FOR IMMEDIATE RELEASE
February 28, 2011

The Marion L. Shepard Cancer Center Announces
March 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!

Healthcare Reform part of the Knowledge is Power Series, Tuesday, March 29th at 6:00pm
Please join us and guest speaker Dr. Jennie Crews to discuss and answer questions on Healthcare Reform and how it will affect us. Dinner will be provided so pre-registration is required by Monday March 28th. Held in the Education Room of Beaufort County Medical Center.

Breast Cancer Support Network
Tuesday, March 1st at 10:00 am
Ladies, please join us for an opportunity to gain insight, encouragement, information and inspiration, and to share with ladies who have had similar experiences. We welcome anyone, whether you are newly diagnosed, currently undergoing treatment, or are enjoying post-treatment survivorship. Pre-registration is not required. Group is held at the Cancer Center.

Look Good...Feel Better
Brought to you by the American Cancer Society
Monday, March 14th 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, March 15th at 10:00 am
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, March 22nd 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

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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