

January  
2018  
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, January 2, 9, 16, 23, 30

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.

### YOGA

Thursdays, January 4, 11, 18, 25

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.

### LEUKEMIA, LYMPHOMA, MYELOMA SUPPORT GROUP

Thursday, January 4

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.

### HEALTHY & BALANCED

Mondays, January 8, 15, 22, 29

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, January 8

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 GROUPS

Groups meet for 4 weeks at the Spartanburg Regional Hospice Home beginning:

Thursdays, January 11, 6:00-7:30 p.m. and  
Wednesdays, March 7, 10-11:30 a.m.

Support groups will also be offered once a month on the following days at the Spartanburg Regional Hospice Home:

Wednesday, January 17, 10:00-11:30 a.m.  
Thursday, February 22, 6:00-7:30 p.m.  
Thursday, March 22, 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.

### US TOO! PROSTATE CANCER SUPPORT GROUP

Thursday, January 18

6:30-7:45 p.m.

Gibbs Cancer Center Auditorium

Speaker: Stacey Kindall, MPH, Survivorship  
Community Outreach Coordinator

Topic: New Year, New You

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.