

Dartmouth Cancer Center



Dartmouth
Health



Dartmouth
GEISEL SCHOOL OF
MEDICINE

Complementary Care Program

A wellness approach for body, mind and spirit
Program Calendar January-April 2025





Our wellness classes, services and support groups are provided free of charge and available for you and your family from the moment of diagnosis through survivorship.

No matter where you live, no matter where or when you received treatment, **YOU** are welcome to join us!

COMPLEMENTARY CARE PROGRAM

Free programs, most connecting virtually, for patients, past and present, and those who love them, living with, through and beyond cancer

Services and Classes

- ◇ Chair Massage
- ◇ Creative Writing
- ◇ Healthy Eating
- ◇ Reiki
- ◇ Resource Library
- ◇ Therapeutic Harp
- ◇ Visual Arts
- ◇ Acupressure
- ◇ Gentle Chair Yoga
- ◇ Healthy Steps for Women
- ◇ Meditation
- ◇ Qigong
- ◇ Self-Hypnosis
- ◇ Self-Massage for Shoulders and Neck

Support Groups

- ◇ Care Partners
- ◇ Leukemia, Lymphoma and Myeloma
- ◇ Living with Cancer
- ◇ Metastatic Breast Cancer
- ◇ Prostate Cancer
- ◇ Thriving After Breast Cancer

Contact us for more information, dates and times:
cancersupport@hitchcock.org
 (603) 650-7751

Dartmouth
Cancer Center



You can also :

- Visit the Dartmouth Cancer Center website at cancer.dartmouth.edu
or
- Find us on Facebook at www.facebook.com/dartmouthcancer

JANUARY 2025

To register: cancersupport@hitchcock.org or (603) 650-7751

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>(👤) Walk-in. No registration needed.</p> <hr/> <p>(*) Registration required.</p> <hr/> <p>(📺) Virtual option.</p>		1	2	3
		CLINICS CLOSED		Chair Massage 🙏 9 am-1 pm
6	7	8	9	10
Chair Massage 🙏 9 am-1 pm	Chair Massage 🙏 9 am-1 pm	Chair Massage 🙏 9 am-1 pm Metastatic Breast Cancer Group * 📺 2:30-4:30 pm Leukemia, Lymphoma & Myeloma Group * 📺 3-4:30 pm Caring for Someone with Serious Illness * 📺 5-6 pm	Living with Cancer Group * 📺 5:30-6:45 pm	Chair Massage 🙏 9 am-1 pm
13	14	15	16	17
Chair Massage 🙏 9 am-1 pm Art Outlet * 📺 3-5 pm	Chair Massage 🙏 9 am-1 pm Intro. to Self-Hypnosis * 📺 1:30-3:30 pm	Chair Massage 🙏 9 am-1 pm Healthy Steps for Women * 📺 1-2 pm Thriving After Breast Cancer * 📺 5-6 pm		Chair Massage 🙏 9 am-1 pm
20	21	22	23	24
Chair Massage 🙏 9 am-1 pm	Chair Massage 🙏 9 am-1 pm Movement & Exercise * 📺 1:30-2:30 pm Writing Circle * 📺 5-6:30 pm	Chair Massage 🙏 9 am-1 pm Healthy Steps for Women * 📺 1-2 pm	Qigong: Experienced Level * 📺 1:30-2:30 pm Qigong: Beginner Level * 📺 2:45-3:45 pm Living with Cancer Group * 📺 5:30-6:45 pm Guided Meditation & Mindfulness * 📺 6-7 pm	Chair Massage 🙏 9 am-1 pm Gentle Chair Yoga * 📺 1-2 pm
27	28	29	30	31
Chair Massage 🙏 9 am-1 pm Care Partners In-Person Group * 2:30-3:30 pm Prostate Cancer Group * 📺 6-7 pm	Chair Massage 🙏 9 am-1 pm Movement & Exercise * 📺 1:30-2:30 pm Writing Circle * 📺 5-6:30 pm	Chair Massage 🙏 9 am-1 pm Healthy Steps for Women * 📺 1-2 pm	Qigong: Experienced Level * 📺 1:30-2:30 pm Qigong: Beginner Level * 📺 2:45-3:45 pm	Chair Massage 🙏 9 am-1 pm Gentle Chair Yoga * 📺 1-2 pm

FEBRUARY 2025

To register: cancersupport@hitchcock.org or (603) 650-7751

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p>Chair Massage ♯ 9 am-1 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Movement & Exercise * 🗓️ 1:30-2:30 pm</p> <p>Writing Circle * 🗓️ 5-6:30 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Healthy Steps for Women * 🗓️ 1-2 pm</p> <p>Metastatic Breast Cancer Group * 🗓️ 2:30-4:30 pm</p> <p>Caring for Someone with Serious Illness * 🗓️ 5-6 pm</p>	<p>Qigong: Experienced Level * 🗓️ 1:30-2:30 pm</p> <p>Qigong: Beginner Level * 🗓️ 2:45-3:45 pm</p> <p>Living with Cancer Group * 🗓️ 5:30-6:45 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Gentle Chair Yoga * 🗓️ 1-2 pm</p>
10	11	12	13	14
<p>Chair Massage ♯ 9 am-1 pm</p> <p>Art Outlet * 🗓️ 3-5 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Movement & Exercise * 🗓️ 1:30-2:30 pm</p> <p>Writing Circle * 🗓️ 5-6:30 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Healthy Steps for Women * 🗓️ 1-2 pm</p> <p>Leukemia, Lymphoma & Myeloma Group * 🗓️ 3-4:30 pm</p>	<p>Qigong: Experienced Level * 🗓️ 1:30-2:30 pm</p> <p>Qigong: Beginner Level * 🗓️ 2:45-3:45 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Gentle Chair Yoga * 🗓️ 1-2 pm</p>
17	18	19	20	21
<p>Chair Massage ♯ 9 am-1 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Movement & Exercise * 🗓️ 1:30-2:30 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Healthy Steps for Women * 🗓️ 1-2 pm</p> <p>Thriving After Breast Cancer * 🗓️ 5-6 pm</p>	<p>Healthy Cooking Demo * 12:30-2 pm</p> <p>Qigong: Experienced Level * 🗓️ 1:30-2:30 pm</p> <p>Qigong: Beginner Level * 🗓️ 2:45-3:45 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Gentle Chair Yoga * 🗓️ 1-2 pm</p>
24	25	26	27	28
<p>Chair Massage ♯ 9 am-1 pm</p> <p>Care Partners In-Person Group * 2:30-3:30 pm</p> <p>Prostate Cancer Group * 🗓️ 6-7 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Movement & Exercise * 🗓️ 1:30-2:30 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Healthy Steps for Women * 🗓️ 1-2 pm</p>	<p>Qigong: Experienced Level * 🗓️ 1:30-2:30 pm</p> <p>Qigong: Beginner Level * 🗓️ 2:45-3:45 pm</p> <p>Living with Cancer Group * 🗓️ 5:30-6:45 pm</p> <p>Guided Meditation & Mindfulness * 🗓️ 6-7 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Gentle Chair Yoga * 🗓️ 1-2 pm</p>

(♯) Walk-in. No registration needed.

(*) Registration required.

(🗓️) Virtual option.

MARCH 2025

To register: cancersupport@hitchcock.org or (603) 650-7751

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p>Chair Massage ♯ 9 am-1 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Movement & Exercise * 🗓️ 1:30-2:30 pm</p> <p>Pain Management * 🗓️ 1:30-3:30 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Healthy Steps for Women * 🗓️ 1-2 pm</p> <p>Metastatic Breast Cancer Group * 🗓️ 2:30-4:30 pm</p> <p>Caring for Someone with Serious Illness * 🗓️ 5-6 pm</p>	<p>Qigong: Experienced Level * 🗓️ 1:30-2:30 pm</p> <p>Qigong: Beginner Level * 🗓️ 2:45-3:45 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Gentle Chair Yoga * 🗓️ 1-2 pm</p>
10	11	12	13	14
<p>Chair Massage ♯ 9 am-1 pm</p> <p>Art Outlet * 🗓️ 3-5 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Movement & Exercise * 🗓️ 1:30-2:30 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Healthy Steps for Women * 🗓️ 1-2 pm</p> <p>Leukemia, Lymphoma & Myeloma Group * 🗓️ 3-4:30 pm</p>	<p>Qigong: Experienced Level * 🗓️ 1:30-2:30 pm</p> <p>Qigong: Beginner Level * 🗓️ 2:45-3:45 pm</p> <p>Living with Cancer Group * 🗓️ 5:30-6:45 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Gentle Chair Yoga * 🗓️ 1-2 pm</p>
17	18	19	20	21
<p>Chair Massage ♯ 9 am-1 pm</p> <p>Healthy Eating: Mind & Body Wellness when Stressed * 🗓️ 12-1 pm</p> <p>Care Partners In-Person Group * 2:30-3:30 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Movement & Exercise * 🗓️ 1:30-2:30 pm</p> <p>Writing Circle * 🗓️ 5-6:30 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Healthy Steps for Women * 🗓️ 1-2 pm</p> <p>Thriving After Breast Cancer * 🗓️ 5-6 pm</p>	<p>Qigong: Experienced Level * 🗓️ 1:30-2:30 pm</p> <p>Qigong: Beginner Level * 🗓️ 2:45-3:45 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Gentle Chair Yoga * 🗓️ 1-2 pm</p>
24	25	26	27	28
<p>Chair Massage ♯ 9 am-1 pm</p> <p>Prostate Cancer Group * 🗓️ 6-7 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Movement & Exercise * 🗓️ 1:30-2:30 pm</p> <p>Writing Circle * 🗓️ 5-6:30 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Healthy Steps for Women * 🗓️ 1-2 pm</p>	<p>Qigong: Experienced Level * 🗓️ 1:30-2:30 pm</p> <p>Qigong: Beginner Level * 🗓️ 2:45-3:45 pm</p> <p>Living with Cancer Group * 🗓️ 5:30-6:45 pm</p> <p>Guided Meditation & Mindfulness * 🗓️ 6-7 pm</p>	<p>Chair Massage ♯ 9 am-1 pm</p> <p>Gentle Chair Yoga * 🗓️ 1-2 pm</p>
31	<p>♯) Walk-in. No registration needed.</p> <hr/> <p>(*) Registration required.</p> <hr/> <p>🗓️) Virtual option.</p>			
<p>Chair Massage ♯ 9 am-1 pm</p>				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<p>Chair Massage  9 am-1 pm</p> <p>Writing Circle *  5-6:30 pm</p>	<p>Chair Massage  9 am-1 pm</p> <p>Healthy Steps for Women *  1-2 pm</p> <p>Metastatic Breast Cancer Group *  2:30-4:30 pm</p> <p>Caring for Someone with Serious Illness *  5-6 pm</p>	<p>Acupressure for Self-Care *  2:30-3:30 pm</p>	<p>Chair Massage  9 am-1 pm</p>
7	8	9	10	11
<p>Chair Massage  9 am-1 pm</p>	<p>Chair Massage  9 am-1 pm</p> <p>Understanding Stress *  1:30-3:30 pm</p> <p>Writing Circle *  5-6:30 pm</p>	<p>Chair Massage  9 am-1 pm</p> <p>Leukemia, Lymphoma & Myeloma Group *  3-4:30 pm</p>	<p>Living with Cancer Group *  5:30-6:45 pm</p>	<p>Chair Massage  9 am-1 pm</p>
14	15	16	17	18
<p>Chair Massage  9 am-1 pm</p> <p>Art Outlet *  3-5 pm</p>	<p>Chair Massage  9 am-1 pm</p>	<p>Chair Massage  9 am-1 pm</p> <p>Thriving After Breast Cancer *  5-6 pm</p>		<p>Chair Massage  9 am-1 pm</p>
21	22	23	24	25
<p>Chair Massage  9 am-1 pm</p> <p>Care Partners In-Person Group * 2:30-3:30 pm</p>	<p>Chair Massage  9 am-1 pm</p> <p>Music, Sound & Well-being * 1-2 pm</p>	<p>Chair Massage  9 am-1 pm</p>	<p>Self-Massage for Shoulders & Neck *  2-3 pm</p> <p>Living with Cancer Group *  5:30-6:45 pm</p> <p>Guided Meditation & Mindfulness *  6-7 pm</p>	<p>Chair Massage  9 am-1 pm</p>
28	29	30	<p> Walk-in. No registration needed.</p> <hr/> <p>(*) Registration required.</p> <hr/> <p> Virtual option.</p> <hr/>	
<p>Chair Massage  9 am-1 pm</p> <p>Prostate Cancer Group *  6-7 pm</p>	<p>Chair Massage  9 am-1 pm</p>	<p>Chair Massage  9 am-1 pm</p>		

TRY SOMETHING NEW...

INTRODUCTION TO SELF-HYPNOSIS

Tuesday, January 14

1:30 to 3:30 pm

PAIN MANAGEMENT

Tuesday, March 4

1:30 to 3:30 pm

UNDERSTANDING STRESS

Tuesday, April 8

1:30 to 3:30 pm

Connecting by Zoom

Karen Gray, CH, CHI, RN

Green Mountain Hypnosis

In this three-part self-hypnosis series, we'll learn the basic principles and discover how this beneficial practice can help to reduce stress and anxiety, improve focus and concentration, increase positive feelings, help with sleep, manage pain, and so much more.

Patients and care partners are welcome to attend. Register for one or sign up for all three.

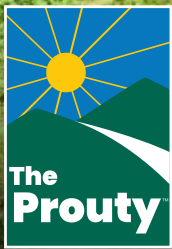
To register, contact the Complementary Care Program:
cancersupport@hitchcock.org or (603) 650-7751.



The Prouty

Hope Starts Here.

Join us
July 12



Benefiting:

Friends of
Dartmouth
Cancer Center



Prouty E-Bike Program

Dartmouth Cancer Center patients and survivors can use an E-bike (electric bike) for The Prouty, **free of charge.**

Contact us for more info:
info@TheProuty.org
(603) 646-5500

Register today to end cancer:
TheProuty.org

To request more information about our programs, receive a Program Guide and Calendar by mail, receive class and event invitations by email, or learn how to make a donation, please contact us at cancersupport@hitchcock.org or (603) 650-7751.



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