



Calendar of Events Kent County November 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

Cancer Support Group

*Held every Tuesday, 12:30 @ CSCDE Kent Office,
& every other Mon. @ Bayhealth Hospital Sussex Campus Community Room, 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 on November 4th and 18th

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. This program is graciously funded by the Palmer Home Foundation. All supplies are provided.

Tai Chi

Held every 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

November 13, 2019 Dover & Milford
Dover address: 540 S. Governor's Ave, Suite 200, Dover, DE 19904
Milford address: 1016 Mattlind Way, Milford, DE 19963

November 12, 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

November 14, 2019 held at Kent Campus 5 pm

Prostate Support Group

November 20, 2019 held at Kent Campus, 7 pm



Middletown Weekly Programs

Yoga -Every Tuesday - 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 Tuesday - 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 Tuesday - 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:



