



March 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.

Meditation - *held every Wednesday, 3:00pm*

Join facilitator Josephine Diagonale every Wednesday for this guided meditation class that is perfect for beginners and particularly beneficial during a cancer diagnosis.

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 Mondays starting March 11th at Bayhealth Hospital Sussex Campus, Room 1001, 6:30pm*

And at Cancer Support Community DE, Kent Office, Thursday, 4:30pm

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

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

Free Mammogram Screenings

March 20, 2019 - Dover & Milford

Dover address: 540 S. Governor's Ave, Suite 200, Dover, DE 19904

Milford address: 1016 Mattlind Way, Milford, DE 19963

March 19, 2019 Smyrna & Middletown

Smyrna Medical Services, 401 N. Carter Rd, Smyrna, DE 19977

Middletown Medical Services, 209 E. Main St, Middletown, DE 19709

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

Prostate Support Group

March 20, 2019 KGH General Foods Conference room, 1st Floor 7 PM

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

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 March 2019 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Tai Chi location starting on Monday, March 11th at 6:30pm with Ran</p> <p>New Bayhealth Hospital Campus in Sussex, Suite 1001</p> <p>1001 Wellness Way, Milford, DE 19963</p>					
<p>4</p> <p>Core & Stretch 11:00am</p> <p>Tai Chi 6:30pm- held at Harrington Senior Center 102 Fleming Street Harrington, DE 19952</p>	<p>5</p> <p>Dancercise 11:30am</p> <p>Cancer Support Group 12:30pm</p>	<p>6</p> <p>Meditation 3:00pm</p> <p>Yoga 5:30pm</p>	<p>7</p> <p>Chair Fitness 10:00am</p> <p>Tai Chi 4:30pm</p>	<p>8</p>	<p>9</p>
<p>11</p> <p>Core & Stretch 11:00am</p> <p>Tai Chi 6:30pm- held at Bayhealth Hospital Campus in Sussex 100 Wellness Way, Room 1001 Milford, DE 19963</p>	<p>12</p> <p>Dancercise 11:30am</p> <p>Cancer Support Group 12:30pm</p>	<p>13</p> <p>Meditation 3:00pm</p> <p>Yoga 5:30pm</p>	<p>14</p> <p>Chair Fitness 10:00am</p> <p>Tai Chi 4:30pm</p>	<p>15</p>	<p>16</p>
<p>18</p> <p>Core & Stretch 11:00am</p> <p>Tai Chi 6:30pm- held at Bayhealth Hospital Campus in Sussex 100 Wellness Way, Room 1001 Milford, DE 19963</p>	<p>19</p> <p>Dancercise 11:30am</p> <p>Cancer Support Group 12:30pm</p>	<p>20</p> <p>Meditation 3:00pm</p> <p>Yoga 5:30pm</p> <p>Prostate Support Group</p> <p>KGH GF Conf. Room 7PM</p>	<p>21</p> <p>Chair Fitness 10:00am</p> <p>Tai Chi 4:30pm</p>	<p>22</p>	<p>23</p>
<p>24</p> <p>Core & Stretch 11:00am</p> <p>Tai Chi 6:30pm- held at Bayhealth Hospital Campus in Sussex 100 Wellness Way, Room 1001 Milford, DE 19963</p>	<p>25</p> <p>Dancercise 11:30am</p> <p>Cancer Support Group 12:30pm</p>	<p>26</p> <p>Meditation 3:00pm</p> <p>Yoga 5:30pm</p>	<p>27</p> <p>Chair Fitness 10:00am</p> <p>Tai Chi 4:30pm</p>	<p>28</p>	<p>29</p>