

# SUPPORT GROUPS & EDUCATION



## VIRTUAL HEALTH AND WELLNESS EVENTS FOR CANCER PATIENTS

SEPT	OCT	NOV	DEC	
26	24	21*	19*	<b>Cancer Nutrition During and After Cancer Treatment</b> Learn about special nutritional needs from a Registered Dietician. Fourth Thursday (*holiday exceptions), 10:00 am - 12:00 pm • Online/WebEx
12	10	14	12	<b>Cancer Survivorship Support Group</b> For survivors adapting to life after cancer treatment. Facilitator: Kristy Fujinaga, RN Second Thursday, 11:00 am - 12:00 pm • Online/WebEx • Call 808-691-8914
24	22	19*	17*	<b>Mindfulness Meditation for Cancer Survivors</b> Fourth Tuesdays (*holiday exceptions), 11:00 am - 12:00 pm • Online/WebEx
18	16	20	18	<b>Caregiver Support Group</b> Supports the needs of caregivers to help them keep a balanced lifestyle. Third Wednesday, 10:30 - 11:30 am • Online/WebEx
16	21	18	16	<b>Head &amp; Neck Support Group</b> Warriors battling cancer of the brain, mouth, throat, thyroid, & esophagus. Third Monday, 11:00 am - 12:30 pm • Online/WebEx
19	17	21	19	<b>Breast Cancer Support</b> A forum for women to discuss and share issues related to breast cancer. Third Thursday, 11:00 am - 12:00 pm • Online/WebEx
23	28	25	23	<b>Lung Cancer Support</b> Survivors share and help one another cope with the difficulties the disease can cause. Fourth Monday, 10:00 - 11:00 am • Online/WebEx
5	3	7	5	<b>GI Cancer Support</b> A support group for patients with gastrointestinal cancer. First Thursday, 11:30 am - 12:30 pm • Online/WebEx
Online/WebEx 808-691-8984 for information				<b>Healing Through Art</b> Art therapy for all cancer survivors and their caregiver. Tuesdays per art schedule, 10:00 am - 12:00 pm • Online/WebEx
Register online: <a href="http://www.lookgoodfeelbetter.org">www.lookgoodfeelbetter.org</a>				<b>Look Good, Feel Better</b> Live virtual workshops to help you feel your best.

- Sept ▶ Childhood, Leukemia, Lymphoma, Ovarian, Prostate, Thyroid
- Oct ▶ Breast Cancer: Join our Queen's Komen Team
- Nov ▶ Pancreatic, Lung, Stomach, Honoring Caregivers
- Dec ▶ Choose Hope

Call 808-691-8984 for more information on Queen's Cancer Center programs and services or to be added to the email list for virtual meetings.  
 At Queen's, our focus is keeping our patients, visitors, staff and providers healthy and safe. All support groups and classes continue to meet virtually via WebEx.