Free Workshops & Groups

SEPTEMBER 2017

INTEGRATIVE HEALTH at VCU Massey Cancer Center

Bosom Buddies
September 11, 6:30pm
Hanover Medical Park at Memorial Regional Medical Center
Breast cancer support group open to all patients, survivors and caregivers.

Chemo 101
September 14, 11am-12pm
Downtown Library
An overview of chemotherapy, its side effects and some tips on how to manage those side effects.

Healthy Living for Cancer Survivors Series
September 6, 13, 20 & 27, 5:30-6:30pm
Stony Point 9000, 1st floor conf. room
Series of four classes in September on fitness, nutrition, sleep & stress management for cancer survivors.

LLS Support Group
September 26, 7pm
Stony Point Library
Support, networking and information for anyone affected by blood cancer.

New Voice Club
September 28, 6-7pm
Stony Point Library
Monthly group providing education and support for laryngectomees and their caregivers.

Tricycle Farm Stand
Thursdays, 11am-1pm
At the entrance of Massey’s Dalton Oncology Clinic
Fresh produce is available every Thursday during the growing season.

Wellness Classes at the Petersburg Public Library
201 West Washington Street, 2nd floor, Petersburg, VA

Sit & Be Fit - Mondays and Tuesdays, 11:30am-12:30pm
Circuit Training - Thursdays, 12-1pm
Tai Chi - Thursdays, 12-1pm
Yoga - Fridays, 12-1pm

Women’s Support Group
September 25, 6:30-7:30pm
Stony Point Library
Support group for newly diagnosed women with school-age children.

This is a list of free workshops and support groups offered by VCU Massey Cancer Center. To RSVP or for more information, please call (804) 828-8478 or visit MasseyIntegrativeHealth.org.
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<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>Sit &amp; Be Fit 11:30am-12:30pm</td>
<td>Sit &amp; Be Fit 11:30am-12:30pm</td>
<td>Healthy Living for Cancer Survivors: Fitness 5:30-6:30pm</td>
<td>Farm Stand: 10am-1pm Circuit Training: 12-1pm Tai Chi: 6-7pm</td>
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<td>Healthy Living for Cancer Survivors: Nutrition 5:30-6:30pm</td>
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<td>LLS Support Group 7-8:30pm</td>
<td>Supporting Overcomers &amp; Survivors: 6-7pm Farm Stand: 10am-1:30pm Circuit Training: 12-1pm Tai Chi: 6-7pm New Voice Club: 6-7pm</td>
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Locations

- Hanover Medical Park at Memorial Regional Medical Center Conference room by the cafeteria 8222 Meadowbridge Road Mechanicsville, VA
- North Hospital 1300 East Marshall Street Richmond, VA
- Petersburg Public Library 201 West Washington Street 2nd floor Petersburg, VA
- Stony Point 9000 Lois Trani Library 9000 Stony Point Parkway 2nd Floor Richmond, VA
- Stony Point 9000 1st Floor Conference Room 9000 Stony Point Parkway Richmond, VA