Free Workshops & Groups
AUGUST 2017
INTEGRATIVE HEALTH
at VCU Massey Cancer Center

Bosom Buddies
August 14, 6-7pm
Hanover Medical Park at Memorial Regional Medical Center
Breast cancer support group open to all patients, survivors and caregivers.

Chemo 101
August 10, 11am-12pm
Downtown Library
An overview of chemotherapy, its side effects and some tips on how to manage those side effects.

LLS Support Group
August 22, 6-7pm
Stony Point Library
Support, networking and information for anyone affected by blood cancer.

Tricycle Farm Stand
Thursdays, 11am-1pm
Corner of Marshall and College Streets
Fresh produce is available every Thursday during the growing season.

Wellness Classes at the Petersburg Public Library
201 West Washington Street, 2nd floor, Petersburg, VA
Sit & Be Fit - Mondays and Tuesdays, 11:30am-12:30pm
Circuit Training - Thursdays, 12-1pm
Tai Chi - Thursdays, 12-1pm
Yoga - Fridays, 12-1pm

Beyond the Diagnosis
August 1, 5-6:30pm
Stony Point Library
A workshop to help patients, survivors and caregivers prepare for all of the financial obstacles that cancer can create.

Intro to Mindfulness
August 2, 12 & 12:30pm
Downtown Library
Two 15-minute guided sessions begin with a brief explanation of mindfulness and end with time for discussion.

New Voice Club
August 24, 6-7pm
Stony Point Library
Monthly group providing education and support for laryngectomees and their caregivers.

Resource Fair
August 16, 1-4pm
North Hospital lobby
Learn more about Massey’s Integrative Health program and resources available to our patients.

Women’s Support Group
August 28, 6:30-7:30pm
Stony Point Library
Support group for newly diagnosed women with school-age children.

This is a list of free workshops and support groups offered by VCU Massey Cancer Center. To RSVP or for more information, please call (804) 828-8478 or visit MasseyIntegrativeHealth.org.
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<tr>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
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|        | 1 Beyond the Diagnosis 5-6:30pm  
Sit & Be Fit 11:30 am-12:30 pm | 2 Intro to Mindfulness  
Session A: 12-12:25 pm  
Session B: 12:30-1 pm | 3 Farm Stand: 10 am-1 pm  
Circuit Training: 12-1 pm  
Tai Chi: 6-7 pm | 4 Yoga 12-1 pm |
| 7 Sit & Be Fit 11:30 am-12:30 pm | 8 Sit & Be Fit 11:30 am-12:30 pm | 9 | 10 Chemo 101: 11 am-12 pm  
Farm Stand: 10 am-1:30 pm  
Circuit Training: 12-1 pm  
Tai Chi: 6-7 pm | 11 Yoga 12-1 pm |
| 14 Bosom Buddies 6-7:30 pm  
Sit & Be Fit 11:30 am-12:30 pm | 15 Sit & Be Fit 11:30 am-12:30 pm | 16 Integrative Health Resource Fair 1-4 pm | 17 Supporting Overcomers & Survivors: 6-7 pm  
Farm Stand: 10 am-1:30 pm  
Circuit Training: 12-1 pm  
Tai Chi: 6-7 pm | 18 Yoga 12-1 pm |
| 21 Sit & Be Fit 11:30 am-12:30 pm | 22 Sit & Be Fit 11:30 am-12:30 pm  
LLS Support Group 6-7 pm | 23 | 24 Farm Stand: 10 am-1:30 pm  
Circuit Training: 12-1 pm  
Tai Chi: 6-7 pm  
New Voice Club: 6-7 pm | 25 Yoga 12-1 pm |
| 28 Sit & Be Fit 11:30 am-12:30 pm  
Women's Support Group 6:30-7:30 pm | 29 Sit & Be Fit 11:30 am-12:30 pm | 30 | 31 | |

Locations
- Hanover Medical Park at Memorial Regional Medical Center  
  Conference room by the cafeteria  
  8222 Meadowbridge Road  
  Mechanicsville, VA
- North Hospital  
  1300 East Marshall Street  
  Richmond, VA
- Petersburg Public Library  
  201 West Washington Street  
  2nd floor  
  Petersburg, VA
- Stony Point Medical Center  
  Lois Trani Library  
  9000 Stony Point Parkway  
  2nd Floor  
  Richmond, VA