INTEGRATIVE HEALTH at VCU Massey Cancer Center

NOVEMBER 2017
Free Workshops & Groups

Bosom Buddies
November 13, 6:30pm
Hanover Medical Park at Memorial Regional Medical Center
Breast cancer support group open to all patients, survivors and caregivers.

Chemo 101
November 9, 11am-12pm
Downtown Library
An overview of chemotherapy, its side effects and some tips on how to manage those side effects.

LLS Support Group
November 28, 7pm
Stony Point Library
Support for anyone affected by blood cancer. Tina Shiver, R.D., M.S., will present: “Healthful Nutrition Habits to Heal from Cancer Treatments and Remain Healthy”.

New Voice Club
November 16, 6-7pm
Stony Point Library
Monthly group providing education and support for laryngectomees and their caregivers.

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

Tricycle Farm Stand
November 2, 9 & 16, 11am-1pm
At the entrance of Massey’s Dalton Oncology Clinic
Fresh produce is available every Thursday during the growing season.

The RAMble
November 18, 8:30am
Stony Point Fashion Park
Walk for wellness with VCU Health doctors at Stony Point Fashion Park. Meet at the entrance by Panera Bread. Weather permitting.

Women’s Support Group
November 27, 6:30-7:30pm
Stony Point Library
Support group for newly diagnosed women with school-age children.

Wellness Classes at the Petersburg Public Library
201 West Washington Street, 2nd floor, Petersburg, VA
Classes are canceled on November 23 & 24 for the Thanksgiving holiday.

Sit & Be Fit - Mondays and Tuesdays, 11:30am-12:30pm
Circuit Training - Thursdays, 12-1pm
Tai Chi - Thursdays, 12-1pm
Yoga - Fridays, 12-1pm

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>
<th>TUESDAY</th>
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<th>THURSDAY</th>
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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 9000
  Lois Trani Library
  9000 Stony Point Parkway
  2nd Floor
  Richmond, VA
- Stony Point 9000
  1st Floor Conference Room
  9000 Stony Point Parkway
  Richmond, VA