



# Middletown Outreach Programs

## February 2019

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,  
 Middletown, DE 19709

Entrance is double glass doors next to Goodwill entrance, take elevator to 2nd floor and follow signs to the CSCDE room.

[www.cancersupportdelaware.org](http://www.cancersupportdelaware.org)

Mon	Tue	Wed	Thu	Fri
				1
4	5 Tai Chi 1:30 pm Meditation 2:45 pm	6	7	8
11	12 Tai Chi 1:30 pm Meditation 2:45 pm	13	14 	15
18	19 Tai Chi 1:30 pm Meditation 2:45 pm	20	21 <b>NEW: Middletown Support Group 6:30pm</b> Register at (302) 995-2850	22
25	26 Tai Chi 1:30 pm Meditation 2:45 pm	27 Ask The Nutritionist 1:00pm	28	



***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 Do**

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

### **Programs**

#### **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.

#### **NEW-Middletown Cancer Support Group - Thursday, February 21st - 6:30 pm**

The NEW Middletown Cancer Support Group will provide an opportunity to meet with others in a similar situation to give and receive support.

This support group is for people with cancer and their primary emotional caregiver. Research continues to indicate that joining a support group can help cope with the isolation, hopelessness, and loss of control that can occur during cancer treatment and beyond.

To register for this support group call Sean Hebbel at 302-995-2850

#### **Ask The Nutritionist - Wednesday, February 27th - 1:00 pm**

"Let's Go Nuts for Nutrition"

Learn about the role nuts have on boosting our health.

Join Nutritionist, Tracey Sinibaldi, RD, LDN, CDE of TKS Nutrition for some ideas and recipes of eating healthy for 2019. Call 302-995-2850 to register.