



FOR IMMEDIATE RELEASE

June 30, 2011

**The Marion L. Shepard Cancer Center Announces
July 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 Group - Tuesday, July 5th at 10:00am

Ladies, please join us for an opportunity to gain insight, encouragement, information and inspiration, and to share with ladies who have had similar experiences.

Caregiver Support Group - Tuesday, July 19th 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.

Conversations - Tuesday, July 26th 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.

Look Good...Feel Better - brought to you by the American Cancer Society - Monday, July 11th at 2:00pm

A hands-on group session for adult female cancer survivors 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.

Medicare Part D - Tuesday, August 9th

6:00pm Guest Speaker: Marty Dail, Seniors Health Insurance Information Program Counselor

Learn important information about how to choose the right prescription drug plan and what financial benefits you may be eligible for. Held in the Education Department of Beaufort County Medical Center. Space is limited; call 975-4308 to pre-register. 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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