

Cancer Support and Survivorship Services



June and July 2024 Featured Classes & Programs

Registration is required for all programs. Programs vary between virtual, in-person, and both. Details including in-person directions and virtual log-in will be emailed when you register.

Zumba

*Mondays, June 3 – 24, 6:30 – 7:30pm
In-Person at St. Ann's*

Mollie Bangert will lead this high-intensity, low-impact exercise program with up-beat music and moves.



Breast Cancer Support Group

*Wednesday, June 19, 6:00 – 7:00pm
In-Person at Mount Carmel East and Virtual on Teams*

Join fellow breast cancer survivors for a presentation by Dr. Kristine Slam, MD.

Prostate Cancer Support Group

*Thursday, Jul 11, 6:00 – 7:00pm
In-Person at St. Ann's and Virtual on Teams*

Dr. Abhay Gokhale, MD, will join us to discuss research opportunities for prostate cancer.

Weekly Exercise Offerings

Chair Yoga

When: Tuesdays, 1:30 - 2:30 p.m.
Where: Virtual Only on Zoom



Scan or click to register.



Funding is made possible through generous donations to the Mount Carmel Foundation.