



FOR IMMEDIATE RELEASE

January 3, 2010

**The Marion L. Shepard Cancer Center Announces
January Programs for Cancer Patients, Survivors and Caregivers**

(Washington, NC) – The Marion L. Shepard Cancer Center offers a variety of special programs and activities to help cancer patients, survivors as well as their primary caregivers deal with the emotional and physical challenges associated with having cancer. The Cancer Center's vision is to provide integrative therapies that complement traditional care at no cost to the participant. The programs are not limited to patients of the Marion L. Shepard Cancer Center, any survivor or caregiver is welcome!

Breast Cancer Support Network

For ladies who are newly diagnosed, are currently undergoing treatment, or are enjoying post-treatment survivorship. Tuesday, January 4th at 10:00am at the Marion L. Shepard Cancer Center Tuesday, January 18th at 11:00am at the Beaufort County Medical Center Education Department. These are two opportunities for you to gain insight and encouragement, information and inspiration, and to share with ladies who have had similar experiences. Pre-registration is not required.

Look Good...Feel Better, Brought to you by the American Cancer Society

Monday, January 10th at 2:00pm

A hands-on group session for adult female cancer patients currently in treatment who are coping with the side effects of chemotherapy and/or radiation treatment. Pre-registration is required. Held at the Cancer Center.

Caregiver Support Group

Tuesday, January 18th at 10:00am

If you are taking care of someone you love who is fighting cancer, we invite you to join others who are facing the same questions and challenges that you are experiencing. This group is open to any adult caregiver, man or woman. Pre-registration is not required. The group meets at the Cancer Center.

Conversations

Tuesday, January 25th at 10:00am

A time and place for people to gather who have any type of cancer. Please join others who just might share some of your own experiences. Pre-registration is not required. Group will meet at the Cancer Center.

Smoking Cessation

Part of our Knowledge is Power Series

Thursday, January 27th at 6:00pm

This event is open to the public in addition to survivors and caregivers. Let's get serious about quitting and experience the power of freedom from cigarettes! Please RSVP by January 25th by calling the Cancer Center at 975.4308. Held in the Education Department at Beaufort County Medical Center. Dinner will be provided.

Therapeutic Massage

One free therapeutic foot, hand or chair massage is available every week to all cancer patients, survivors, and primary caregivers. Please call for an appointment.

Restorative Yoga and Meditation

A yoga class that emphasizes relaxation for the body, mind and spirit. Registration is not required. Held every Monday at 6:00 p.m. at Lifestyles Medical Fitness Center. Classes are open to all cancer patients, survivors, and primary caregivers.

All Cancer Center programs are FREE thanks to the community support of the Shepard Cancer Foundation. For more information or to register for any of the upcoming programs please call the Cancer Center at 975-4308. You may also visit www.marionlshepardcancercenter.org.

The Marion L. Shepard Cancer Center, a division of Beaufort Regional Health System, provides medical services in the diagnosis and treatment of cancer and blood disorders. This state-of-the-art cancer center provides high-quality, comprehensive cancer treatment along with compassionate care to the residents of Beaufort and surrounding counties.

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