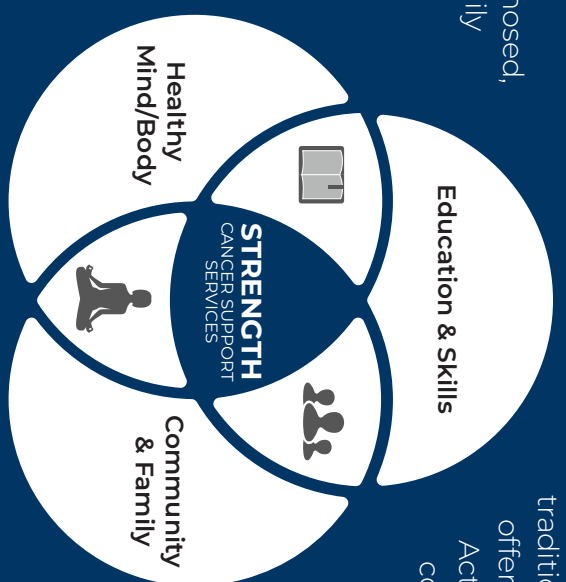


The Logan Health Cancer Support Services program provides opportunities for newly diagnosed, survivors, caregivers and family members to gain support, education and hope.

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

**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



look good
feel better™



**In-person workshop: Dec. 6 at 9 a.m.
Radiation Oncology Conference Room
343 Sunnyview Lane | Kalispell**

Look Good Feel Better volunteer beauty professionals lead in-person workshops to provide you with tips and tools for:

- Skin and nail care and makeup application
- Wig selection and care
- Scarves, turbans, and hats

Workshops are free of charge and open to all people with cancer who are undergoing treatment.

Register at lookgoodfeelbetter.org and search the Program Finder.



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.

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.



Tai Chi

Wednesdays, 12 – 1 p.m.

Develop balance, strength, relaxation, and improved respiration and circulation with graceful movement, deep breathing, and mental concentration. Located at the Logan Health Fitness Center.



Aqua Zumba

Thursdays, 6:30 – 7:30 p.m.

Upbeat water class. Easy to follow dance movements for all levels. Low impact exercise that is easy on your joints. Located at the Logan Health Fitness Center.

November 2024

Cancer Support Services Activities

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

Activities in green take place at Logan Health Fitness Center

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

December 2024

Cancer Support Services Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Strength Training via Zoom; 10:45-11:30 a.m.	3 J-Walking 11 am - 12 pm	4 Strength Training via Zoom; 10:45-11:30 a.m. Tai Chi; 12-1 pm Nicotine Support Group 5:45-6:45 pm	5 J-Walking 11 am - 12 pm Aqua Zumba 6:30-7:30 pm	6 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm Look Good Feel Better 343 Sunnyview; 9 am	7
8	9 Strength Training via Zoom; 10:45-11:30 a.m.	10 J-Walking 11 am - 12 pm	11 Strength Training via Zoom; 10:45-11:30 a.m. Tai Chi; 12-1 pm Nicotine Support Group 5:45-6:45 pm	12 J-Walking 11 am - 12 pm Aqua Zumba 6:30-7:30 pm	13 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	14
15	16 Strength Training via Zoom; 10:45-11:30 a.m.	17 J-Walking 11 am - 12 pm	18 Strength Training via Zoom; 10:45-11:30 a.m. Tai Chi; 12-1 pm Nicotine Support Group 5:45-6:45 pm	19 J-Walking 11 am - 12 pm Aqua Zumba 6:30-7:30 pm	20 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	21
22	23 Strength Training via Zoom; 10:45-11:30 a.m.	24 J-Walking 11 am - 12 pm	25 Strength Training via Zoom; 10:45-11:30 a.m. Tai Chi; 12-1 pm Nicotine Support Group 5:45-6:45 pm	26 J-Walking 11 am - 12 pm Aqua Zumba 6:30-7:30 pm	27 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	28
29	30 Strength Training via Zoom; 10:45-11:30 a.m.	31 J-Walking 11 am - 12 pm				