

## Free Cancer Support Programs

Nancy N. and J.C. Lewis Cancer & Research Pavilion



### Exercise & Wellness

#### Exercise Program

60-minute, 8-week exercise program specifically designed for cancer survivors. Each week focuses on a different workout style guaranteed to be fun. Classes led by oncology exercise instructor.

#### Qigong

Tuesdays and Thursdays | 11 a.m. – 12 p.m.

This class's gentle movements may improve your physical energy, circulation, flexibility, coordination and balance.

#### Chair Yoga for Cancer Survivors

Wednesdays | 4 p.m. – 5 p.m.

Taught by a cancer survivor, this class will safely introduce you to basic yoga postures, breathing and relaxation techniques that are easy to follow and suitable for both beginners and experienced practitioners. This class will help with handling stress, increase flexibility, and strength, and bring balance into your life.

#### Chair Massage

4<sup>th</sup> Monday of the month | 1 p.m. – 3 p.m.

A certified massage therapist will be in the LCRP lobby on the fourth Monday of each month, offering massages in 15-minute increments.

*Must sign up ahead of time and be approved by your physician.*



### Survivorship

#### Cancer Thriving & Surviving Series

Explore the post-treatment phase of survivorship—moving beyond treatment. Discover ways to get back to whole body wellness through multiple workshops designed to foster this healthy transition.

#### Sexual Health After Cancer

Cancer treatment can impact the way you and your partner express intimacy and affection toward one another. Learn how to communicate and rewrite your sexual script and feel comfortable and confident about intimacy again.



### Nutrition

#### Healing Through Food

60 minute, four-week series that focuses on the role food plays in supporting health and lowering risks of reoccurrence. Cooking class will feature demonstrations and/or samples to enhance the learning experience.

#### Cooking Demonstrations

Each quarter our dietitians will lead an hour-long cooking class featuring exciting recipes and the opportunity to try new foods.

#### Smoothies

Sample delicious smoothies prepared by our oncology dietitians quarterly.



### Support Groups

#### General Cancer Support Group- Savannah

4<sup>th</sup> Monday of the month | 12 p.m. – 1 p.m.

*Lunch will be provided.*

#### General Cancer Support Group- Statesboro

3<sup>rd</sup> Tuesday of the month | 11 a.m. – 12 p.m.

*Lunch will be provided.*

#### Gynecologic Cancer Support Group

4<sup>th</sup> Monday of the month | 5:30 p.m. – 6:30 p.m.

*Light refreshments will be provided.*

#### Prostate Cancer Support Group

2<sup>nd</sup> Wednesday every other month | 6 p.m. – 7:30 p.m.

*Dinner will be provided.*

#### Coming Soon

- Lung Cancer Support Group
- Ostomy Cancer Support Group
- Family Support Group
- General Cancer Support Group – Bluffton



Scan this QR code or email [copelandsa@sjchs.org](mailto:copelandsa@sjchs.org) for:

- More program information
- Sign up for our program announcements

You may also RSVP by calling (912) 819-5167.