

Upcoming Event

FOOD FOR LIFE: KICKSTART YOUR HEALTH—NUTRITION AND COOKING

Tuesday, March 6—Introduction to How Foods Fight Cancer

Tuesday, March 13—Fueling Up on Low-Fat, High-Fiber Foods

Tuesday, March 20—Discovering Dairy Alternatives

Tuesday, March 27—Cancer-Fighting Compounds & Healthy Weight

5:45 p.m.—7:45 p.m.

Gibbs Cancer Center Auditorium

Come join Food for Life instructor, Terri Edwards (www.eatplant-based.com), for nutrition information, cooking demos, and delicious recipes in a supportive group setting. The class tuition of \$100.00 is being paid by our generous community donors.

Commitment to all four classes and registration are required.

To register, contact The Survivorship Program at SurvivorshipProgram@gibbscc.org or call 864-560-7618.

The Food for Life program is a direct service nutrition education program of the Physicians Committee for Responsible Medicine. PCRM is a 501(c)3 nonprofit that promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in research.



Gibbs Cancer Center & Research Institute

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

gibbscancercenter.com

February 2018 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.

Classes and Support Groups

LEUKEMIA, LYMPHOMA, MYELOMA SUPPORT GROUP

Thursday, February 1

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, February 1, 8, 15, 22

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, February 5, 12, 19, 26

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, February 6, 13, 20, 27

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.

LOOK GOOD...FEEL BETTER®

Monday, February 12

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.

US TOO! PROSTATE CANCER SUPPORT GROUP

Thursday, February 15

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.

GRIEF SUPPORT GROUPS

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

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:

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.