercise 11:30am Cancer Support Group 12:30pm	23 Meditation 3:00pm Yoga 5:30pm	24 Chair Fitness 10:00am Tai Chi 4:30pm	25	26
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