

THE GATHERING PLACE

FREE Programs for Those Coping with Cancer



SERVING THE
COMMUNITY
FOR 20 YEARS

October • November • December • 2019

Open for drop-ins & scheduled programs:

Monday – Friday: 9:00a-5:00p

Saturday: 9:00a-1:00p

Only open evenings for scheduled programs.

Welcoming Orientation:

Adults (over 18) touched by cancer are invited to learn about our **FREE** programs and services. No registration required but childcare can only be arranged with prior notification.

TGP East: Mondays, 6:30pm, Tuesdays, 1:30pm, & Saturdays, 10:30am

TGP West: Tuesdays, 1:30pm, Thursdays, 6:30pm, & Saturdays, 10:30am



The Gathering Place
The Arnold & Sydell Miller Family Campus
23300 Commerce Park, Beachwood, Ohio 44122
216.595.9546 • www.touchedbycancer.org

Non-Profit Org.
U.S. Postage
PAID
Cleveland, OH
Permit #769

Moving Forward

Moving Forward started in 2009 to help individuals in treatment and those who have completed treatment within the past year address the impact of their cancer. This integrative program provides support, nutrition and exercise for a holistic approach to helping participants care for their mind, body and spirit. The format of Moving Forward includes a weekly support group that offers the opportunity to connect with others who can relate to the cancer experience. Participants also meet with a registered dietitian and engage in discussions and hands-on cooking classes that help empower them in developing a healthier whole food lifestyle. The twice-weekly exercise classes help manage the side effects of cancer treatment such as fatigue while addressing the challenges of developing a more consistent exercise routine. The classes are led by a fitness trainer who has an expertise in working with individuals dealing with the physical impact of a cancer diagnosis.

Camaraderie is one of the many added benefits of Moving Forward. Some Moving Forward groups continue to meet socially years after their program has ended.

Permission from a physician is required for participating in Moving Forward. To register contact Mary Fisher Bornstein in Beachwood at 216.455.1506 or Andrea Sonnie in Westlake at 216.455.1521.

Moving Forward: Emotional & Physical Recovery After a Cancer Diagnosis

An 8-week program for individuals in treatment or who have completed treatment in the past year.

TGP East

Orientation:

Monday, September 23, 6:00 - 7:30pm

Program:

Mondays and Wednesdays
September 30 - November 20
6:00 - 8:00pm

TGP West

Orientation:

Thursday, September 26, 5:30 - 7:30pm

Program:

Mondays and Thursdays
October 3 - November 21
5:30 - 7:30pm

The Gathering Place is a caring community that supports, educates and empowers individuals and families currently coping with the impact of cancer in their lives through programs and services provided **FREE of charge**.

Finding Gratitude on the Cancer Journey

By Eileen Coan, Medical Librarian

What are you grateful for? If you or someone you love has cancer, it can be difficult to think about gratitude at all. You may resent someone who even suggests it. It may seem that feelings of anger, sadness or fear come up more often than gratitude. What we have found in our twenty years of listening to individuals and families, is that noticing and acknowledging something that went right, or at least better than you thought, can be calming both physically and emotionally.

Your days might be filled with medical appointments, tests or scans. Those days can be exhausting, stressful and painful. Try looking back on the day: did someone open a door for you, did someone give you a warm hug, did the tech find your vein on the first stick? Tiny victories and small kindnesses can make all the difference in getting through those kind of days. Think about how you felt when it happened. Did you feel warm and fuzzy, if even for a moment? Can you revisit that moment and make it last longer?

Your nights might be filled with worries, insomnia, or requests for help from your loved ones. Those nights can feel endless and lonely. Take a moment to look out the window – can you see the moon or stars or a nocturnal animal visiting your yard? Sometimes an ordinary thing can become special when you focus on it. Can you feel the movement of air from your ceiling fan, or the weight of your blanket on a chilly night? Take time with those feelings in the here and now. Can you put all your attention on the night sky or the breeze?

If you look too far into the future, you may find yourself dwelling on the pile of bills still unpaid, the important events you might not get to attend, the medicines that might stop working. Or, you can switch your focus to today, right now. The laugh you got from a meme or video on your phone. That's gratitude. If you think too far back in the past, you might spiral down into all you have lost. Or, you could choose one good memory from one magical day. Revisit that day – who was there, what did it sound like, smell like. Stay there a while. That is gratitude.

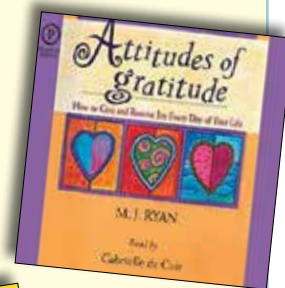
At The Gathering Place, we have books on gratitude, discussions on gratitude, and a weekly Facebook post expressing gratitude for those supporting our work and from those who benefit from our programs. Even in these troubling times, when we hear about new acts of violence, it can settle your nerves and warm your heart to remember someone who has been kind to you. Thank them in your heart – that is gratitude.

During the month of November, The Gathering Place will be sharing tips and tools on practicing gratitude. Sign up to receive the gratitude emails. Contact: **Cheryl Apisdorf** at apisdorf@touchedbycancer.org

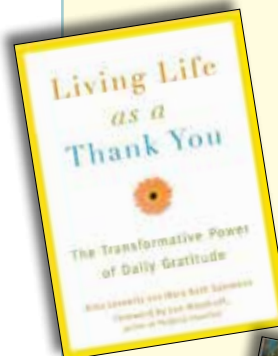
Materials in our libraries to help you focus on GRATITUDE

touchedbycancer.org/resources/our-libraries

Attitudes of Gratitude
by M.J. Ryan

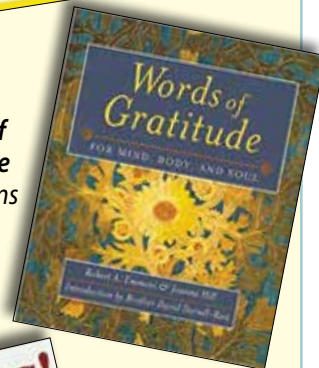


Living Life as a Thank You
The Transformative Power of Daily Gratitude



Living Life as a Thank You
by Lesowitz

Words of Gratitude
by Emmons



Thanks!
How Practicing Gratitude Can Make You Happier



Thanks
by Emmons

the gathering place ~ Facing Cancer • Embracing Life

The Gathering Place programs and services are for those currently dealing with cancer in their daily lives. This includes those in treatment, those who are coping with the physical and/or emotional side effects from treatment, those who are actively supporting someone with cancer, or someone who is grieving the recent death of a loved one from cancer.

Program Location Color Key

The Gathering Place - East (E) | Blue • 23300 Commerce Park, Beachwood, OH 44122

The Gathering Place - West (W) | Green • 25425 Center Ridge, Westlake, OH 44145

The Gathering Place Richman Family Wellness Center (WC) | Orange

23295 Commerce Park • Beachwood, OH 44122

Off-Site Programs | Gray • Check program description for location

Welcoming Orientation:

Adults (over 18) coping with cancer are invited to learn about our **FREE** programs and services. No registration required but childcare can only be arranged with prior notification.

Mondays, 6:30pm, Tuesdays, 1:30pm, Saturdays, 10:30am (E)
Tuesdays, 1:30pm, Thursdays, 6:30pm, Saturdays, 10:30am (W)

Ongoing Programs

ADULT SUPPORT GROUPS: General & Specific

*Group for Adults with Cancer

Mondays, 6:30-8:00pm (W) | Tuesdays, 6:30-8:00pm (E)

*Group for Caregivers

For adults who have an adult loved one with cancer

Mondays, 6:30-8:00pm (W) | Tuesdays, 6:30-8:00pm (E)

Group for Young Women with Breast Cancer (20's, 30's & 40's)

1st Tuesday of the month, 6:30-8:00pm (W)

*Group for Women with Metastatic Breast Cancer

3rd Tuesday each month, 6:30-8:00pm (E)

Group for Women with Gynecological Cancers

3rd Wednesday each month, 2:00-3:30pm (E)

Sister Circle: For African American Women with Cancer

1st Thursday each month, 6:30-8:00pm (E)

*Life after Cancer Treatment Support Group

2nd Thursday each month, 6:30-8:00pm (E)

3rd Thursday each month, 6:30-8:00pm (W)

*Group for Older Adults with Cancer

3rd Friday each month, 11:00am-12:30pm (W)

EXERCISE Over 18

For individuals in cancer treatment or coping with side effects of treatment. Classes include resistance training using light weights, bands and balls, and strength equipment.

Written medical authorization from your physician required. Contact Beth Bennett for a fitness assessment before attending exercise classes: 216.455.1517

Current participants must re-register before attending classes in January 2020. Please call Beth Bennett at 216 595-9546.

*Exercise Classes

Mondays, 7:00 - 8:00pm (W)

Tuesdays & Thursdays, 12:30 - 1:15pm, 6:30 - 7:30pm (WC)

Wednesdays & Fridays, 12:45 - 1:30pm (WC)

Fridays, 10:00 - 11:00am | Westlake Recreation Center, 28955 Hilliard Blvd (O)

GENTLE MOVEMENT Over 18

Suitable for all levels of fitness and health. Open to those with cancer and their support network or those supporting or grieving the recent death of a loved one from cancer.

Current participants must re-register before attending classes in January 2020. Please call Betsy (TGP East) or Susan (TGP West) at 216 595-9546.

*Zumba Gold

Low intensity: move at your own pace or sit while dancing to Latin rhythms.

Mondays, 10:00-11:00am (E)

*Yoga

Gentle relaxing movements that help increase energy and flexibility.

Tuesdays, 11:00am - 12:15pm; Saturdays, 10:00-11:15am (E)

Tuesdays, 6:00-7:15pm; Thursdays, 12:00-1:15pm (W)

GENTLE MOVEMENT *continued...*

*Tai Chi

Helps reduce stress while improving balance, flexibility and strength.

Thursdays, 11:00am-12:15pm (E) | Saturdays, 10:00-11:15am (W)

*De-stress with Dance

No partner needed. Presented by: LaDanse Cleveland Ballroom Dance Studio

2nd Saturday each month, 11:45am-12:45pm (E)

GRIEF AND LOSS Over 18

*Grief Support Group

2nd Tuesday, 2:00-3:30pm and 4th Tuesday each month, 6:30-8:00pm (W)

2nd and 4th Tuesday each month, 6:30-8:00pm (E)

*Grief: When Will it End?

Group for adults who have experienced the death of a loved one a year or more ago.

3rd Wednesday each month, 11:00am-12:30pm (E)

INDIVIDUAL SUPPORT *Call 216.595.9546 for an appointment*

One to one short-term cancer focused support.

INFORMATION & RESOURCES *Call 216.595.9546 for an appointment*

*End of Life Care Planning Consultation

Help with thinking and talking about wishes for end-of-life care and how to ensure that happens.

*Life Planning Consultation

Help with basic legal and/or financial planning issues related to your cancer experience.

*Medical Bill Consultation

Medical bill professionals are available to help manage the medical bill maze.

Mt. Sinai Community Partners & Reinberger Foundation Education Centers

Our medical librarian is available to help you find information and resources in our lending libraries.

MEDITATION

Guided Meditation Group

1st, 3rd and 5th Monday each month, 1:30-2:15pm (E)

2nd and 4th Monday each month, 5:30-6:15pm (W)

REIKI, MASSAGE & REFLEXOLOGY

A fully clothed, 30 minute healing touch therapy. Open to those with cancer and their support network or those grieving the recent death of a loved one from cancer.

*Reiki: unlimited sessions

*Massage: 3 sessions per year

*Reflexology: 3 sessions per year

WIGS *Call 216.595.9546 for an appointment*

*Regina Brett Wig Salons

A synthetic wig free of charge for women currently experiencing hair loss from cancer treatment.

October • 2019

The Gathering Place - East (E) | Blue • 23300 Commerce Park, Beachwood, OH 44122

The Gathering Place - West (W) | Green • 25425 Center Ridge, Suite B, Westlake, OH 44145

The Gathering Place Richman Family Wellness Center (WC) | Orange
23295 Commerce Park • Beachwood, OH 44122

Off-Site Programs | Gray • Check program description for location

ART AND MUSIC *Over 18*

Open to those with cancer and their support network or those grieving a recent death of a loved one from cancer.

*Yarn Works

A knitting and crocheting group. Supplies and instruction provided.

Wednesday, October 2, 1:30-3:00pm (W)

Mondays, October 14, 28, 1:30-3:00pm (E)

*Garden Art with Clay

Using our healing gardens as inspiration, create a wall pocket from clay to hang in your own garden and fill with fall flowers. Must attend first session to create the pocket.

Thursdays, October 3, 10, 17, 6:00-7:30pm (W)

*Art and Drumming

Tuesdays, October 15, 22, 1:30-3:00pm (E)

*Drumming Circle

Drums provided. No experience necessary.

Wednesday, October 30, 6:30-7:30pm (E)

CANCER SPECIFIC PROGRAMS

Prostate Cancer Information Session

For men only diagnosed within the last 6 months

Thursday, October 10, 5:30-6:15pm (E)

Tuesday, October 15, 5:30-6:15pm (W)

Prostate Cancer: ED and Incontinence: Everything you wanted to know, but were afraid to ask

Thursday, October 10, 6:30-8:00pm (E) / Presenter: Aram Loeb, MD

Tuesday, October 15, 6:30-8:00pm (W) / Presenter: Kathryn Dunlap, PA-C

*Tai Chi for Balance for those diagnosed with Myeloma

Wednesday, October 16, 6:30-7:30pm (E)

*Pancreatic Cancer Updates

Topics include nutrition, strategies to manage stress, finding meaning in life after a cancer diagnosis.

Tuesday, October 29, 6:30-8:00pm (W) / Presenter: Jordan Winter, MD

*Breast Cancer Symposium: Komen NE Ohio

A panel of local providers discussing hot topics in breast cancer and breakout sessions including patient navigation, chair yoga, meditation, resources for metastatic patients, and CBD and THC for cancer patients. Keynote address on nutrition and exercise from Beth Bennett, Director of Exercise, Nutrition and Research, The Gathering Place. Cost to attend is \$10; can be waived for anyone who cannot pay. **Registration:** www.KomenNEOhio.org/SurvivorSymposium Call 216.292.2873 or email gchicotel@KomenNEOhio.org for a fee waiver.

Saturday, October 26, 9:00am-3:00pm, DoubleTree Hotel in Independence

CHILDREN, TEEN & FAMILY PROGRAMS

*KidShop/TeenShop

Workshop for children and teens who have an adult family member with cancer.

FEAR: Getting a Grip & Staying Grounded

Wednesdays, October 2, 16, 6:30-7:30pm (W)

Mondays, October 14, 28, 6:30-7:30pm (E)

*Bridges Grief Group for Families

For parents, children and teens when there has been a death of an adult loved one from cancer.

Mondays, October 7, 21, 6:30-7:30pm (E)

Wednesdays, October 9, 23, 6:30-7:30pm (W)

CHILDREN, TEEN & FAMILY PROGRAMS

*After Goodbye: Adults and children welcome

A celebration honoring members of The Gathering Place community who have died in the past year. Bring a photo or special memento to share.

Monday, October 21, 6:30-7:30pm (E)

*Support for a Child or Teen with Cancer: Including Siblings and Parents Tools to help with Fear

Contact Casey Durkin, 216.455.1523 or durkin@touchedbycancer.org

Saturday, October 19, 10:00-11:30am (E)

EXERCISE *See ONGOING PROGRAMS for weekly classes*

*Open Gym

For current participants in our exercise classes at the Wellness Center.

Tuesdays and Thursdays, October 8-31, 1:30-2:15pm (WC)

*Restorative Yoga

Learn techniques for slowing down, relaxing deeply and opening your body through gentle stretching. Presenter: Laura Rocker, MD

Fridays, October 18 & 25 and November 1, 12:30-1:30pm (E)

LECTURES, WORKSHOPS & SPECIAL PROGRAMS

*Palliative Care 101

Learn what palliative medicine is and what it is not; how it can help you live a better quality of life by keeping your wishes and goals front and center.

Presenter: Jennifer Savoca, MD

Tuesday, October 8, 6:30-8:00pm (W)

*Skin, Sun and Beauty Care

Specially trained beauty consultants will provide skincare and makeup consultations and applications along with sun care education.

Presenter: Heather Peters; Certified MUA and Walgreens Beauty Consultants

Tuesday, October 15, 2:00-4:00pm (W)

*Healing with Humor

Learn a variety of techniques including yoga laughter.

Thursday, October 17, 6:30-8:00pm (E) / Presenter: Karen McPherson, RN BS

Thursday, October 24, 5:00-6:30pm (W) / Presenter: Karen McPherson, RN, BS

*After Goodbye

Adults & children welcome. A celebration honoring members of The Gathering Place community who have died in the past year. Bring a photo or special memento to share.

Monday, October 21, 6:30-7:30pm (E)

NUTRITION

***Nutrition Consultations: call 216.595.9546 for an appointment**
Individuals may attend 6 hands-on cooking classes.

*Cancer Fighting Kitchen from Author Rebecca Katz

Learn the latest information on the food and cancer connection while preparing nourishing recipes for yourself or a loved one. Access to Rebecca Katz's online, self-paced course will be available through July 31, 2020 after completion of this class.

Wednesday, October 23, 6:00-8:00pm (E)

Saturday, October 26, 11:30-1:30pm (W)

YOUNG ADULTS SURVIVING CANCER (AGES 18 TO 40)

***Do I Have to be Grateful? Coping During the Holiday Season**
May bring a guest.

Thursday, October 24, 6:30-8

Panera, 5090 Tiedeman Rd. Brooklyn, OH 44144

November • 2019

EAST and WEST:

Closed Fridays at 2:00pm • November 8 closed all day
Closed Thursday, November 28 through Saturday, November 30

The Gathering Place - East (E) | Blue • 23300 Commerce Park, Beachwood, OH 44122

The Gathering Place - West (W) | Green • 25425 Center Ridge, Suite B, Westlake, OH 44145

The Gathering Place Richman Family Wellness Center (WC) | Orange
23295 Commerce Park • Beachwood, OH 44122

Off-Site Programs | Gray • Check program description for location

ART AND MUSIC *Over 18*

Open to those with cancer and their support network or those grieving a recent death of a loved one from cancer.

*Yarn Works

A knitting and crocheting group. Supplies and instruction provided.

Wednesday, November 6, 1:30-3:00pm (W)

Mondays, November 11, 25, 1:30-3:00pm (E)

*Garden Art with Clay

Using our healing gardens as inspiration, create a wall pocket from clay to hang in your own garden and fill with fall flowers. Must attend first session to create the pocket.

Thursdays, November 7, 14, 21, 1:00-2:30pm (E)

CANCER SPECIFIC PROGRAMS

*Pancreatic Cancer Symposium

Learn about clinical trials, treatment updates, alternative therapies, and community resources. Presented by University Hospitals Seidman Cancer Center.

Saturday, November 2, 9:00am-12pm (E)

*Triple Negative Breast Cancer Updates

Family members are welcome. Presenter: Joseph Barr, MD

Tuesday, November 12, 6:30-8:00pm (W)

Prostate Cancer Information Session:

For men only diagnosed within the last 6 months

Thursday, November 14, 5:30-6:15pm (E)

Tuesday, November 19, 5:30-6:15pm (W)

Prostate Cancer: Improving Physical Well Being

Presenter: Stephen Cerne, BS, NSCA-CPT, ACSM/ACS-CET

Thursday, November 14, 6:30-8:00pm (E)

Tuesday, November 19, 6:30-8:00pm (W)

CHILDREN, TEEN & FAMILY PROGRAMS

*KidShop/TeenShop

Workshop for children and teens who have an adult family member with cancer.

Gratitude!

Wednesdays, November 6, 20, 6:30-7:30pm (W)

Mondays, November 11, 25, 6:30-7:30pm (E)

*Bridges Grief Group for Families

For parents, children & teens when there has been a death of an adult loved one from cancer.

Mondays, November 4, 18, 6:30-7:30pm (E)

Wednesday, November 13, 6:30-7:30pm (W) No Bridges on Wednesday, November 27

*Support for a Child or Teen with Cancer: Including Siblings and Parents

Managing Holiday Stress: Creating Family Gingerbread Houses

Contact Casey Durkin, 216.455.1523 or durkin@touchedbycancer.org

Saturday, November 16, 10:00-11:30am



EXERCISE *See ONGOING PROGRAMS for weekly classes*

*Focus on the Core

Tuesdays and Thursdays, November 5-21, 1:30-2:15pm (WC)

LECTURES, WORKSHOPS & SPECIAL PROGRAMS

*Practicing Gratitude

Throughout November, receive emails with tips and tools for practicing gratitude. Information will also be shared on our social media.

Email Cheryl at apisdorf@touchedbycancer.org to register.

*Gift of Touch

Learn hand and foot massage. A great holiday gift and strategy for managing holiday stress.

Tuesday, November 5, 6:30-8:00pm (W)

*How to Maintain Peace During the Holiday Season

Thursday, November 7, 6:30-7:30pm (E)

*Horticulture Workshop: Exploring Herbal Teas

Wednesday, November 13, 11:00am-12:30pm (W)

*Telling Your Story

Combining the format of Story Corps and TED talks we invite you to share your story. Questions and prompts will be provided.

Tuesday, November 12, 11:00am-12:30pm (E) / Presenter: Melissa O'Grady

Tuesday, November 19, 11:00am-12:30pm (W) / Presenter: Eileen Coan

*Make up Class; Expert Tips and Tricks

Thursday, November 14, 2:00-4:00pm (W) / Presenter: Mary Vespoli

*Genetics and Cancer

Learn about the risks and benefits of direct to consumer genetic testing and the role of genetic counseling. For individuals with a personal and/or family history of cancer. Presenter: Emily Mazzei, MS, LGC

Wednesday, November 20, 6:30-8:00pm (E)

*Grief and The Holidays

Practical advice for coping with loss during the holiday season.

Thursday, November 21, 6:30-8:00pm (W)

NUTRITION

*Nutrition Consultations: call 216.595.9546 for an appointment

Individuals may attend 6 hands-on cooking classes.

*Holiday Side Dishes: Plant Based and Delicious!

Wednesday, November 13, 6:00-8:00pm (E)

Saturday, November 16, 11:30am-1:30pm (W)

*Gut Health, Fiber and Your Cancer Diagnosis

Thursday, November 21, 6:30-8:00pm (E)

December • 2019

East and West Holiday Hours:

Monday, December 23 and 30, 10:00am-3:00pm

Tuesday, December 24 and 31, 9:00am-1:00pm

Closed: Wednesday, December 25 through Saturday, December 28

The Gathering Place - East (E) | Blue • 23300 Commerce Park, Beachwood, OH 44122

The Gathering Place - West (W) | Green • 25425 Center Ridge, Suite B, Westlake, OH 44145

The Gathering Place Richman Family Wellness Center (WC) | Orange

23295 Commerce Park • Beachwood, OH 44122

Off-Site Programs | Gray • Check program description for location

ART AND MUSIC *Over 18*

Open to those with cancer and their support network or those grieving a recent death of a loved one from cancer.

*Yarn Works

A knitting and crocheting group. Supplies and instruction provided.

Wednesday, December 4, 1:30-3:00pm (W)

Monday, December 9, 1:30-3:00pm (E)

*Postcards for the Cause

Help pay it forward by creating watercolor and stamped postcards that will inspire others around the country who are on the cancer journey. These will be mailed to other centers participating in the project and we will receive ones they have sent.

Thursdays, December 5, 12, 19, 6:00-7:30pm (W)

*Solstice Labyrinth Walk

Let go of the past year and set your intentions for the upcoming year through writing and singing.

Tuesday, December 17, 4:30-5:30pm (E) / Presenter: Melissa O'Grady

Friday, December 20, 10:00-11:00am (W) / Presenter: Eileen Coan

CANCER SPECIFIC PROGRAMS

No Prostate Cancer Information Session or Prostate Partners

CHILDREN, TEEN & FAMILY PROGRAMS

*KidShop/TeenShop

Workshop for children and teens who have an adult family member with cancer.

Challah Baking Workshop

Wednesday, December 4, 6:30-7:30pm (W)

Monday, December 9, 6:30-7:30pm (E)

Movie Night

Wednesday, December 18, 6:30-7:30pm (W)

*Bridges Grief Group for Families

For parents, children and teens when there has been a death of an adult loved one from cancer.

Monday, December 2, 16, 6:30-7:30pm (E)

Wednesday, December 11, 6:30-7:30pm (W)

*Support for a Child or Teen with Cancer: Including Siblings and Parents

Reclaiming your Flexibility through Yoga. Children and teens, including siblings, will have their own session. Parents and guardians can attend the adult session that occurs concurrently. Contact Casey Durkin, 216.455.1523 or durkin@touchedbycancer.org

Saturday, December 7, 10:00-11:30am (E)

EXERCISE *See ONGOING PROGRAMS for weekly classes*

LECTURES, WORKSHOPS & SPECIAL PROGRAMS

*Gift of Touch

Learn hand and foot massage. A great holiday gift and strategy for managing holiday stress.

Wednesday, December 4, 1:30-3:00pm (E)

*Invisible Side of Cancer

For those who have completed treatment and their support network to openly discuss what life is really like when treatment is done.

Thursday, December 5, 6:00-8:00pm (W)

*Declutter Your Life

Learn "less is best" by decluttering your life, focusing your mind and creating an inspirational space. Presenter: Chris Lotenero

Tuesday, December 10, 6:30-8:00pm (W)

*Healthy Holidays

Make healthy holiday cookies and learn tips to manage holiday stress.

Wednesday, December 18, 12:00-2:00pm (E)

Thursday, December 19, 10:00am-12:00pm (W)

NUTRITION

*Nutrition Consultations: call 216.595.9546 for an appointment

YOUNG ADULTS SURVIVING CANCER (AGES 18 TO 40)

*Food and Fun: A Night of Relaxation

May bring a guest.

Thursday, December 5, 6:30-8:00pm (E)

