



RSVP for events:541-706-7743
 RADIATION ONCOLOGY:541-706-7733
 MEDICAL ONCOLOGY:541-706-5800
 SURVIVORSHIP OFFICE:541-706-3754
 SUPPORT GROUPS:541-706-5864
 NUTRITION:541-706-4725
 FREE REIKI /MASSAGE541-706-7733

www.DEFEATcancer.info

SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
			1 Yoga 11 a.m.–12 p.m. Young Adult Survivor Network 5:30 p.m. Common Table	2 Women’s Cancer Support Group 1–3 p.m. Awbrey House	3	4
5	6 Hula Hooping 6–7 p.m.	7 Writing Workshop 10–11:30 a.m.	8 Yoga 11 a.m.–12 p.m.	9	10	11
12	13 Look Good Feel Better 5:30–7:30 p.m. Hula Hooping 6–7 p.m.	14 Writing Workshop 10–11:30 a.m. DEFEATcancer 5:30–7:30 p.m.	15 Yoga 11 a.m.–12 p.m.	16	17	18 Snowshoe Trek 9 a.m.
19	20 Hula Hooping 6–7 p.m.	21 Writing Workshop 10–11:30 a.m.	22 Yoga 11 a.m.–12 p.m.	23 Writing Workshop 11 a.m.–1:30 p.m.	24	25
26	27 Hula Hooping 6–7 p.m.	28 Community Support Group 5:30–7:30 p.m.	29			

☀ SOARING SPIRITS FAMILY CAMP, AUGUST 10-12, 2012 ☀

<p>DEFEATcancer SURVIVORSHIP PROGRAM</p> <p>A monthly fellowship for cancer survivors and their caregivers</p> <hr/> <p>FEBRUARY FEATURE <i>The importance of Self Care</i></p> <p>With Diane Ervin, MSW</p> <p>Tuesday, February 14 5:30 p.m.–7:30 p.m. St. Charles, Bend.</p> <p>Light dinner will be served.</p> <p>RSVP: 541-706-3754 or mpjohnson@stcharleshealthcare.org</p> <hr/> <p>YOUNG ADULT SURVIVOR NETWORK</p> <p><i>Don't miss this one!</i></p> <p>Young Adult Get Together</p> <p>Wednesday, February 1, 2012 5:30 to 7 p.m.</p> <p>Common Table, 150 NW Oregon Street in downtown Bend</p> <p>Soup, sandwiches provided.</p> <p>RSPV/ info: Lizzi, 541-706-2969 OR ekatz@stcharleshealthcare.org</p>	<p>ST. CHARLES SUPPORT GROUPS</p> <p>Women Surviving with Cancer 1st Thursday monthly, 1–3 p.m. <i>*Note new location:</i> Awbrey House. 2825 NE Neff</p> <p>Community Support Group Tuesday, February 28, 5:30–7:30 p.m. St. Charles Medical Oncology. RSVP/Information: Marlys, 541-706-3754 or mailto:mpjohnson@stcharleshealthcare.org</p> <hr/> <p>GET FIT!</p> <p><i>*New!</i> Hula Hooping for Health Mondays, February 6 to March 19, 6–7 p.m. St. Charles Bend, Heart Center Conference Room RSVP to mpjohnson@stcharleshealthcare.org or 541-706-3754</p> <p>Snowshoe Trek Saturday, February 18 9:00 a.m. meet at Swampy Lakes Trailhead RSVP and information: Mike Gibson, gibson11235@bendbroadband.com</p> <p>Yoga – *New class begins April 4 Wednesdays, 11 a.m.– 12 p.m. through June 6 St. Charles, Bend RSVP to klstiles@stcharleshealthcare.org or 541-706-7743</p> <hr/> <p>FEEL GOOD</p> <p>Look Good Feel Better 2nd Monday of each month. Time and locations vary. This free program helps women cope with appearance-related side effects of cancer treatments. Registration required. 541-318-3037</p>	<p>COMMUNITY-SPONSORED SUPPORT GROUPS</p> <p><u>Bend</u></p> <p>Christian Women of Hope Last Tuesday monthly Info: Mary Kittelson 541-382-1832</p> <p>Faith-Based Cancer Support 1st & 3rd Tuesday. 2–4 p.m. Info: Janey 541-815-3747</p> <p><u>Redmond</u></p> <p>Crooked River Ranch Support Group 2nd Tuesday monthly. 5:15 pm Info: Karen Jamison 541-548-7399</p> <p><i>Various locations in Central Oregon</i></p> <p>Support our Sisters (S.O.S.) 4th Thursday monthly. 10 a.m. Info: 727-459-7442</p> <p><u>LaPine area</u></p> <p>LaPine-Newberry Hospice Support Groups Includes “Living with Cancer,” “Caregiver Support,” and others. Info: Pat 541-536-7399</p> <p><u>Prineville</u></p> <p>Prineville Women’s Support Group Info: Glenda 541-362-5110</p>
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