



# Calendar of Events Kent County April 2019

For more information on programming, news, and events please visit us at:  
[www.cancersupportdelaware.org](http://www.cancersupportdelaware.org)

*The mission of the Cancer Support Community Delaware is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community. At CSCDE, all programs are offered at no charge to participants.*

## CSCDE is statewide! Visit us at any of our offices:

<u>Kent County</u>	<u>New Castle County</u>	<u>Sussex County</u>
812 S. Bradford St. Dover, DE 19904 Office: (302)734-0898	4810 Lancaster Pike Wilmington, DE 19807 Office: (302) 995-2850	18947 John J. Williams Hwy, Suite 312 Rehoboth Beach, DE19971 Office: (302) 645-9150

### Middletown Location

*Open during program hours only.*

811 N. Broad St. Suite 213, Middletown, DE 19709

## Dover Weekly Programs

### **Core-n-Stretch Class- Held every Monday, 11:00 am**

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 am**

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 pm**

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 pm**

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 am**

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 at Bayhealth Hospital Sussex Campus, Room 1001, 6:30pm & CSCDE, 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 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**

### **Free Mammogram Screenings**

**April 17, 2019 - Dover & Milford**

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

Milford address: 1016 Mattlind Way, Milford, DE 19963

**April 16, 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**

April 17, 2019 KGH General Foods Conference room, 1st Floor, 7 pm



## Middletown Weekly Programs

### **Yoga - Every Tuesdays - 12:00 pm to 1:00 pm**

Join Middletown's new yoga instructor Lisa Reagan and 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 - Every 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. 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 - Every Tuesdays - 2:45 pm to 3:45 pm**

This guided meditation class is facilitated by Josephine Diagonale and is perfect for beginners and particularly beneficial during a cancer diagnosis.

Be sure to like and follow us on:



# Cancer Support Community Kent County April 2019 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1 CSCDE 23rd Anniversary!</b> Core &amp; Stretch 11:00am</p> <p><b>Tai Chi 6:30pm</b> <i>held at Bayhealth Hospital Campus in Sussex 100 Wellness Way, Room 1001 Milford, DE 19963</i></p>	<p>2 Dancercise 11:30am Cancer Support Group 12:30pm</p>	<p>3 Meditation 3:00pm Yoga 5:30pm</p>	<p>4 Chair Fitness 10:00am Tai Chi 4:30pm</p>	<p>5</p>
<p>8 Core &amp; Stretch 11:00am</p> <p><b>Tai Chi 6:30pm</b> <i>held at Bayhealth Hospital Campus in Sussex 100 Wellness Way, Room 1001 Milford, DE 19963</i></p>	<p>9 Dancercise 11:30am Cancer Support Group 12:30pm</p>	<p>10 Meditation 3:00pm Yoga 5:30pm</p>	<p>11 Chair Fitness 10:00am Tai Chi 4:30pm <b>Young Adult Survivors Group 6:30pm</b> <i>held at the New Castle County Location</i></p>	<p>12</p>
<p>15 Core &amp; Stretch 11:00am</p> <p><b>Tai Chi 6:30pm</b> <i>held at Bayhealth Hospital Campus in Sussex 100 Wellness Way, Room 1001 Milford, DE 19963</i></p>	<p>16 Dancercise 11:30am Cancer Support Group 12:30pm</p>	<p>17 Meditation 3:00pm Yoga 5:30pm Prostate Support Group 7:00pm <i>held at KGH GF Conf. Room</i></p>	<p>18 Chair Fitness 10:00am Tai Chi 4:30pm <b>Cancer Support Group 6:30pm</b> <i>held at the Middletown location</i></p>	<p>19</p>
<p>22 Core &amp; Stretch 11:00am</p> <p><b>Tai Chi 6:30pm</b> <i>held at Bayhealth Hospital Campus in Sussex 100 Wellness Way, Room 1001 Milford, DE 19963</i></p>	<p>23 Dancercise 11:30am Cancer Support Group 12:30pm</p>	<p>24 Meditation 3:00pm Yoga 5:30pm</p>	<p>25 Chair Fitness 10:00am Tai Chi 4:30pm <b>Young Adult Survivors Group 6:30pm</b> <i>held at the New Castle County Location</i></p>	<p>26</p>
<p>29 Core &amp; Stretch 11:00am</p> <p><b>Tai Chi 6:30pm</b> <i>held at Bayhealth Hospital Campus in Sussex 100 Wellness Way, Room 1001 Milford, DE 19963</i></p>	<p>30 Dancercise 11:30am Cancer Support Group 12:30pm</p>	<div style="text-align: center;">  <p><b>CANCER SUPPORT COMMUNITY</b> <small>DELAWARE</small></p> </div> <p><u>Kent County Location:</u> 812 S. Bradford St. Dover, DE 19904</p> <p><u>Middletown Location:</u> 811 N. Broad St. Suite 213 Middletown, DE 19709</p> <p><u>New Castle County Location:</u> 4810 Lancaster Pike Wilmington, DE 19807</p> <p><u>Sussex County Location:</u> 18947 John J. William Hwy, Suite 312 Rehoboth Beach, DE 19971</p>		