

Cancer Support and Survivorship Services



March & April 2024 Featured Classes & Programs

Registration is required for all programs. Programs vary between virtual, in-person, and both. Details including in-person directions and virtual log-in will be emailed when you register.

Prostate Cancer Support Group

Thursday, Mar 14, 6:00 – 7:00pm

In-Person at St. Ann's and Virtual on Teams

In March, Dr. Frederick Taylor, MD, will join us to discuss sexual function and prostate cancer.

Colorectal Cancer Seminar

Wednesday, Mar 20, 6:00 – 7:00pm

In-Person at the Siegel Center and Virtual on Teams

Dr. Ellen Bailey, MD, will present on screening recommendations and follow-up care for colorectal cancer survivors. Light meal will be provided.



Nutrition: Weight Loss

Tuesday, Apr 16, 6:15 – 7:15pm

In-Person at St. Ann's

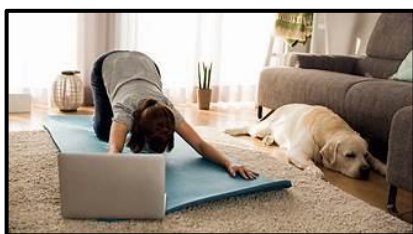
Weight loss is arguably one of the most frustrating topics within the realm of Wellness, but it does not have to be. Join LifeCare Alliance's Registered Dietitian to learn the basics of how and what healthy weight loss should look like, as well as what to watch out for.

Breast Cancer Support Group

Thursday, April 25, 6:00 – 7:00pm

In-Person at St. Ann's and Virtual on Teams

Join fellow breast cancer survivors for a presentation by Dr. Shilpa Padia, MD, on Breast Cancer Myths followed by a Q & A.



Weekly Exercise Offerings

Chair Yoga

When: Tuesdays, 1:30 - 2:30 p.m.

Where: Virtual Only on Zoom



Scan or click to register.



Funding is made possible through generous donations to the Mount Carmel Foundation.