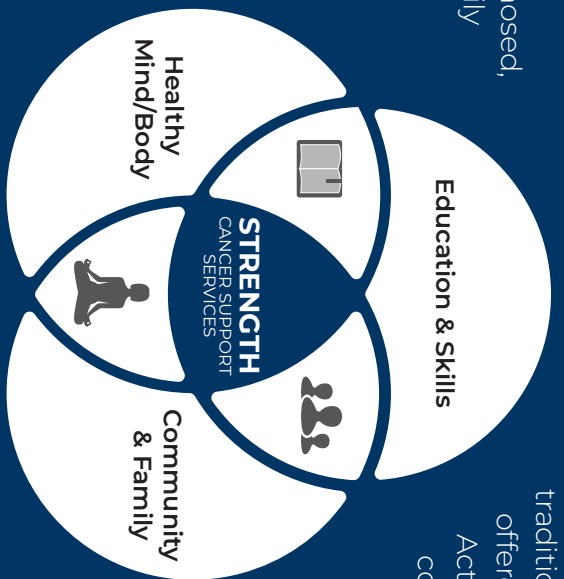


The Logan Health Cancer Support Services program provides opportunities for newly diagnosed, survivors, caregivers and family members to gain support, education and hope.

Whether you have cancer or someone close to you has cancer, it can be very helpful to talk with others in a similar situation who understand what you are going through. Social support can help improve your ability to cope, your ability to feel more in control, and help you feel a greater sense of hope.



Cancer Support Services complement traditional medical care and is offered at no cost to participants. Activities include support groups, cooking and nutrition classes, education, wig fitting, exercise opportunities, workshops, youth & family programs.

Through knowledge, encouragement, and support we are here to help you find a new normal. You are not alone. Please call to learn more or consider donating to keep these very important services going strong!

343 Sunnyview Lane • Kalispell, MT 59901 • (406) 752-0130 • logan.org/cancersupport • By appointment: Monday to Friday

NEW VIRTUAL PROGRAM OFFERING



look good
feel better®

Receive live instruction, tips, and tricks for dealing with visible side effects of cancer treatment. These free, one-hour, online group workshops can be done from the comfort and privacy of home.

Register at lookgoodfeelbetter.org/alliance-partner-virtual-workshops/ and use referral code LH59901.

Makeup kit provided upon registration.



**CANCER SUPPORT
COMMUNITY
MONTANA**

They serve everyone, at any stage of their cancer diagnosis. All programs are offered completely free of charge.

Virtual Support Options:

cancersupportmontana.org/support-programs/



Register online or call (406) 582-5822

CSS WIG FITTINGS

Call us at (406)752-0130 to schedule a wig fitting at our beauty room located at 343 Sunnyview Lane. Wig fitting, wig, and all care products will be provided. We also offer hats and head coverings.

Book Club

Meets once a month
5:15 – 6:45 p.m.

Do you love to read and connect with others? Join the Book Club! The group votes on the monthly book.

Thank you to
our sponsor



CSS HEALTHY LIVING



Nicotine Support Group

Wednesdays, 5:45 – 6:45 p.m.
and Fridays, 1 – 2 p.m.

No cost support group for those looking to quit smoking. No sign up needed. Drop in at the Logan Health Fitness Center front desk to check in.



PiYo

Fridays, 9 – 10 a.m.

Join the Logan Health Fitness Center in a PiYo class! PiYo is a combination of Pilates and Yoga. The class has the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.

CSS ART THERAPY



This six-week closed art therapy group is for active treatment patients or those six to twelve months post-treatment. We will gather for two-hour sessions, and members will have weekly opportunities for creatively processing various aspects of their cancer journey using a variety of art materials. Groups meet Wednesdays from noon to 2 p.m. Space limited to eight participants per six-week cycle. No art experience necessary. All materials provided.

To register, please call Logan Health Cancer Support Services at (406) 752-0130 or scan the QR code to register.



July 2024

Cancer Support Services Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Strength Training via Zoom; 10:45-11:30 a.m.	2 J-Walking at Logan Health Fitness Center 11 am - 12 pm	3 Strength Training via Zoom; 10:45-11:30 a.m. Tai Chi; 12-1 pm Nicotine Support Group 5:45-6:45 pm	4 J-Walking 11 am - 12 pm Aqua Zumba 6:30-7:30 pm	5 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	6
7	8 Strength Training via Zoom; 10:45-11:30 a.m.	9 J-Walking at Logan Health Fitness Center 11 am - 12 pm	10 Strength Training via Zoom; 10:45-11:30 a.m. Tai Chi; 12-1 pm Nicotine Support Group 5:45-6:45 pm	11 J-Walking 11 am - 12 pm Aqua Zumba 6:30-7:30 pm	12 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	13
14	15 Strength Training via Zoom; 10:45-11:30 a.m.	16 J-Walking at Logan Health Fitness Center 11 am - 12 pm	17 Strength Training via Zoom; 10:45-11:30 a.m. Tai Chi; 12-1 pm Nicotine Support Group 5:45-6:45 pm	18 J-Walking 11 am - 12 pm Aqua Zumba 6:30-7:30 pm	19 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	20
21	22 Strength Training via Zoom; 10:45-11:30 a.m.	23 J-Walking at Logan Health Fitness Center 11 am - 12 pm	24 Strength Training via Zoom; 10:45-11:30 a.m. Tai Chi; 12-1 pm Nicotine Support Group 5:45-6:45 pm	25 J-Walking 11 am - 12 pm Aqua Zumba 6:30-7:30 pm	26 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	27
28	29 Strength Training via Zoom; 10:45-11:30 a.m.	30 J-Walking at Logan Fitness 11 am - 12 pm	31 Strength Training via Zoom; 10:45-11:30 a.m. Tai Chi; 12-1 pm Nicotine Support Group 5:45-6:45 pm			

Activities in green take place at Logan Health Fitness Center

Activities in purple are a CSC virtual event. Register at cancersupportmontana.org

August 2024

Cancer Support Services Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 J-Walking 11 am - 12 pm Aqua Zumba 6:30-7:30 pm	2 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	3
4	5 Strength Training via Zoom; 10:45-11:30 a.m.	6 J-Walking 11 am - 12 pm	7 Strength Training via Zoom; 10:45-11:30 a.m. Tai Chi; 12-1 pm Nicotine Support Group 5:45-6:45 pm	8 J-Walking 11 am - 12 pm Aqua Zumba 6:30-7:30 pm	9 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	10
11	12 Strength Training via Zoom; 10:45-11:30 a.m.	13 J-Walking 11 am - 12 pm	14 Strength Training via Zoom; 10:45-11:30 a.m. Tai Chi; 12-1 pm Nicotine Support Group 5:45-6:45 pm	15 J-Walking 11 am - 12 pm Aqua Zumba 6:30-7:30 pm	16 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	17
18	19 Strength Training via Zoom; 10:45-11:30 a.m.	20 J-Walking 11 am - 12 pm	21 Strength Training via Zoom; 10:45-11:30 a.m. Tai Chi; 12-1 pm Nicotine Support Group 5:45-6:45 pm	22 J-Walking 11 am - 12 pm Aqua Zumba 6:30-7:30 pm	23 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	24
25	26 Strength Training via Zoom; 10:45-11:30 a.m.	27 J-Walking 11 am - 12 pm	28 Strength Training via Zoom; 10:45-11:30 a.m. Tai Chi; 12-1 pm Art Therapy Group 12-2 pm Nicotine Support Group 5:45-6:45 pm	29 J-Walking 11 am - 12 pm Aqua Zumba 6:30-7:30 pm	30 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	31