

**PROGRAMS**

**Weekly Support groups for people with cancer and for caregivers:**

Please call for information.

**Yoga:** No registration required.

**Writing for Wellness:**

No registration required.

**Monthly Networking Groups:** No registration required. For people with cancer only except Multiple Myeloma group to which caregivers are invited.

**Life Designs After Cancer:**

Continuation of program started in January.

**Chinese Brush Painting:**

Join instructor Randi Meryl and learn the ancient art of Chinese Brush Painting. No experience necessary.

**Introduction to Meditation and Mindfulness:**

This 2-part program introduces you to meditation and mindfulness. Meditation is the practice of relaxing the body, slowing and focusing the mind. Mindfulness is a state of being consciously aware of the present moment. Taught by Gretchen Daggett. February 17, 24, 10:00-12:00. **RSVP**

**Nutrition & the Immune System:**

Join nutritionist Sheila Wolfson to learn what foods support the immune system and enable you to do your part in maintaining good health.

February 25, 3:30 –5PM. **RSVP**

**Memoir Writing:** Cancer may catapult us into a resifting of priorities and memories. Writing helps capture a time, memory, person, feeling or an event, large or small. Join us for 3 sessions of focusing through writing on some aspect of your experience. February 19, 26, March 5. 10:30 – 12:30 **RSVP**



**FEBRUARY**

All programs held at:

The United Methodist Church

430 Walnut Street, Newtonville, MA

For information and RSVP:

617 332-5777

[www.facing-cancer.org](http://www.facing-cancer.org)

S U	M O N	T U E	W E D	T H U	F R I	S A T
	1  5:30 Cancer Support 5:30 Caregiver Support	2 9:15 Yoga 10:30 Writing	3 10:00 Life Designs 2:00 Cancer Support 2:00 Drawing 5:30 Cancer Support 5:30 Caregiver Support	4 10:30 Cancer Support  3:15 Yoga 5:30 Ovarian CA Support	5 10:00 Chinese Brush Painting	6
7	8  5:30 Cancer Support 5:30 Caregiver Support	9 9:15 Yoga 10:30 Writing  5:30 Bereavement	10 2:00 Cancer Support 2:00 Drawing  5:30 Cancer Support 5:30 Caregiver Support	11 10:30 Cancer Support  5:30 Breast CA Support	12 10:00 Chinese Brush Painting	13
14	15  President's Day CLOSED	16 9:15 Yoga 10:30 Writing	17 10:00 Mindfulness 2:00 Cancer Support 2:00 Drawing 5:30 Cancer Support 5:30 Caregiver Support	18 10:30 Cancer Support  3:15 Yoga 5:30 Lymphoma Networking	19 10:00 Chinese Brush Painting 10:30 Memoir Writing	20 10:00 Multiple Myeloma Support
21	22  5:30 Cancer Support 5:30 Caregiver Support	23 9:15 Yoga 10:30 Writing  5:30 Bereavement	24 10:00 Mindfulness 2:00 Cancer Support 2:00 Drawing 5:30 Cancer Support 5:30 Caregiver Support	25 10:30 Cancer Support 3:15 Yoga 3:30 Nutrition & the Immune System 5:30 Young Women's Networking	26 10:00 Chinese Brush Painting 10:30 Memoir Writing	27

**SUPPORT FCT!** FCT DEPENDS ON THE GENEROSITY OF THE COMMUNITY. PLEASE CONSIDER A DONATION. IF YOU ARE A PARTICIPANT, ENCOURAGE YOUR FRIENDS AND FAMILY TO SUPPORT FCT IN YOUR HONOR SO THAT WE CAN CONTINUE TO PROVIDE SERVICES TO THE CANCER COMMUNITY. VISIT OUR

WEBSITE,

[WWW.FACING-CANCER.ORG](http://WWW.FACING-CANCER.ORG) TO DONATE ONLINE. BECOME A **"FRIEND OF FCT!"**