

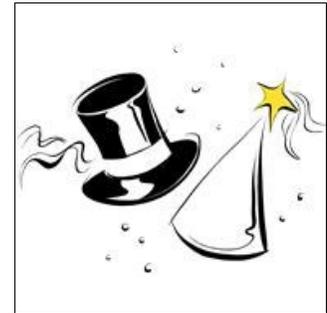


If you are a cancer survivor... the  
**Cancer Association of Anderson**  
wants to share something with you!

**January 2016**

All events listed will be held at the Cancer Association office, 215 E. Calhoun Street, in downtown Anderson unless otherwise noted. Our regular office hours are Monday-Thursday, 8:30-5, and 8:30 to noon on Friday.

- **Tuesday, Jan. 5, 9:30-10:30 a.m. - Pet Therapy** at the AnMed Health Cancer Center, AnMed Health North Campus. Info: Sarah Gregorich, 512-4961.
- **Monday, Jan. 11, 6:30 p.m. - 1 in 8 Breast Cancer Support Group.** This month we will have an instructor, with over 25 years experience come to the group and introduce Chair Yoga. Wear comfortable clothing and flat shoes. Come to share support and learn from other survivors at CAA. Info: Lynn Buchanan, 222-3500.
- **Wednesday, Jan. 13, 5:30 p.m. -The Sexy Broads**, a support group for women with cancers "below the waist" will meet at CAA. If you have had a reproductive, gastrointestinal, urologic or other below-the-waist cancer, please join this fun, caring group of women for conversation, laughter & chocolate! Info: Linda Thompson, 226-6960.
- **Wednesday, Jan.13, 2:00 p.m. - Grief Group** meets at AnMed. A support group for anyone who has lost a loved one or family member. Info: Sarah Gregorich, 512-4961.
- **Thursday, Jan. 14 TBD—Upstate Monarchs Lymphedema Support Group** if you are interested or have questions, please call Kathy Garraty, 225-6784 for information.
- **Thursday, Jan. 14, All day- Belk Salon & Spa** at Anderson Mall offers free haircut & style and wig shape-ups for patients in active treatment for cancer. There is a one-time limit per patient . To schedule an appointment, call Amanda, 964- 8284.
- **Friday, Jan. 15, 12:00-1:00 p.m. - Art Therapy** at the AnMed Health Cancer Center Conference Room. Info: Sarah Gregorich, 512-4961.
- **Monday, Jan. 18, 6:30 p.m.- Man to Man Support Group.** This group is for men with prostate cancer & the supportive spouses in their lives. Info: Sarah Gregorich, 512-4961.
- **Weekly, Wednesdays, 9:30-10:30 a.m.- Surviving the Journey.** Sarah Gregorich welcomes survivors of any type of cancer, as well as families and caregivers, to join her in the AnMed Health Cancer Learning Center (located in the Cancer Center at the AnMed Health North Campus). Info: Sarah Gregorich, 512-4961.
- **Weekly Wednesdays, 10-12 Noon and Thursdays 2-4 p.m. - Cancer Care 101.** New patients get orientation to the treatments they may be receiving such as chemotherapy and radiation therapy in this one-hour class offered by AnMed Health at the Cancer Center. To schedule your class: 512-2255.



**Holiday Hours:** The Cancer Association will be closed on **Friday Jan. 1st** to observe the New Year and on **Monday, Jan.18th** for the Martin Luther King Jr. Birthday observance.



215 E. Calhoun Street  
Anderson, SC 29621  
www.cancerassociationanderson.org

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### **Resolved: “I will take Oncology Rehab in 2016!”**

More and more scientific evidence is linking exercise and a healthy weight to a longer life, including avoiding recurrence of old cancers and prevention of new ones. Don't just sit there worrying about cancer — do something about it!

Any Anderson County resident who is currently being treated for cancer or who finished treatment in the past year is eligible for free tuition to the AnMed Health Oncology Rehab program. Held at the LifeChoice Gym, this is a great program of exercise and education for survivors. You'll learn about nutrition, the role exercise plays in keeping your body healthy, dealing with stress, depression and other side effects of cancer and its treatment. You will also meet some wonderful people. To register, call Becky Rodgers at 512-1505.

### **Hostesses Sought for Girlfriends' Tea**

Our 12th annual Girlfriends' Tea will be held Saturday, February 27th at 2 p.m. at Boulevard Baptist Church's Christian Activities Center. This is a not-to-be-missed mad tea party, with spectacular decorations, great entertainment, silent and live auctions of unique items and services, and delicious food. Plus it's just fun to be girly together!

Carrie Binnicker is seeking women to hostess a table—which means decorating it and rounding up seven people to buy tickets and sit there. It's the only way to assure you and your friends can be together at the tea. Call Carrie at 222-3500 to find out more, or email [carrie@cancerassociationanderson.org](mailto:carrie@cancerassociationanderson.org)

**IMPORTANT: We are purging our mail list of names we have not heard from in a while. If you do not want to stay on the list OR would be willing to accept it as an email, contact [lynn@cancerassociationanderson.org](mailto:lynn@cancerassociationanderson.org) or call 222-3500.**

***VISIT US ON FACEBOOK!***