



FOR IMMEDIATE RELEASE

June 1, 2011

**The Marion L. Shepard Cancer Center Announces
June 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!

Noteworthy - Every Tuesday at 1:00pm June 7th - July 12th

Journaling, creative writing & words of wisdom. Come to one, some, or all 6 of our Noteworthy sessions. We can comfortably accommodate 8 survivors and/or caregivers so pre-registration is required. Journals and refreshments will be provided. Noteworthy is not limited to Cancer Center patients, any survivor or caregiver is welcome! To register for this program please call Kristi Fearrington at 975.4308 ext 109. Leave your name and say you are pre-registering for Noteworthy.

Breast Cancer Support Group - Tuesday, June 7th 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, June 21st 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, June 28th 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, June 13th 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.

National Cancer Survivors Day - SURVIVORS GOT TALENT- Sunday, June 12th 2:00 - 4:30pm
at First Church of Christ. Light refreshments, giveaways and a special gift to all cancer survivors!

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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