

Program Calendar

Providing FREE professional programs and emotional support, education and hope for people impacted by cancer, so that no one faces cancer alone.

Join Us

The New Member Meeting is an opportunity to meet with staff to learn about CSCGP's programs and support groups. To schedule a "New Member Meeting" and begin taking part in our FREE programming, please call the corresponding locations phone number to schedule a time to meet with us.

Locations

Ridgeland (Philadelphia)
215-879-7733

Gilda's Club (Warminster)
215-441-3290

Abington Jefferson Health
215-481-4642

Doylestown Hospital
215-345-2022

Alliance Cancer
Specialist @ Grand View
Outpatient Center
215-453-3300

Alliance Cancer
Specialist @ Crozer
Chester Medical Center
610-876-5166

We Miss You!!!

We challenge everyone to use September as an opportunity to reconnect with your CSCGP community. Our community is a diverse group of people with a shared cancer experience, linked by social connections located within a common geographical region. We crave feeling supported, valued and connected and research has shown that social connections provide individuals with increased happiness, better health & a longer life. Everyone gets caught up in doctors' appointments, family obligations and everyday stresses; and before long we've gone months without nurturing our connections. The program staff at Ridgeland, Gilda's Club & hospital sites want to help ... some simple strategies for improving current relationships include, making a list of people you want to contact, asking for specific help and committing to a regular friend date. Check out our calendar and make plans to meet up with a friend at one of our many social or healthy lifestyle activities. Stephanie & team would love to see you try something new; like the **Day of Dance on September 12th**, stretch some muscles while also reconnecting. Not feeling to up dancing? Christina & Aly invite everyone to the **Fall Fest Celebration on Sunday, September 30th**; great opportunity to eat, listen to music and make new friends. No matter how you chose to connect; just remember CSCGP is here to make sure that no one faces cancer alone.

Lastly, we want to remember all of the wonderful faces that have come through CSCGP, celebrate the friendships made, and look forward to all there is to still come at the **Celebration of Hope on October 26th**. Please share photos of yourself and those you have met through CSCGP/Gilda's Club. In addition, we would like 2-3 sentences of what CSCGP means to you and the impact it has had. If interested please send your photo and short response to support@cancersupportphiladelphia.org as well as any questions or concerns. It is requested that everything is sent no later than September 30th.

Thank you!

Beth, Christina, Aly, Lauren, Carly, Lauren, Stephanie, Mowie, Kelly & Sherry

Fundraising Events

Run Over Cancer 9th Annual 5K Run & Walk

In Memory of Alex & Arleen Boyes

Saturday, September 15 • Warminster Community Park

PAWS for Life Dog Walk Fundraiser

Saturday, September 29 • Warminster Community Park.

2nd Annual Pints in the Park • Sunday, October 14

The Suzanne Morgan Center at Ridgeland

Check out page 4 for more information about

The Children and Teens Program



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The Suzanne Morgan Center at Ridgeland (Philadelphia) SEPTEMBER 2018

| Monday | Tuesday | Wednesday | Thursday | Saturday | |
|--|---|---|--|--|-----------|
| | | <p><i>Friday, September 14</i></p> <p>Ovarian Cancer Conference <i>*hosted in partnership with NOCC at Blue Bell Country Club</i> 9am-12pm</p> | <p><i>Friday, September 21</i></p> <p>Biden Cancer Community Summit <i>*hosted at CTCA</i> 1331 E. Wyoming Ave. Philadelphia, PA 19124 8:30am-1pm</p> | 1 | |
| <p>CLOSED</p> <p>Labor Day</p> | <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> | <p>Tai chi & Qigong 9:30-11am</p> <p>Processing with Poetry Group 10-11am</p> <p>Family & Friends Support Group 11am-12:30pm</p> <p>Workout Wednesday 1-2pm</p> <p>Movement & Meditation 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm</p> | <p>Making Connections While Navigating Cancer 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Yoga 1:30-2:30pm</p> <p>Caring for Houseplants: Everything You Need to Know 2:30-4pm</p> | 8 | |
| <p>Qigong 10-11:30am</p> | <p>Ridgeland Art Collective: Open Art Studio 11am-12:30pm</p> <p>Blood Cancer Networking Group 1-2:30pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> | <p>Tai chi & Qigong 9:30-11am</p> <p>Day of Dance 11:30am-3:30pm</p> <p>Family & Friends Support Group 11am-12:30pm</p> <p>Movement & Meditation 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm</p> <p>Colorectal Cancer Networking Group 6-7:30pm</p> | <p>Making Connections While Navigating Cancer 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Yoga 1:30-2:30pm</p> | <p>Men's Group 10am-12pm</p> <p>Intro to the PA Cannabis Program <i>presented by Liberty Dispensary</i> 11am-12:30pm</p> | 15 |
| <p>Qigong 10-11:30am</p> <p>Writing About Your Cancer Experience 10-11:30am</p> <p>Gynecological Cancer Networking Group 1-2:30pm</p> | <p>Autumn Mason Jar Craft 1-2:30pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> | <p>Tai chi & Qigong 9:30-11am</p> <p>Processing with Poetry Group 10-11am</p> <p>Family & Friends Support Group 11am-12:30pm</p> <p>Workout Wednesday 1-2pm</p> <p>Movement & Meditation 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm</p> | <p>Making Connections While Navigating Cancer 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Managing Chemo-Induced Peripheral Neuropathy 12:30-2pm</p> <p>Yoga 1:30-2:30pm</p> | <p>Yoga Retreat <i>with Deanna McLaughlin</i> 9am</p> <p><i>*For details, please refer to the description on pg.7</i></p> | 22 |
| <p>Qigong 10-11:30am</p> <p>Prostate Cancer Networking Group 1-2pm</p> | <p>Living Well with Metastatic Breast Cancer 11am-12:30pm</p> <p>Ridgeland Art Collective: Open Art Studio 11am-12:30pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p>Pain with Intercourse: It's Okay to Talk About It 2:30-3:30pm</p> | <p>Tai chi & Qigong • 9:30-11am</p> <p>Family & Friends Support Group 11am-12:30pm</p> <p>Workout Wednesday • 1-2pm</p> <p>Pinochle • 2-3pm</p> <p>Movement & Meditation 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm</p> <p>Body Image: Moving Towards A Renewed Relationship with Your Physical Self 6-7:30pm</p> | <p>Making Connections While Navigating Cancer 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Yoga 1:30-2:30pm</p> <p>Family Spaghetti Dinner & Game Night 6:30-8pm</p> | 29 | |

Please call **215-879-7733** to register for all activities. If you no longer can attend, kindly call us to cancel. Our address is 4100 Chamounix Drive, Philadelphia, PA 19131 • *Focus Fitness is located at 1111 East Lancaster Avenue, Bryn Mawr, PA 19010 and can be reached by calling **610-525-5515**.

| Monday | Tuesday | Wednesday | Thursday | Saturday |
|---|--|---|--|------------------|
| <p>Thinking of Joining Us at Gilda's Club?</p> <p>We provide FREE services for all people with cancer and their loved ones. Learn more by attending an Orientation Meeting, check out Gilda's Club calendar page for dates & times. Please RSVP to 215-441-3290. These informal sessions will introduce you to our program of hope and support and are a requirement before participating in support groups.</p> | | | | |
| <p>CLOSED</p> <p>Labor Day</p> | <p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Living After Cancer Support Group 1-3pm</p> <p>Share A Meal 6-7pm</p> | <p>Chair Yoga 9:30-10:30am</p> <p>Reiki Share 10:30-11:30am</p> <p>Mahjong 1-3pm</p> <p>Beaded Jewelry Making 1-3pm</p> | <p>NIA 10-11am</p> <p>Living with Cancer Support Group 1-3pm</p> <p>Mindful Meditation 7-8pm</p> | <p>1</p> |
| <p>3</p> | <p>4</p> | <p>5</p> | <p>6</p> | <p>8</p> |
| <p>Tai chi 10-11am</p> <p>Beat Cancer with Your Fork <i>presented by BeatCancer.org</i> 11am-12:30pm</p> <p>New Member Orientation 12-1pm</p> | <p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Crafts with Ellen 1-3pm</p> <p>Ovarian Cancer Networking Group 6:30-8pm</p> | <p>Chair Yoga 9:30-10:30am</p> <p>Creating Miracles with Joy, Love & Forgiveness <i>with Susan Apollon</i> 11am-12:30pm</p> <p>Yoga 6:30-7:45pm</p> <p>Living with Loss Networking Group 6:30-8pm</p> | <p>Walking 10-11am</p> <p>Living with Cancer Support Group 1-3pm</p> <p>Clay Pendant Craft 4-6pm</p> | <p>10</p> |
| <p>11</p> | <p>12</p> | <p>13</p> | <p>15</p> | <p>17</p> |
| <p>Tai chi 10-11am</p> | <p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Meditation with Melissa 11am-12:30pm</p> <p>Living After Cancer Support Group 1-3pm</p> <p>Blood Cancer Networking Group 6:30-8pm</p> | <p>Chair Yoga • 9:30-10am</p> <p>Book Club & Author Discussion: An Imperfection in the Kitchen Floor <i>by Heather Greenleaf</i> 12-1pm</p> <p>Mahjong • 1-3pm</p> <p>New Member Orientation 3-4pm</p> <p>Yoga • 6:30-8pm</p> <p>Breast Cancer Networking Group 6:30-8pm</p> | <p>NIA • 10-11am</p> <p>Arleen Boyes Quilting Circle 11am-3pm</p> <p>Living with Cancer Support Group 1-3pm</p> <p>Reiki Share • 6-8pm</p> <p>Dinner & Lecture: Introduction to Medical Marijuana <i>presented by Liberty Cannabis</i> 6:30-8pm</p> | <p>18</p> |
| <p>19</p> | <p>20</p> | <p>22</p> | <p>24</p> | <p>25</p> |
| <p>Tai chi 10-11am</p> <p>Health Matters with Leigh 11am-12pm</p> | <p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Friends & Family Networking Group 6:30-8pm</p> | <p>Chair Yoga • 9:30-10:30am</p> <p>Journaling & Beyond: Writing for Health & Happiness 10-11:30am</p> <p>Reiki Share • 10:30-11:30am</p> <p>Knitting & Crochet Club 1-2pm</p> <p>Women Sharing Wisdom 6-7:30pm</p> <p>Men Supporting Men 6-7:30pm</p> <p>Yoga 6:30-7:45pm</p> | <p>Let Your Yoga Dance 10-11am</p> <p>Laughing About Life <i>with Dr. Yvonne Kaye</i> 11am-12pm</p> <p>Living with Cancer Support Group 1-3:00pm</p> <p>New Member Orientation 5-6pm</p> <p>Volunteer Training 6-7:30pm</p> | <p>26</p> |
| <p>27</p> | <p>29</p> | <p><i>Sunday, September 30</i></p> <p>Fall Fest Celebration 2-4pm</p> | | |

| Tuesday | Wednesday | Thursday |
|---|--|---|
| <p>Anything Goes: Fun Night & Sundaes 6:30-8pm</p> <p style="text-align: right;">4</p> | <p>School Survival Strategies 6:30-8pm</p> <p style="text-align: right;">5</p> | <p>Homework Help with Joseph 6:30-8pm Hang Out 6:30-8pm</p> <p style="text-align: right;">6</p> |
| <p>Family Fall Crafts 6:30-8pm</p> <p style="text-align: right;">11</p> | <p>Hang Out 6:30-8pm</p> <p style="text-align: right;">12</p> | <p>Homework Help with Joseph 6:30-8pm Hang Out 6:30-8pm</p> <p style="text-align: right;">13</p> |
| <p>CTP Closed for Training</p> <p style="text-align: right;">18</p> | <p>Youth Activities Committee 6:30-8pm</p> <p style="text-align: right;">19</p> | <p>Homework Help with Joseph 6:30-8pm Hang Out 6:30-8pm</p> <p style="text-align: right;">20</p> |
| <p>Parent Orientation for Kid & Teen Support 6:30-8pm</p> <p style="text-align: right;">25</p> | <p>Youth Activities Committee 6:30-8pm</p> <p style="text-align: right;">26</p> | <p>Homework Help with Joseph 6:30-8pm Hang Out 6:30-8pm Family Spagetti Dinner & Game Night 6:30-8pm</p> <p style="text-align: right;">27</p> |

Programs in **BLACK** are held at Gilda's Club in Warminster. Programs in **RED** are held at Ridgeland in Philadelphia.

To request information or to register please contact:

At Gilda's Club – **Christina** at 215-441-3290 • christina@cancersupportphiladelphia.org

At Ridgeland – **Mowie** at 215-897-7733 • mowie@cancersupportphiladelphia.org

Please register 48 hours before program begins.

Children & Teens Program

SEPTEMBER 2018

Enhancing Connections

We are participating in a research study providing cancer education to parents. Enhancing Connections is a free, 5 session psychoeducational program delivered in a group format to parents with a cancer diagnosis (Stage 0-3) who have a child between the ages of 5-17 yrs. We have already held one complete series of the program and had all very positive feedback. If you are interested in participating, please contact Christina or Aly.



Parent Orientation for Kid Support & Teen Support Tuesday, September 25 • 6:30-8pm

Kid Support (4-11), Teen Support (12-16) and Parent Group are 10 week peer support groups for kids, teens and their parents/guardians who have cancer in their life.

It offers an opportunity to talk together, to learn together and to support each other. In addition to being educational and supportive, we also encourage family communication through games and art. Each time we meet, we have a different topic related to cancer. Kids are in groups according to age. *Next series begins Tuesday, October 2.*



Hang Out • Various Nights • 6:30-8pm

While parents/guardians are attending their own group or activity, kids/teens can enjoy all the games, activities and craft supplies we have in our program. *48 hour Pre-Registration Required.*

Homework Help with Joseph • Thursdays • 6:30-8pm

Joseph is a retired electrical engineer who loves math. He is available to assist with basic arithmetic, algebra, calculus, trig, statistics and geometry. Please email Christina with the specific area of math to be reviewed or examples of the homework assignments. A picture of the homework page is perfect. If our scheduled time does not work, please contact Christina to set up an appointment. *Registration closes noon day of event.*

Anything Goes: Fun Night & Sundaes Tuesday, September 4 • 6:30-8pm

Tonight is the first day of school for many of our kids. Let's have a fun night to talk about their first day and blow off some steam. Like the name says, anything goes. We will be pulling out whatever the kids want to do including our water balloon slingshot!

School Survival Strategies Wednesday, September 5 • 6:30-8pm

Middle School & High School teens, come out and learn strategies to improve your grades. This night is hosted by our interns so they have many tips on making studying more efficient and staying organized. Let's shoot for Honor Roll!

Family Fall Crafts • Tuesday, September 11 • 6:30-8pm

Let's have a fun messy night of crafting. Make some fall decorations to take home to decorate for fall. Please sign up as early as possible as there will be lots of prep work.

Youth Activities Committee Wednesdays, September 19 & 26 • 6:30-8pm

A great opportunity to get some volunteer hours in for school, your resume or just to give back to CSCGP. This is open to all tweens and teens who are members or volunteers. Sign up by noon each day. We will be working on projects for upcoming groups and events.

Family Spaghetti Dinner & Game Night at Ridgeland Thursday, September 27 • 6:30-8pm

Join us for an evening of great food, fun games, and wonderful company. Enjoy a delicious spaghetti dinner cooked by our CEO, Kelly Harris, and grab some games to play with fellow CSCGP members and your family!

3rd Annual Fall Fest Celebration Sunday September 30 • 2:00-4:00pm

Kick off the Fall season with our community and join us for an afternoon of fall family fun! Our annual Fall Fest this year will feature great food and drinks, games for the whole family, pumpkin decorating contests and more. If you're a football fan, don't worry—we know there's a game, and we will have it on so you won't miss a play: and there will be snacks while you watch! Bring a paper goods item to donate and receive a raffle ticket to enter fun giveaways.

Satellite Locations

Abington Jefferson Health

Asplundh Cancer Pavilion • 215-481-4642

Open Mondays • 3941 Commerce Ave. • Willow Grove, PA 19090

Located on the 1st floor next to Image Recovery.

MONDAYS

September 3 – **CLOSED, Happy Labor Day!**

September 10 – 11am-12:30pm **Living With Cancer Support Group***

*Pre-Registration Required

1-2pm **NEW!! Breast Cancer Networking Group**

September 17 – 11am-12:30pm **Living With Cancer Support Group***

*Pre-Registration Required

1-2pm **Prostate Cancer Networking Group**

September 24 – 10-10:50am **Chair Yoga**

11am-12:30pm **Living With Cancer Support Group***

*Pre-Registration Required

1-2pm **Writing for Health & Wellness**

For more information or to register for an event email bethc@cancersupportphiladelphia.org

**Anyone interested in joining the weekly LWC Support Group must speak with Beth Cribb before attending. Registration is preferred for all programs; drop-in visitors will be welcomed at Networking Groups and workshops.*

Healing, Nourishing & Thriving with Tao Yin Yoga & Qigong

presented by Deanna McLaughlin & Brian Jordan

Saturday, September 22 • 9am-4:30pm

Join Deanna McLaughlin, Qigong and yoga instructor at Ridgeland, and Brian Jordan, qigong practitioner and educator, for an all-day retreat to be held in the Ridgeland Barn. Throughout the day, learn various qigong and tao yin yoga techniques that have positive impacts on the body including released stress, improved balance, strength, and circulation, and improved overall well-being. You'll also learn to cultivate patience, mindfulness, and compassion. Lunch will be a potluck; bring your favorite healthy dish to share.

**This not a CSCGP program event or fundraiser however members of Cancer Support Community Greater Philadelphia are invited free of charge (registration is required by calling 215-879-7733). All others, please contact Deanna McLaughlin at yogaandart@gmail.com for registration fees and more information.*

Doylestown Hospital • 215-345-2022

Open Tuesdays & Thursdays

595 West State Street • Doylestown, PA 18901

Located on the hospital's first level near the main entrance.

Join us behind the Red Door located on the corridor off the Main Lobby; second door on the right

TUESDAYS

September 4 – 12-1pm **Mindfulness Meditation**

2-4pm **Collage Painting Workshop**

5-6pm **All Levels Yoga**

7-7:30pm **Guided Meditation/Imagery**

7:30-9pm **Reiki Share**

September 11 – 11am-12:30pm **Living with Cancer Support Group**

2-4pm **Collage 2 Painting Workshop**

5-6pm **All Levels Yoga**

7-8:30pm **Breast Cancer Support Group**

September 18 – 12-1pm **Mindfulness Meditation**

2-4pm **Watercolor Painting Workshop**

5-6pm **All Levels Yoga**

7-8:30pm **My Spouse Has Cancer Support Group**

7-8:30pm **Prostate Cancer Support Group**

(with Speaker Dr. Ruenes)

September 25 – 11am-12:30pm **Living with Cancer Support Group**

2-3:30pm **Brain Cancer Networking Group**

5-6pm **All Levels Yoga**

7:30-9pm **LIVING WITH CANCER SUPPORT GROUP**

(My Wishes Workshop/Advanced Care Directive

Planning with Betsy Payne from Looking Ahead)

THURSDAYS

September 6 – 11am-12:30pm **Colorectal Cancer Support Group**

1-2pm **Relaxation Workshop**

September 13 – 11am-12:30pm **Pancreatic Cancer Support Group**

1-2pm **Mindfulness Meditation**

September 20 – 11am-12:30pm **Blood Cancer Support Group**

12:30-1pm **Guided Meditation/Imagery**

1-2pm **Reiki Share**

September 27 – 11am-12:30pm **Gynecological Cancer Support Group**

1-2pm **Mindfulness Meditation**

Please Note: FREE Valet Parking is NOW Available at Doylestown Hospital, tipping is not allowed. Valet is available at the Main Entrance from 7am to 5pm and at the Pavilion from 7:30am to 4:30pm. Cancer Support Community members are welcome to use valet for attending our CSC programs. Please feel free to use this service when coming to treatment or programs at the hospital.



**CANCER SUPPORT
COMMUNITY**
GREATER PHILADELPHIA

Gilda's Club (Warminster)

**NIA sponsored by the Bob Brockman NIA Fund
Thursday, September 6 & 20 • 10-11am**

Please help us welcome back the amazing instructor, Lisa, as she brings us two classes this month! NIA is all about feeling the music with your body, and engaging your mind as well. With no equipment needed, this practice incorporates mind, body, and soul, without feeling like you're exercising! Adaptable to any ability level, come kick your shoes off and join in on the fun!

**Creating Miracles with Love, Joy & Forgiveness
Wednesday, September 12 • 11am-12:30pm**

Come join Susan Apollon, intuitive psychologist, psychotherapist, and healer, as she talks about creating miracles with love, joy and forgiveness. With over two decades of experience working with those who have life-challenging illnesses, this award-winning author will help you see the possibilities you can create yourself.

**Book Club & Author Discussion: An Imperfection
in the Kitchen Floor by Heather Greenleaf
Wednesday, September 19 • 12-1pm**

An Imperfection in the Kitchen Floor is a novel about family, food, and fortitude. Heather has a degree in Art History from the George Washington University and a degree in Culinary Arts from the Restaurant School at Walnut Hill College. She has worked as a private chef and has written continuously running food columns in the *Harlem Times*, on Patch.com, and bonedo.com. She currently works as an Exhibitions Manager, handling various art and science exhibitions as they travel to museums. In her free time, Heather is the Archivist for the Upper Moreland Historical Association. She lives in a historic home in Willow Grove, Pennsylvania with her husband, two young children, an old cat named Bananas, and a puppy named Pennsylvania. *An Imperfection in the Kitchen Floor* is her debut novel.

Intro to the PA Cannabis Program • 2 Opportunities!
presented by Liberty Dispensary
Saturday, September 15 • 11am-12:30pm at Ridgeland
Thursday, September 20 • 6:30-8pm at Gilda's Club

Liberty Cannabis, with high values in quality, leadership, education, innovation and compassion, bring to CSCGP an educational lecture about the advancements in medical marijuana. Representatives from Liberty Dispensary will talk about the history of medical marijuana, current advancements in research and use, and what is available in Pennsylvania. Liberty is dedicated to individualized care, innovative products and exceptional experiences. No samples will be distributed. *Don't forget to RSVP at the designated site.*



**CANCER SUPPORT
COMMUNITY**
GREATER PHILADELPHIA

The Suzanne Morgan Center at Ridgeland (Philadelphia)

**Day of Dance
Wednesday, September 12 • 11:30am-3:30pm**

Come out for a fun day of dance! This event will feature four different types of dance for you to try. It will be the perfect opportunity to figure out which dancing exercises are right for you. Refreshments will be provided in between sessions and a light lunch will be served. Please dress comfortably and bring your best dance moves!

**Managing Chemo-Induced Peripheral Neuropathy
Thursday, September 20 • 12:30-2pm**

This educational lecture, facilitated by physical therapist Gina Smith, LPT, CLT, will focus on managing chemo-induced peripheral neuropathy, and how physical therapy-based exercises and routines can help with balance, coordination, improving range of motion, alleviating pain, and more. Gina currently works at Cancer Treatment Centers of America at their Eastern Regional Medical Center in Philadelphia. Refreshments will be provided.

**Pain with Intercourse: It's Okay to Talk About It
Tuesday, September 25 • 2:30-3:30pm**

Many postmenopausal women or women who suffer from a decline of estrogen have pain with intercourse and are diagnosed with genitourinary syndrome of menopause (vaginal atrophy), the thinning of the walls of the vagina. This condition may have an impact on emotional and physical health, as well as intimate relationships. Dr. Debra Epstein, MD, FACOG is a board-certified gynecologist who will speak about the issues surrounding vaginal atrophy as well as a variety of treatment options, including an in-office, painless laser treatment option for women who cannot or choose not to use estrogen to have intercourse again without pain.

**Body Image: Moving Towards a Renewed
Relationship with Your Physical Self
Wednesday, September 26 • 6-7:30pm**

Cancer and the various treatments and surgeries associated with it have an immense impact on your body. These impacts on your body can affect your sense of identity, as well as intimate relationships, leading to changes in your emotional and mental wellbeing. Join Stephanie Fortunato and Mowie Freeman, program staff members at CSCGP, in a brief lecture followed by open discussion about body image during and after cancer, and how you can begin to move towards a renewed relationship with your body.



CANCER SUPPORT COMMUNITY

GREATER PHILADELPHIA

The Suzanne Morgan Center at Ridgeland
4100 Chamounix Drive • Philadelphia, PA 19131
www.cancersupportphiladelphia.org

Address Service Request

2018 September Program Calendar

 **Abington**
Jefferson Health.

 **Doylestown Health**



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