

Dartmouth Cancer Center



Dartmouth
Health



Dartmouth
GEISEL SCHOOL OF
MEDICINE

Complementary Care Program

A wellness approach for body, mind and spirit
Program Guide Calendar Year 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

Support Groups

Get connected to our community of support.

Most groups connect virtually. All are led by caring staff.

Our support groups provide you with a place where you are accepted—no matter what you need to talk about and if you don't want to talk at all. There is no judgement, only the understanding that what you are going through is really hard. And, being with others who understand how hard it is can help you find the strength you need.

Patients, care partners and family members from all locations are welcome to connect from the comfort of home through our virtual options. For more information or to join a group, please contact cancersupport@hitchcock.org.

CARE PARTNER SUPPORT *

3rd Monday, 2:30 to 3:30 pm

A place of compassion, connection and caring for care partners of someone living with serious illness. This group meets in person at DHMC Lebanon.

CARING FOR SOMEONE WITH SERIOUS ILLNESS *

1st Wednesday, 5 to 6 pm

By taking care of yourself, you can better care for another. A group for care partners, family members and friends.

PEER CONNECTIONS: BREAST CANCER

If talking to a fellow breast cancer survivor can help you on your own path, ask your provider or contact the social worker at (603) 653-3513 to identify a connection for you.

METASTATIC BREAST CANCER *

1st Wednesday, 2:30 to 4:30 pm

A group for people with stage IV breast cancer.

THRIVING AFTER BREAST CANCER *

3rd Wednesday, 5 to 6 pm

A support group for women who are beyond their initial treatment for breast cancer.

LEUKEMIA, LYMPHOMA AND MYELOMA *

2nd Wednesday, 3:00 to 4:30 pm

A group for people with any type of blood cancer at any stage and/or care partners, family members and friends.

LIVING WITH CANCER *

2nd and 4th Thursdays, 5:30 to 6:45 pm

A group for people with any cancer diagnosis, during or after treatment.

PEER CONNECTIONS: ANY CANCER

If talking to a fellow cancer survivor can help you on your own path, ask your provider or contact a social worker at (603) 650-5789 to identify a connection for you.

PROSTATE CANCER SUPPORT *

4th Monday, 5:30 to 6:30 pm

A support group for men, their care partners, family members and friends.

Support groups are also available at other Cancer Center locations. Please inquire where you receive your care.

(* **Registration required.**

( **Virtual Option.**

Register for programs by emailing cancersupport@hitchcock.org or calling (603) 650-7751.



FREE RESOURCE PACKETS

Coping with cancer means finding ways to deal with change and challenge. To request to have a resource packet mailed to your home, call (603) 650-7751. Our resource packet topics include:

■ Cancer-related fatigue

Discover strategies and tips to help you manage the fatigue that may accompany your cancer journey during treatment and beyond.

■ Caregiver

Caring for someone with cancer? You may benefit from our collection of tips and resources designed to help you care for yourself and others.

■ Wig and personal care

Let us share with you our listing of local salons and boutiques that offer wig services, mastectomy prosthesis fittings, apparel and more.

■ Young adult

Coping with cancer in your twenties or thirties? We offer information and resources to help you face the challenges that are unique to your age group.



PATIENT AND FAMILY RESOURCE LIBRARY RADIATION ONCOLOGY, 2K, LEBANON, NH

Stop by and browse our shelves the next time you are here for an appointment. Our library offers books, CDs and DVDs on a wide variety of cancer-related topics as well as an easy borrow and return policy.

Printed materials are also available at other Cancer Center locations. Please inquire about the materials available to you where you receive your care.

ACUPRESSURE FOR SELF-CARE * 

Held quarterly.

Please refer to calendar for date and time.

Hoyt Bingham, LMT

Discover an easy-to-learn practice to reduce stress and anxiety. One that can be applied to living with cancer before, during and after treatment.

Registration required.

HEALTHY COOKING DEMONSTRATION *

Held quarterly.

Please refer to calendar for date and time.

Elise Cushman, MS, RD, LD, CSO

A class to help break down the barriers to healthy eating. We focus on simple meals that are easy to prepare, keep us on budget and help us to get more fruit and vegetables into our day.

This class meets in person at DCC Lebanon.

Registration required.

HEALTHY EATING CLASS * 

Held quarterly.

Please refer to calendar for date and time.

Healthy eating discussions with our Oncology Dietitians. Topics will vary each quarter.

Registration required.

GUIDED MEDITATION & MINDFULNESS * 

Held monthly.

Please refer to calendar for date and time.

Shiri Macri, LMHC

Relaxing mindfulness sessions in a supportive environment to help create a sense of calm and reduce stress. We practice guided meditations, chat about mindfulness, share observations, ask questions and explore how to cultivate practices that might be supportive for each of us.

Registration required.

SELF-HYPNOSIS AND STRESS RELIEF * 

Held quarterly.

Please refer to calendar for date and time.

Karen Gray, CH, CHI, RN

Multiple workshops held quarterly. Learn the basic techniques for self-hypnosis and discover how to use this beneficial practice to reduce stress and anxiety, improve focus and concentration, increase positive feelings, help with sleep and so much more.

Registration required.

SELF-MASSAGE FOR SHOULDERS AND NECK * 

Held quarterly.

Please refer to calendar for date and time.

Jacey Cobb, PTA, LMT

Discover simple techniques that soothe shoulder and neck tension, help reduce stress and anxiety and allow us to feel calm, relaxed and refreshed.

Registration required.

WIG AND MASTECTOMY PROSTHESIS FITTING SERVICE

Wigs, breast prostheses, mastectomy garments, compression sleeves and more are available by appointment. These services are provided by the Amanda Thomas Wig & Mastectomy Boutique.

Please call the Amanda Thomas Wig & Mastectomy Boutique at (603) 595-9447 for more information and to schedule an appointment.

For a listing of additional wig salons and personal care boutiques located throughout New Hampshire and Vermont, as well as online stores, please email: cancersupport@hitchcock.org.

(* **Registration required.**

() **Virtual Option.**

Register for programs by emailing cancersupport@hitchcock.org or calling (603) 650-7751.



HIBISCUS
Watercolor by Sharon Weaver



**PLESTIN POPPIES,
PLESTIN-LES-GREVES,
BRITANNY, FRANCE**
Mixed Media by Fran Chevalier

**Created during Art Outlet classes with Kim Hall,
Visual Artist, Creative Arts Program.**

CREATIVE WRITING AND TELLING**OUR STORIES * ****Marjorie Sa'adah, MA**

Our creative writer meets with patients and their families to guide and support them to write the stories, memories, letters, prose and poetry of their lives—finding joy, new understanding and meaningful connections. Meetings can be virtual or in person and by appointment.

No prior writing experience is needed.

WRITING CIRCLE: A WRITING GROUP FOR CANCER PATIENTS AND THEIR CARE PARTNERS * 

Multi-week workshops held quarterly.

Please refer to calendar for date and time.

A way to process hard experiences, take a relaxing break, or celebrate life. We write in response to short prompts (readings or exercises) followed by optional sharing. No prior writing experience is needed.

Registration required for each workshop.

VISUAL ARTS * **Kim Hall, BFA**

Our visual artist helps patients and their care partners find their own place of expression. Meetings can be virtual or in person and by appointment.

No previous art experience is needed.

ART OUTLET * 

2-hour workshops held monthly.

Please refer to calendar for date and time.

Plug into your creative side. We'll send project details and a suggested supplies list. No previous art experience is needed.

Registration required for each workshop.

HEALING HARP**Margaret Stephens, BM, CTHP, Lebanon****Pamela Stohrer, BS, CTHP, Lebanon****Patricia Williams, BS, CTHP, St. Johnsbury**

The harp produces music that can aid in the healing process of body, mind and spirit. Our therapeutic harpists offer a supportive and restorative service tailored to your needs. We welcome you to enjoy the experience in the infusion suite and reception areas.

You can also listen and watch Margaret's music videos on our Cancer Center Facebook page: www.facebook.com/dartmouthcancer

MUSIC, SOUND AND WELL-BEING *

Held multiple times a year.

Please refer to calendar for date and time.

Margaret Stephens, BM, CTHP

Explore, relax and meditate to music.

Experience the peaceful, soothing sounds of the harp and other instruments and discover how music, sound and imagery can be used to reduce stress and anxiety and promote relaxation and calm.

This class meets in person at DCC Lebanon.

Registration required.

To request a personal session with one of our Creative Artists, please email: creative.arts@hitchcock.org

(* **Registration required.**

( **Virtual Option.**

Register for programs by emailing cancersupport@hitchcock.org or calling (603) 650-7751.



"If a medicine had the same result that we've shown with Reiki and massage, it would be prescribed. I would advocate for patients to be asking for these resources because they're available."

Max Vergo, MD

GENTLE CHAIR YOGA * 🎥

10-week series held on Friday afternoons.

Please refer to calendar for date and time.

Nicole Parker RYT 200

In this gentle, chair-based yoga class, we learn controlled breathing and practice simple movements. No experience is necessary. Patients and care partners of all fitness levels are welcome.

Registration required for each 10-week series.

HEALTHY STEPS FOR WOMEN * 🎥

12-week series held on Wednesday afternoons.

Please refer to calendar for date and time.

Kim Hall, Certified Healthy Steps instructor

A class for women with a current or previous diagnosis of cancer. Fun and set to music. Exercises are designed to increase overall physical fitness, range of motion, strength, balance, emotional well-being and self-image. All fitness levels welcome.

Registration required for each 12-week series.

MOVEMENT AND EXERCISE * 🎥

10-week series held on Tuesday afternoons.

Please refer to calendar for date and time.

Hugh Mellert, MPH, CHES

A gentle, beginner-level, supportive group class that teaches movement, stretching and strength exercises. Patients and care partners of all fitness levels are welcome.

Registration required for each 10-week series.

QIGONG FOR HEALTH * 🎥

10-week series held on Thursday afternoons.

Please refer to calendar for date and time.

Paul Mahoney, Qigong and Tai Chi Master

A gentle practice to help ease stress and tension and develop a calm center. Our class teaches seated and standing postures and meditations with a focus on the breath. No experience is necessary. Patients and care partners of all fitness levels are welcome.

Registration required for each 10-week series.



CHAIR MASSAGE

Our professionally licensed massage therapists provide 15-minute sessions to patients and care partners. Clients sit, fully clothed, in a massage chair with special cushions, ensuring a comfortable and relaxing experience.

Massage is currently available at our Cancer Centers in Lebanon, Keene, Manchester, Nashua and St. Johnsbury.

REIKI

Reiki (pronounced 'RAYkey') is a soothing, healing arts technique that can affect the whole person—body, mind, emotions and spirit. Reiki is gentle and can be provided with or without touch while you are fully clothed and seated or lying down.

Reiki is currently available at our Cancer Center in Lebanon and provided by our specially trained volunteers and our licensed massage therapists.

(* **Registration required.**

(🎥) **Virtual Option.**

Register for programs by emailing cancersupport@hitchcock.org or calling (603) 650-7751.

ONCOLOGY SOCIAL WORKERS

Our social workers offer support to patients and families and help with questions, concerns, and resources, including emotional support, counseling during treatment, resource navigation around financial assistance, in-home support, and transportation.

To speak to an oncology social worker:

- In Lebanon, call(603) 650-5789
- In Bennington, call(802) 447-1836
- In Keene, call(603) 354-5465
- In Manchester, call(603) 629-8683
- In Nashua, call(603) 577-4170
- In St. Johnsbury, call ...(802) 473-4100

Social work services are free of charge.

NEUROCOGNITION PROGRAM

We provide both assessment and treatment services for Dartmouth Cancer Center patients with cognitive concerns including memory, concentration, multi-tasking, organization, and word-finding. Services can be provided in person or via telehealth. Any adult who is currently or has previously received care at any of the Dartmouth Cancer Center sites is eligible for this service. Patients can be referred by any of their providers (oncologist, APRN, PA, primary care office, etc.) Neurocognitive services are covered by Medicare, Medicaid, and most insurances.

For more information, please contact Heather Wishart, PhD, Director of the Neurocognition Program at Dartmouth Cancer Center heather.a.wishart@hitchcock.org, (603) 650-5824, or via eDH message.

DARTMOUTH CANCER CENTER TOBACCO TREATMENT PROGRAM

Want to learn ways to lower your tobacco use? Need help quitting tobacco (including vapes)? No matter what stage you're at in becoming tobacco free, the Dartmouth Cancer Center Tobacco Treatment Program is ready to help. Our support can include quit coaching, tips for behavior change, medication recommendations, and options for managing withdrawal symptoms.

To learn more or make an appointment with a tobacco treatment specialist, call (603) 650-1880.

ONCOLOGY NUTRITION SERVICES

Dietitians are available to answer any nutrition-related questions and offer suggestions on eating well before, during, and after treatment of cancer.

To speak with an oncology dietitian:

- In Lebanon, call.....(603) 650-4344
- In Keene, call.....(603) 354-5454 x3237
- In Manchester, call.....(603) 629-8691
- In Nashua, call.....(603) 577-4170
- In St Johnsbury, call.....(802) 473-4100

Dietitian services are free of charge.



HEALING HARVEST

A program of Dartmouth Cancer Center and available to cancer patients and their families visiting DHMC in Lebanon. We offer free, nutritious groceries, delivered to you anywhere in the hospital.

To learn more about the program or to access our online ordering platform, please visit: www.cancer.dartmouth.edu/healing-harvest



ConnectShareCare

An Online Community of Care Partners
Caring for a person with a serious illness or coping with a loss can feel isolating and overwhelming. Together with others, you can get through this—connect with care partners like you.

ConnectShareCare.org



SPIRITUAL HEALTH

Chaplains are available for our patients, their families and friends during times of hospitalization and when receiving outpatient care.

Chaplains can provide:

- Emotional and spiritual support during challenging times.
- Companionship throughout your health-care journey.
- Rituals, prayer and sacramental ministry, for example, blessings, Anointing of the Sick or Holy Communion, if requested.
- Connection with faith groups and other spiritual resources in the community, if requested.
- Consultation and support when making important decisions.

LEBANON

THE DHMC CHAPEL

The hospital chapel is a beautiful place for rest, reflection and renewal. It is located on the first floor of the new Patient Pavilion, and is open 24 hours a day.

We hope you find our chapel to be a quiet place to:

- Rest and relax your body.
- Reflect and consider what may be on your mind.
- Renew and nourish your spirit.
- Pray, meditate or sit in silence.

Interfaith Chapel services offered:

- Buddhist Meditation
- Islamic Prayers
- Roman Catholic Mass

To learn more about when these services are held, please visit: www.dartmouth-hitchcock.org/patients-visitors/spiritual-health

In-person spiritual care visits are available to Lebanon patients through the Cancer Center chaplain and Chaplaincy Department. Telechaplancy visits via phone conversation or video conferencing are also available. To schedule an in-person or telechaplancy visit, please call the Chaplaincy Department at (603) 650-7939 and leave a message for the Cancer Center chaplain.

KEENE

SPIRITUAL SUPPORT

Just off the main lobby of Cheshire Medical Center is a prayer and meditation room. To request a visit with a Cheshire Medical Center chaplain, please call (603) 354-5400.

MANCHESTER/NASHUA/ST. JOHNSBURY

SPIRITUAL SUPPORT

For patients who receive cancer care in Manchester, Nashua, or St. Johnsbury, telechaplancy visits via phone call or video conferencing are available with the Cancer Center chaplain or another member of the Chaplaincy team. To schedule a telechaplancy visit, please call the Chaplaincy Department at (603) 650-7939 and leave a message for the Cancer Center chaplain.

ST. JOHNSBURY

THE NVRH CHAPEL

The interfaith chapel of Northeastern Vermont Regional Hospital (NVRH) is located on the main floor of the hospital. To contact the NVRH interfaith chaplain, please call (802) 748-7473.



NOTE: THE FOLLOWING OFFERINGS ARE AVAILABLE IN THE UPPER VALLEY COMMUNITY TO CANCER PATIENTS, PRESENT AND PAST AND IN SOME CASES, CARE PARTNERS. WHILE THE FOLLOWING PROGRAMS ARE NOT OFFERED BY DARTMOUTH CANCER CENTER, THEY COMPLEMENT OUR PROGRAMS. WE RECOMMEND YOU CONTACT THESE WELLNESS OPPORTUNITIES DIRECTLY FOR MORE INFORMATION.



THE HAND TO HEART PROJECT- FREE IN-HOME MASSAGE FOR PEOPLE FACING CANCER

Founded in 2007, this nonprofit program offers free in-home massage and compassionate touch to people facing cancer and cancer treatment, from diagnosis through recovery or end of life. The service is also available to their primary caregivers. The massages are provided by massage therapists with very big hearts and many years of experience. The Hand to Heart Project is supported almost entirely by donations from individuals, businesses, charitable trusts and foundations. It is a program of NH-VT Palliative Services, a New Hampshire-based nonprofit corporation with tax-exempt status under IRS rules.

Hand to Heart began in the Upper Valley area of New Hampshire and Vermont, but has expanded a great deal recently. The program now covers towns in the Upper Valley region from New London, NH, to the east over to Bethel and Randolph, VT, to the west, and from Bradford, VT, and Orford, NH, to the north—down to Charlestown, NH, and Springfield, VT, to the south. With the recent expansions, the program also now includes the Keene, NH, area, the Brattleboro, VT, area, and southwestern Vermont, from the greater Rutland area south to Bennington.

CONTACT INFORMATION:
The Hand to Heart Project
 PO Box 248
 Cornish Flat, NH 03746

To request a massage from The Hand to Heart Project, call (603) 542-8367, or email: contact@handtoheartproject.org

Find your buddy.

CancerBuddy is the first social support network for cancer patients, survivors, and caregivers.

Download the free app.
 Download on the App Store
 GET IT ON Google Play

CancerBuddy
 Making cancer a little less lonely.

ACUPUNCTURE

Hadley Clark, Doctor of Acupuncture

Acupuncture is a complementary health approach in which a practitioner stimulates specific points on the body, most often by inserting thin needles through the skin. It is one of the practices used in traditional Chinese medicine. Research suggests that acupuncture can benefit cancer patients. It's been shown that acupuncture reduces nausea and vomiting after surgery and chemotherapy and can improve other common symptoms of cancer treatments, such as stress and insomnia.

SOMATICS FOR WELLBEING

Kate Gamble, founder/director, BFA, MSPT

Somatic practices use your internal awareness through proprioception, interoception, kinesthetic awareness, etc., to bring awareness to both habits and potential new choices you have in moving and embodying your life. Somatic learning can make the unconscious conscious, and in the process leaves you with more options for moving, acting, thinking and living. It maximizes not just your physical body, but your full human potential. The processes of working this way allows your own nervous system to recalibrate and for there to be lasting change that comes from a deep inner awareness of how you move. Somatics can be used to relieve pain, manage stress, and improve performance both physically and qualitatively in all aspects of life (sports, arts, work, and play).

TAI CHI

Kevin Comeau, Martial Arts Instructor

This class will provide instruction in the body movements and breathing patterns needed to learn the Yang style short form. This course is suitable for beginners who are interested in improving their health, as well as students with prior experience in the short form. All are welcome - you can get started no matter what shape you are in!

TO LEARN MORE, SIGN UP, OR EXPLORE SCHOLARSHIP OPPORTUNITIES:

Open Door
18 North Main Street
White River Junction, Vermont
(802) 478-0174
or email opendoorwrj@gmail.com
www.opendooruv.com

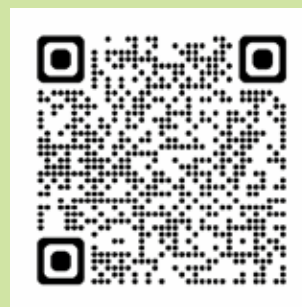
Clinical Hypnosis for Health and Wellness
Karen Gray, CH, RN

Green Mountain Hypnosis works with clients to resolve stress, eliminate anxiety, control pain, support weight management (gain or loss), improve sleep, and more, and is pleased to provide a 5-session program for Dartmouth Cancer Center patients and their care partners.

Services are offered on a sliding scale rate, dependent on financial need, with costs beginning at \$78 per session (a 40% discount) up to the full amount of \$195 per session. A limited number of sliding scale clients are accepted each month.

To learn more, sign up, or submit an application:

<https://karenggray3.zohobookings.com/#/3976471000004713002>
[\[karenggray3.zohobookings.com\]](https://karenggray3.zohobookings.com)

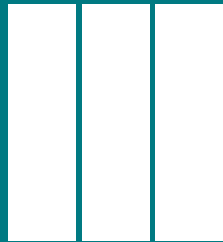


Hypnosis can be used in conjunction with any other treatments or therapies to enhance emotional and physical health and healing.

**PALS
for Life**
at the
Upper Valley
Aquatic Center



UPPER VALLEY



**AQUATIC
CENTER**
uvacswim.org

PALS FOR LIFE

A FREE 12-week research-based group training program for breast cancer survivors, following the University of Pennsylvania’s PALS (Physical Activity and Lymphedema Study) protocol. Led by ACSM Cancer Specialists at the Upper Valley Aquatic Center in White River Junction, VT.

- UVAC membership with full use of the facilities and equipment
- Lymphedema seminar provided by physical therapists who specialize in breast cancer rehab at DHMC
- Nutrition seminar provided by Oncology Nutrition Team at DHMC

WHO IS PALS FOR?

PALS for Life welcomes anyone who has been affected by breast cancer. All survivors are encouraged to stay active. Strength training, if performed correctly and with proper guidelines, is very safe and extremely beneficial for those who have, or may be at risk, for lymphedema.

Am I ready to PARTICIPATE

- A referral is required by your current Oncologist or PCP.
- Physical therapist clearance required post-op, 6-8 weeks. Discussion of lymphedema, scar tissue, ROM.
- Must have finished radiation, 6-8 weeks ago.
- Open to those undergoing chemotherapy and those who have completed adjuvant and neoadjuvant therapies.
- If you have any swelling, you should be seen by a physical therapist prior to starting.

For those undergoing chemotherapy, exercise is generally considered safe and beneficial. It can help manage side effects like fatigue, improve quality of life, and potentially even enhance the effectiveness of treatment. Please consult your doctor before starting any exercise routine to ensure it’s appropriate based on your specific situation and treatment plan.

Questions and registration

Contact Erin Buck, ACSM Cancer Specialist
802.296.2850 ext. 112 or ebuck@uvacswim.org
Upper Valley Aquatic Center, 100 Arboretum Road, WRJ, VT

CReW



CReW: CANCER RECOVERY THROUGH ROWING

A FREE indoor and on-the-water program through the Upper Valley Rowing Foundation that is open to anyone living with cancer or beyond.

CReW isn't a support group, but we are the most supportive group you could ever be a part of.

No experience necessary!
QUESTIONS AND REGISTRATION:
Contact us at
Crew.Uvrf@gmail.com



Join Anytime!
FUN!



Anticancer
LIFESTYLE PROGRAM®



Take Charge of Your Health

Up to 75% of cancers are linked to lifestyle behaviors. If you are living with cancer, or seek to prevent chronic illness, the **Anticancer Lifestyle Program** will help you reduce your risk by lowering inflammation and boosting your immune system.

Our FREE offerings include:

- An online course
- eBooks
- Webinars
- Blogs
- Recipes
- ...and much more!

You will learn how to:

- Make healthier food choices
- Work more activity into your daily life
- Lower your daily exposure to harmful toxins
- Reduce stress using simple techniques



CHANGE



MINDSET



DIET



FITNESS



ENVIRONMENT

FREE • BACKED BY EXPERTS • POWERED BY EVIDENCE
DOCTOR RECOMMENDED

READY TO GET STARTED?

Visit us at anticancerlifestyle.org



Anticancer
LIFESTYLE PROGRAM®



IMPACT AT DARTMOUTH CANCER CENTER IN 2024 BY THE NUMBERS

4,500

people Prouty-ed to show their support—including 750 volunteers



\$8.2M

raised in the 43rd annual Prouty



9,843

donors of all levels



\$1M

investment of funds raised through The Prouty to advance Precision Cancer Prevention research



7x



increase in patient accrual to clinical trials

19

patient support programs provided free of charge through our Complementary Care Program



1,042

orders of food for patients with food insecurity delivered in the past year through Healing Harvest



1 → 12

Innovative pilot projects leverage The Prouty's initial philanthropic investment, bringing in an average of \$12 in additional national research funding for every dollar invested



The Prouty is northern New England's largest family-friendly fundraising event combining cycling, walking, rowing, golf and more to raise funds and awareness for life-saving research and critical patient and family support services at Dartmouth Cancer Center.

Join us in July!
Learn more: **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.



Dartmouth Health is committed to a clean and healthy world. We choose environmentally responsible printing companies, and paper that is recycled or produced from sustainably forested resources.

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