

**December
2017
Calendar**



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.



**Gibbs Cancer Center
& Research Institute**

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

gibbscancercenter.com

Classes and Support Groups

HEALTHY & BALANCED

Mondays, December 4, 11, 18
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.

TAI CHI

Tuesdays, December 5, 12, 19, 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.

LEUKEMIA, LYMPHOMA, MYELOMA SUPPORT GROUP

Thursday, December 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.

US TOO! PROSTATE CANCER SUPPORT GROUP

Thursday, December 7
6:30-7:45 p.m.
Heart Center Auditorium

Speaker: Daniel B. Fried, MD,
Radiation Oncologist

Topic: Can I Do Anything to Prevent Prostate Cancer Recurrence?

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.

YOGA

Thursdays, December 7, 14, 21
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.

LOOK GOOD...FEEL BETTER®

Monday, December 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 for more information.

GRIEF SUPPORT GROUP

Thursday, December 14
6:00-7:30 p.m.
Spartanburg Regional Hospice Home

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.

WALK WITH US

Friday, December 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.