

# Cancer Support and Survivorship Services



## November and December 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.*

### Prostate Cancer Support Group

Thursday, Nov 14, 6:00 – 7:00pm

In-Person at Mount Carmel St. Ann's and Virtual on Teams

Dr. Malolan Rajagopalan will present on AI and advancements on prostate cancer treatment. This should be an exciting presentation with plenty of time for questions.



### Breast Cancer Support Group

Wednesday, Dec 4, 6:00 – 7:00pm

In-Person at Mount Carmel St. Ann's and Virtual on Teams

Join fellow breast cancer survivors for a presentation by Dr. Dana Boe with Radiology, Inc. Dr. Boe will give a short presentation followed by time for your questions on breast cancer.

### Unpacking the Baggage of a Cancer Warrior - Art/Yoga Therapy

Wednesday, Dec 11, 6:00 – 8:00pm

In-Person Only at Mount Carmel St. Ann's

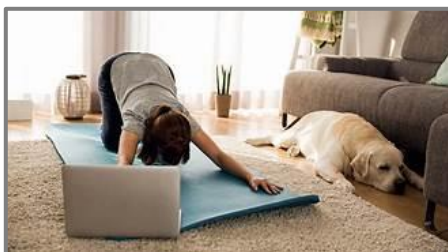
The phrase Cancer Warrior can elicit conflicting emotions. Join us as we untangle the complexities of the Cancer Warrior and discover personal meaning through guided stretching and personal shield making. No yoga or art experience necessary.

### 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.