



The Marion L. Shepard Cancer Center salutes....

CAREGIVERS and LUNG CANCER SURVIVORS

during November!! – their special month of national recognition!!

Programs are made possible by the Shepard Cancer Foundation

For more information, to make an appointment or to register, call the Cancer Center at 975-4308.

Shepard's Lunch & Learn Surviving the Holidays on the Cancer Journey

Friday, November 22nd at Noon

Cancer survivors and caregivers will have the opportunity to explore the challenges faced during the holidays. FREE lunch will be provided. Pre-registration is required, held at the Cancer Center. Call 975-4308 ext 132 to register.

Celebrating our Caregivers

**Tuesday, November 26th
1:00 pm - 4:00 pm**

Marion L. Shepard Cancer Center

The staff of the Marion L. Shepard Cancer Center want to thank our caregivers for all you do every day for cancer survivors. Please drop by the Cancer Center for refreshments and special treats for caregivers - Drawing for a gift basket!

Call 975-4308 ext 132 to sign up -
or just drop by!

Therapeutic Massage

FREE 20 minute hand, foot, or chair massage each week for patients, survivors, and caregivers. We have 2 locations in Washington for your massage. Call either location for your appointment!
Cancer Center 975-4308 or
Market Street Massage 946-8989.

Restorative Yoga & Meditation

Yoga classes that emphasize relaxation for the body, mind, and spirit. Every Thursday at 4:00 pm at Vidant Wellness Center. Pre-registration is not required.

Look Good...Feel Better

brought to you by the American Cancer Society

Monday, November 11th at 2:00pm

A hands-on group session for adult female cancer survivors currently in treatment who are coping with the side effects of chemotherapy and/or radiation treatment.

Pre-registration is required. Held at the Cancer Center.

MLSCC November Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7 Restorative Yoga & Meditation 4:00pm	8	9
10	11 Look Good... Feel Better 2:00 - 4:00pm	12	13	14 Restorative Yoga & Meditation 4:00pm	15	16
17	18	19	20	21 Restorative Yoga & Meditation 4:00pm	22 Shepard's Lunch and Learn Surviving the Holidays Noon	23
24	25	26 Celebrating our Caregivers 1:00 PM - 4:00 PM	27	28	29 Office will be closed today	30 Office will be closed today