



Calendar of Events Kent County May 2019

For more information on programming, news, and events please visit us at:
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 @ CSCDE Kent Office, & every other Tue. @ Bayhealth Hospital Sussex Campus, 3rd Fl Conference, 5:30pm

This group is open to anyone that has been diagnosed with cancer and their caregiver. The group allows you to connect with others who maybe experiencing similar issues and gives you valuable information as you navigate through your cancer journey.

Sussex Campus group starts on May 21st!

Facilitated by Courtney Costello LCSW, who was previously with CSCDE in 2009. Her clinical experience is vast, having not only worked with clients and families, but also as a hospital administrator.

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

May 15, 2019 Dover & Milford

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

Milford address: 1016 Mattlind Way, Milford, DE 19963

May 14, 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

Pink Ribbon Journey

May 9, 2019 held at Kent Campus

Cancer Center, 5 pm

Prostate Support Group

May 15, 2019 held at Kent Campus

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:    

