



February 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 Harrington Senior Center, 6:30pm and Thursday, 4:30pm at Cancer Support Community DE, Kent Office

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 February 20, 2019**- Bayhealth Sussex Campus 1st floor Community Conference Rm., 7p.m.

#### **Free Mammogram Screenings**

**Wednesday** - Dover & Milford

**Tuesday** Smyrna & Middletown

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

#### **Pink Ribbon Journey**

**Wednesday February 13, 2019** - Bayhealth Sussex Campus - Conf Rm 2228, 2nd floor, 5:00pm- 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: 302-995-2850 or 302-734-0898 ☎ Fax: 302-734-4310

Hours: Open Only During Scheduled Programs in February

**For a complete schedule of programs throughout Delaware, please visit**

**[www.cancersupportdelaware.org](http://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 February 2019 Calendar of Events

| Monday   | Tuesday   | Wednesday  | Thursday                                      | Friday | Saturday |
|--|---|--|---|--------|----------|
|  |   |  |   | 1      | 2        |
| 4<br>Core & Stretch 11:00am<br><b>Tai Chi 6:30pm- held at</b><br>Harrington Senior Center<br>102 Fleming Street<br>Harrington, DE 19952  | 5<br>Cancer Support Group 12:30pm                       | 6<br>Meditation 3:00pm<br>Yoga 5:30pm  | 7<br>Chair Fitness 10:00am<br>Tai Chi 4:30pm  | 8      | 9        |
| 11<br>Core & Stretch 11:00am<br><b>Tai Chi 6:30pm- held at</b><br>Harrington Senior Center<br>102 Fleming Street<br>Harrington, DE 19952 | 12<br>Dancerise 11:30am<br>Cancer Support Group 12:30pm | 13<br>Meditation 3:00pm<br>Yoga 5:30pm<br>Pink Ribbon Journey (BHSC)<br>5pm    | 14<br>Chair Fitness 10:00am<br>Tai Chi 4:30pm | 15     | 16       |
| 18<br>Office closed in observance of<br>President's Day  | 19<br>Dancerise 11:30am<br>Cancer Support Group 12:30pm | 20<br>Meditation 3:00pm<br>Yoga 5:30pm<br>Prostate Support Group (BHSC)<br>7pm | 21<br>Chair Fitness 10:00am<br>Tai Chi 4:30pm | 22     | 23       |
| 24<br>Core & Stretch 11:00am<br><b>Tai Chi 6:30pm- held at</b><br>Harrington Senior Center<br>102 Fleming Street<br>Harrington, DE 19952 | 25<br>Dancerise 11:30am<br>Cancer Support Group 12:30pm | 26<br>Meditation 3:00pm<br>Yoga 5:30pm   | 27<br>Chair Fitness 10:00am<br>Tai Chi 4:30pm | 28     |          |

