



944 Marcon Blvd., Suite 110
Allentown, PA 18109
610-861-7555



Non-Profit Org.
U.S. POSTAGE
PAID
Lehigh Valley, PA
Permit No. 167

SO THAT NO ONE FACES CANCER ALONE.®

PROGRAM CALENDAR

FEBRUARY/MARCH 2018 • CANCERSUPPORTGLV.ORG



THE FIRST STEP: NEWCOMERS ORIENTATION

New visitors explore programs to discover which methods will help improve their quality of life. Family and friends are welcome.

WEDNESDAYS BY APPOINTMENT • 10:00 AM OR 6:00 PM



SUPPORT GROUP

PEOPLE LIVING WITH CANCER (PLWC)

Mondays, 1 - 2:30 pm • Mondays, 6:30 - 8 pm • Tuesdays, 6:30 - 8 pm • Call for participation criteria and to arrange a pre-group meeting.

FRIENDS/FAMILY

Mondays, 6:30 - 8 pm • Call for participation criteria and to arrange a pre-group meeting.

BREAST CANCER SUPPORT

1st Monday of month, 11 am - 12:30 pm

GYN CANCER SUPPORT

1st Wednesday of month, 6:30 - 8 pm

BREAST FRIENDS BREAKFAST

3rd Tuesday of month, 8:30 - 9:30 am • All women cancer survivors are welcome. Offered in conjunction with Breast Friends of PA

THYROID CANCER SUPPORT

2nd Wednesday of month, 6:30 - 8 pm

PANCREATIC CANCER SUPPORT

4th Tuesday of month, 10 - 11:30 am • Family and friends are welcome to attend. Sponsored by J's Run organization.

LYMPHEDEMA GROUP

2nd Wednesday of month, 11 am - 12:30 pm

CIRCULO DE APOYO/ CIRCLE OF CARING

3rd Friday of month, 11:30 am - 1 pm • Spanish speaking group. • Located at LVHN 17th and Chew Streets, Allentown



Cancer Support Community of the Greater Lehigh Valley

is a nonprofit organization whose mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community. We offer a wide variety of free support programs to help anyone affected by cancer to connect with others, engage in healthy lifestyle activities, and restore hope for a better quality of life.

CSCGLV Programs Key

- Children, Teen and Family
- Education
- Healthy Lifestyle/Stress Reduction
- Social
- Support Group
- INDICATES OFF-SITE
- INDICATES ONGOING

All programs are FREE but require advance registration.

For more information or to register for any program:

- Call 610-861-7555
- Visit cancersupportglv.org
- Email info@cancersupportglv.org

Wig Salon: The redesigned Wig Salon is open for new visitors.



AMERICAN CANCER SOCIETY WIG SALON
Trained professionals are available for free wig fittings on Tuesdays and Wednesdays, by appointment only. Women in active cancer treatment can call us to schedule a convenient time.



INTRODUCING A NEW FAMILY SERIES
Offered in conjunction with PCFLV. Learn ways to find an oasis amidst the chaos through a variety of mindfulness, expressive arts, and educational workshops. Check out this season's activities.



SHORT-TERM COUNSELING
Call 610-861-7555 to schedule up to 6 free sessions. Open to all cancer survivors and caregivers.

THANK YOU \$1,000+ CORPORATE AND FOUNDATION SUPPORTERS



BSI Corporate Benefits, LLC • Burkholders HVAC • Cancer Support Community Headquarters • Emmaus High School Girls Soccer Team • Fragrance Manufacturing, Inc. • Gillespie Printing • Girling Foundation • Hogan Social Club of Allentown • Jaindl Farms LLC • Julius & Kathryn Hommer Foundation • J's Run • Lehigh Valley Community Foundation • Phantoms Charities • Phoebe Ministries • Saucon Valley Country Club Women Golfers • Stauffer Insurance Group • Sylvia Perkin Perpetual Charitable Trust • The Century Fund • The Charles Hoch Foundation • The Fleming Foundation The Vollrath Foundation • Trexler Trust • Trumbower Hospital Foundation, Inc.

FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
Wellness Workout 9:30 - 10:30 am Jewelry Making 12 - 2 pm PLWC 1 - 2:30 pm, 6:30 - 8 pm Friends/Family 6:30 - 8 pm Yoga Nidra 6:30 - 8 pm	Breast Friends Breakfast 8:30 - 9:30 am Gentle Yoga 9:30 - 10:45 am Knee Pain 11 am - 12 pm Reiki 5:30 - 6:30 pm Spring Flower Arrangements 6 - 8 pm PLWC 6:30 - 8 pm Restorative Yoga 6:30 - 8 pm	Mindful Compassion 9:30 - 10:30 am Tax Return Preparation 12 - 1 pm Kids Karate 4:15 - 5 pm Healthy Cooking 5:30 - 6:30 pm Music, Mindfulness, Movement 6 - 7:30 pm GYN Cancer 6:30 - 8 pm	Karate for Adults 9:30 - 10:30 am T'ai Chi 10:45 - 11:45 am Karate for Adults 9:30 - 10:30 am T'ai Chi 10:45 - 11:45 am	Open Art Studio 10:30 am - 12 pm Circulo de Apoyo 11:30 am - 1 pm	
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HEALTHY LIFESTYLE/STRESS REDUCTION

YOGA NIDRA AND PRANAYAMA

Mondays, 6:30 - 8pm • Learn how to bring awareness to the five layers of your being through gentle movement, breathing techniques, and guided relaxation.

GENTLE YOGA

Tuesdays, 9:30 - 10:45am • Practice mild stretching accompanied with breathing techniques to quiet the mind and promote healing. The class is a combination of chair and mat work.

RESTORATIVE YOGA

3rd Tuesday of month, 6:30 - 8pm • Using props in seated and reclined postures for several minutes at a time, your body and spirit are able to release deep stress and tension.
Instructor: Amy Kirk, CYT

KARATE FOR ADULTS - KEMPO

Thursdays, 9:30 - 10:30am • Try this fun way to get your mind and body into shape! In this style of martial arts, learn basic self-defense moves, katas, QiGong meditative breathing techniques, and exercises to improve overall health and wellness.

T'AI CHI

Thursdays, 10:45 - 11:45am • Engage in gentle postures to help reduce stress and fatigue, develop mental relaxation and physical stamina.

WELLNESS WORKOUT

Mondays, 9:30 - 10:30am • A safe but progressive work out. All exercises are taught to target the level you're currently at using interval, functional and core training methods that will keep you moving and burning calories. *Instructor: Regina Heiserman, NASM certified personal trainer from GYMGUIZ*

BLOGGING/JOURNALING TO KEEP YOU SANE

1st Tuesday of month from 11am - 12:30pm • Located at Hackerman-Patz House at LVHN Cedar Crest • Learn how writing can be simple and fun. With the help of a group and talented instructor, you can quickly move through writer's block or any other challenge. *Instructor: Heidi Kelly*

CHILDREN, TEEN AND FAMILY

FAMILY SERIES offered in conjunction with Pediatric Cancer Foundation of the Lehigh Valley

Music, Mindfulness, and Movement for the Whole Family • **Wednesday, February 7, 6 - 7:30pm** • Adults will enjoy a series of 5-minute meditations and mindful breaks while the children experience live music, mindful movement, and calming meditations. All reconvene for more music and connection. *Instructors: Kira Willey and Shonda Moralis*

Creative Relaxation • **Wednesday, March 7, 6 - 7:30pm** • Adults will learn about Reiki Chakras, the importance of energetic and emotional balance, and experience a meditation. Meanwhile, children will paint seashells to have their treasures placed at the shore to bring joy this spring. *Instructors: Carrie Beleno and Jennifer Thorpe*

FIT RHYTHMS™

1st Thursday of month, 6:30 - 7:30pm • This festive technique combines drumming with your own natural movement! Open to women and men who are interested in improving health and wellness with music and rhythm. Instruments provided.

LIVING LIFE TO THE FULLEST

3rd Wednesday of month, 11am - 1pm • With an open heart, you'll learn to accept who you are, identify what has meaning for you, and rejuvenate your appreciation for life.

CREATIVE EXPRESSION

2nd and 4th Tuesday of month, 11am - 12:30pm • Use art as supportive expression by creating artwork that promotes healing, mindfulness and wellness.

MIDWEEK MINDFUL COMPASSION PRACTICE

Wednesdays, 9:30 - 10:30am • Learn to use yoga to increase mindfulness. Gentle movement with longer held poses will decrease stress and anxiety and restore well-being. *Instructor: Maryanne Godbout DNP, PMHCNS-BC*

REIKI FOR BALANCING LIFE

Tuesdays, February 6, 20, March 6 and 20, 5:30 - 6:30pm.
Wednesdays, February 14, 28, March 14 and 28, 10:45 - 11:45am • We will discuss life challenges that tend to deplete our energy (work, family, money, politics, responsibilities) and how Reiki can assist in clearing these emotional drains. Meditation included. *Instructor: Carrie Beleno*

POWER OF PRESENCE

Wednesday, February 21, 1:00 - 3:00pm • Connect with your inner wisdom through modifying your thoughts, behaviors and relationship with your feelings. You will discover that cancer need not rule your life. *Facilitator: Carole Moretz, PhD*

PADDLE BOARD YOGA

Sunday, February 11, 1:30 - 2:30pm • Located at Allentown YMCA • Try a new practice with the board as your mat. *Instructor: Melanie Smith*

KIDS KARATE PROJECT - KEMPO

Wednesdays, 4:15 - 5pm • Martial arts activities can help children improve balance, increase focus, boost confidence, build stamina, reduce stress and improve overall wellness. Open to childhood cancer survivors as well as kids and teens with cancer in the family. *Offered in conjunction with Aikido Masters*

EDUCATION

HEALTHY COOKING/NUTRITION

Valentine Chocolates • **Wednesday, February 7, 5:30 - 6:30pm** • Located at 4640 Tilghman Street, Allentown • Treat yourself to a decadent taste of dark chocolate during a behind-the-scenes workshop at Josh Early Candies.

Valentine's Indulgences • **Wednesday, February 14, 11:30am - 1pm** • Located at Colligas Community Kitchen, LVHN-17th Street, 2nd floor, Allentown.
Recipes During Treatment • **Thursday, March 15, 5 - 6:30pm** • Located at Easton Public Market • The menu will feature recipes from ACS's "What to Eat During Cancer Treatment."
Instructor: Gale Maleskey, RD

Adult Culinary Workshop • **Friday, March 16, 6 - 8pm** • Located at ShopRite of Greenwich, Phillipsburg, NJ.

TAX RETURN PREPARATION

Wednesday, February 7, 12 - 1pm • Are you claiming ALL your eligible medical deductions? Join us for an informative and interactive conversation. *Presenter: Lillian Grace Lopez, Tax Specialist at H&R Block, Allentown.*

MANAGING KNEE PAIN

Tuesday, February 20, 11am - 12pm • Aches and pains in your joints don't have to rule your life. Join us for an informative, interactive session. *Presenter: Travis Robbins, MSPT, CSCS, FAAOMPT, owner of Robbins Rehabilitation*

SOCIAL

KNITTERS UNITE

Wednesday, February 14, 11am - 12:30pm • Located at Hackerman-Patz House at LVHN, Allentown • During this monthly get-together, we will learn to create "Comfort Dolls" for children undergoing treatment at LVHN, or help you catch up on your existing projects.

JEWELRY MAKING

1st and 3rd Monday of month, 12 - 2pm • Join the fun, create beautiful designs, and participate in the camaraderie. Some basic supplies will be provided, or bring your own treasures.

WALKING CLUB OUTINGS

Lehigh Valley Mall • **Mondays, February 26 and March 26, 10am** • The winter weather won't slow down our dedicated walkers! Join us for a scavenger hunt through the mall. Meet at Boscov's second floor entrance (facing Grape Street)

WHAT'S A PREVIVOR?

Wednesday, February 28, 5:30 - 6:30pm • What happens when a loved one participates in genetic testing and is identified as a carrier of an inherited gene mutation? This may put a person at a higher risk of developing certain cancers, such as breast and/or ovarian. What are the next steps in making treatment decisions? Join us for a sensitive discussion with representatives from FORCE, Facing Our Risk for Cancer Empowered. Spouses, adult children, siblings welcome.

SEXUALITY/INTIMACY

Wednesday, March 21, 1 - 3pm • Do you have questions that are difficult to bring up to your provider or partner? Reduce the taboo nature of this topic by joining our sensitive discussion. *Facilitator: Carole Moretz, PhD*

15 FINANCIAL MYTHS DEMYSTIFIED

Thursday, March 22, 6 - 7:30pm • Dispel common financial planning misconceptions as you learn more about your options. Leave this workshop equipped with more information on what you can do to enhance and protect your assets. *Presenters: Robert DiNicola, MBA, Retirement Planning Specialist, Financial Advisor of The Rockland Group-Wealth Management and Michael Engler, Financial Professional AXA-Advisors, LLC.*

FRANKLY SPEAKING ABOUT COLON CANCER

Friday, March 2, 12 - 1:30pm • Learn about risk factors, signs, symptoms and treatment of colon cancer. *Presenter: Daniel J. Bowers, MD, FASCRS*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>INDICATES OFF-SITE Program cancellations will be posted on cancersupportglv.org, our Facebook page, or you can call 610-861-7555 x. 38.</p> <p>Wellness Workout 9:30 - 10:30 am Breast Cancer Support 11am - 12:30 pm Jewelry Making 12 - 2 pm PLWC 1 - 2:30 pm, 6:30 - 8 pm Friends/Family 6:30 - 8 pm Yoga Nidra 6:30 - 8 pm</p> <p>Wellness Workout 9:30 - 10:30 am PLWC 1 - 2:30 pm, 6:30 - 8 pm Friends/Family 6:30 - 8 pm Yoga Nidra 6:30 - 8 pm</p> <p>Wellness Workout 9:30 - 10:30 am Jewelry Making 12 - 2 pm PLWC 1 - 2:30 pm, 6:30 - 8 pm Friends/Family 6:30 - 8 pm Yoga Nidra 6:30 - 8 pm</p> <p>Wellness Workout 9:30 - 10:30 am Walking Club 10 am PLWC 1 - 2:30 pm, 6:30 - 8 pm Friends/Family 6:30 - 8 pm Yoga Nidra 6:30 - 8 pm</p>	<p>All programs are FREE but require advance registration. For more information or to register for any program, call 610-861-7555, visit cancersupportglv.org or email us at info@cancersupportglv.org.</p> <p>Gentle Yoga 9:30 - 10:45 am Blogging and Journaling 11am - 12:30 pm Reiki 5:30 - 6:30 pm PLWC 6:30 - 8 pm</p> <p>Gentle Yoga 9:30 - 10:45 am Creative Expression 11am - 12:30 pm PLWC 6:30 - 8 pm</p> <p>Breast Friends Breakfast 8:30 - 9:30 am Gentle Yoga 9:30 - 10:45 am Reiki 5:30 - 6:30 pm PLWC 6:30 - 8 pm Restorative Yoga 6:30 - 8 pm</p> <p>Gentle Yoga 9:30 - 10:45 am Pancreatic Cancer Support 10 - 11:30 am Creative Expression 11am - 12:30 pm PLWC 6:30 - 8 pm</p>	<p>Mindful Compassion 9:30 - 10:30 am Kids Karate 4:15 - 5 pm GYN Cancer 6:30 - 8 pm Creative Relaxation 6 - 7:30 pm</p> <p>Mindful Compassion 9:30 - 10:30 am Reiki 10:45 - 11:45 am Lymphedema 11 - 12:30 pm Kids Karate 4:15 - 5 pm Thyroid Cancer 6:30 - 8 pm</p> <p>Living Life to the Fullest 11 am - 1 pm Sexuality/Intimacy 1 - 3 pm Kids Karate 4:15 - 5 pm</p> <p>Mindful Compassion 9:30 - 10:30 am Reiki 10:45 - 11:45 am Kids Karate 4:15 - 5 pm</p>	<p>Karate for Adults 9:30 - 10:30 am T'ai Chi 10:45 - 11:45 am FitRhythms™ 6:30 - 7:30 pm</p> <p>Karate for Adults 9:30 - 10:30 am T'ai Chi 10:45 - 11:45 am Healthy Cooking 5 - 6:30 pm Young Adults Meet Up 5:30 - 7 pm</p> <p>Karate for Adults 9:30 - 10:30 am T'ai Chi 10:45 - 11:45 am 15 Financial Myths 6 - 7:30 pm</p> <p>Karate for Adults 9:30 - 10:30 am T'ai Chi 10:45 - 11:45 am</p>	<p>FSA: Colon Cancer 12 - 1:30 pm</p> <p>Open Art Studio 10:30 am - 12 pm Open Art Studio 10:30 am - 12 pm Circulo de Apoyo 11:30 am - 1 pm Healthy Cooking 6 - 8 pm</p>	<p>3</p> <p>4</p> <p>10</p> <p>11</p> <p>17</p> <p>18</p> <p>24</p> <p>25</p> <p>31</p> <p>Closed</p>

MARCH 2018