

## Featured Events Continued

### WALK WITH US

Friday, September 15

12:15-12:45 p.m.

Liberty Park, 299 E. Pearl Street, Spartanburg,  
SC, 29303

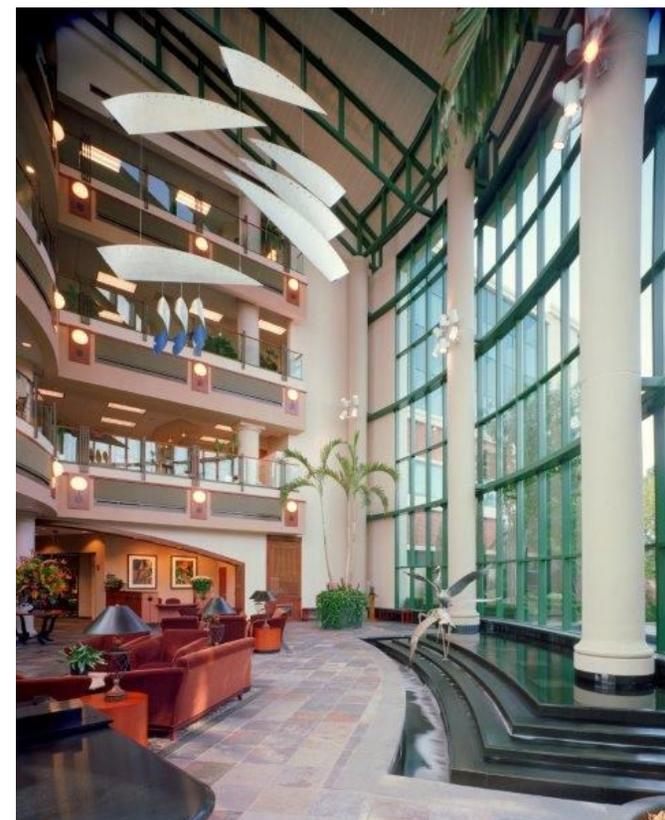
There are so many health benefits to walking, but what could be better than fitting in your physical activity and getting your healthcare questions answered too?

Join various healthcare professionals from the Spartanburg Regional Healthcare System once a month for a 5 minute health talk. We will then walk at our own pace around the Liberty Park loop for 25 minutes. All fitness levels and ages are welcome. Grab your sneakers and come join us!

Registration is not required.

For more information, contact Kerri Stewart, RD, LD, Registered Dietitian, at 864-560-4472 or send an email to [kstewart@srhs.com](mailto:kstewart@srhs.com).

## September 2017 Calendar



### Gibbs Cancer Center & Research Institute

101 East Wood Street  
Spartanburg, SC 29303  
864-560-6747

[gibbscancercenter.com](http://gibbscancercenter.com)

At the Gibbs Cancer Center and Research Institute, we understand that people living with cancer have needs that extend far beyond the clinical aspects of care. That's why we've developed programs that nurture the mind, body, and spirit—programs that we hope will provide the support that is so important to those living with cancer.

## Classes and Support Groups

### TAI CHI

Tuesdays, September 5, 12, 26  
5:30-6:30 p.m.

Bearden-Josey Center for Breast Health  
Education Room

Learn how to improve balance, breathing and relaxation through this class. Please call 864-560-6747 for more information.

### GRIEF SUPPORT GROUPS

Groups meet for 4 weeks at the Spartanburg Regional Hospice Home beginning:  
Wednesday, September 6, 10-11:30 a.m.

A support group will also be offered on the following day at the Spartanburg Regional Hospice Home:

Thursday, September 21, 6:00-7:30 p.m.

Grief support groups provide a safe and supportive environment to talk about thoughts and feelings and to find support.

Registration is required. Please call 864-560-3856.

### LEUKEMIA, LYMPHOMA, MYELOMA SUPPORT GROUP

Thursday, September 7  
5:30-6:30 p.m.

Gibbs Cancer Center Auditorium

All leukemia, lymphoma, and myeloma survivors are welcome to attend. Supper is provided. To RSVP, please contact Sharon, RN, at 864-560-6530.

### YOGA

Thursdays, September 7, 14, 21, 28  
5:30-6:45 p.m.

Bearden-Josey Center for Breast Health  
Education Room

Our registered yoga instructor teaches you to relax mind and body with gentle yoga in this class. Beginners and those with yoga experience are welcome. Please call 864-560-6747 for more information.

### HEALTHY & BALANCED

Mondays, September 11, 18, 25  
5:30-6:30 p.m.

Gibbs Cancer Center Auditorium

Maintaining a healthy weight, consuming a nutrient rich diet, and engaging in regular physical activity after the completion of cancer treatment can be challenging. With the proper tools and support, you can find your healthy balance while achieving your weight loss and physical activity goals!

Join us weekly and work towards being healthy and balanced. For more information, please call 864-560-7618 or email [SurvivorshipProgram@gibbscc.org](mailto:SurvivorshipProgram@gibbscc.org).

### LOOK GOOD...FEEL BETTER®

Monday, September 11  
12-2 p.m.

Bearden-Josey Center for Breast Health Conference Room

This is a free makeover program open to all women receiving chemotherapy, radiation, or other forms of treatment. The goal of the program is to help women manage the appearance-related side effects of cancer treatment. Please call 864-560-6747 to register.

### US TOO! PROSTATE CANCER SUPPORT GROUP

Thursday, September 21  
6:30-7:45 p.m.

Gibbs Cancer Center Auditorium

Speaker: Jennifer Buhay, PhD, MB (ASCP),  
Clinical Molecular Geneticist  
Topic: Precision Medicine for Prostate Cancer

Men recently diagnosed with prostate cancer are invited to this meeting, as well as those who are survivors. Family members are welcome, and refreshments are served. For more information, please call 864-560-6747.

### COMBINED SUPPORT GROUP

Thursday, September 28  
6:00-7:30 p.m.

Gibbs Cancer Center Auditorium

Topic: The Importance of the Health Care Power of Attorney

This bi-monthly support group meeting is open to all cancer survivors and their caregivers.

To register or for more information, please call 864-560-6747.

## Featured Events

### FREE PROSTATE CANCER SCREENING

Tuesday, September 12  
5:30-7:00 p.m.

Gibbs Cancer Center & Research Institute,  
380 Serpentine Drive, Spartanburg, SC, 29303

One in seven men will be diagnosed with prostate cancer, the second most common non-skin cancer in the United States. A new case is diagnosed every three minutes. The five-year survival rate for prostate cancer is nearly 100 percent. Get screened.

Gibbs Cancer Center & Research Institute is offering free prostate cancer screenings for men ages 40-70 and men with an increased risk of developing prostate cancer.

Call 864-560-1966 to schedule your screening today.