

Dartmouth
Cancer Center



Dartmouth
Health



Dartmouth
GEISEL SCHOOL OF
MEDICINE

Complementary Care Program

A wellness approach for body, mind and spirit

PROGRAM CALENDAR / MAY-AUGUST 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



To learn more about all of the support and well-being services available to Dartmouth Cancer Center patients and their families:

Visit us on the web at cancer.dartmouth.edu

Find us on Facebook at facebook.com/dartmouthcancer

MAY 2025 Classes & Support Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>(★) Registration required.</div> <div>(■●) Virtual option.</div> <div>TO REGISTER: cancersupport@hitchcock.org or 603-650-7751</div>			1	2	3
			Soma & Song ★■● 10:30-11:30 am	Gentle Chair Yoga ★■● 1-2 pm	
5	6	7	8	9	10
	Movement & Exercise ★■● 1:30-2:30 pm Writing Circle ★■● 5-6:30 pm	Healthy Steps for Women ★■● 1-2 pm Metastatic Breast Cancer Group ★■● 2:30-4:30 pm Caring for Someone with Serious Illness ★■● 5-6 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	Gentle Chair Yoga ★■● 1-2 pm	
12	13	14	15	16	17
Art Outlet ★■● 3-5 pm	Movement & Exercise ★■● 1:30-2:30 pm Writing Circle ★■● 5-6:30 pm	Healthy Steps for Women ★■● 1-2 pm	Qigong: Experienced Level ★■● 1:30-2:30 pm Qigong: Beginner Level ★■● 2:45-3:45 pm Leukemia, Lymphoma & Myeloma Group ★■● 5-6:30 pm	Gentle Chair Yoga ★■● 1-2 pm	
19	20	21	22	23	24
Self-Hypnosis for Pain Management ★■● 2-3:30 pm Care Partners In-Person Group ★ 2:30-3:30 pm Prostate Cancer Group ★■● 6-7 pm	Movement & Exercise ★■● 1:30-2:30 pm Writing Circle ★■● 5-6:30 pm	Healthy Steps for Women ★■● 1-2 pm Thriving After Breast Cancer ★■● 5-6 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	Gentle Chair Yoga ★■● 1-2 pm	Art Outlet ★■● 2-4 pm
26	27	28	29	30	31
Clinics Closed	Movement & Exercise ★■● 1:30-2:30 pm Writing Circle ★■● 5-6:30 pm	Healthy Steps for Women ★■● 1-2 pm	Qigong: Experienced Level ★■● 1:30-2:30 pm Qigong: Beginner Level ★■● 2:45-3:45 pm Guided Meditation & Mindfulness ★■● 6-7 pm	Gentle Chair Yoga ★■● 1-2 pm	

JUNE 2025 Classes & Support Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Survivorship Series: A Holistic Approach to Healing *■● 5-6:30 pm	3 Movement & Exercise *■● 1:30-2:30 pm	4 Healthy Steps for Women *■● 1-2 pm Metastatic Breast Cancer Group *■● 2:30-4:30 pm Caring for Someone with Serious Illness *■● 5-6 pm	5 Qigong: Experienced Level *■● 1:30-2:30 pm Qigong: Beginner Level *■● 2:45-3:45 pm	6	7
9 Art Outlet *■● 3-5 pm Survivorship Series: A Holistic Approach to Healing *■● 5-6:30 pm	10	11 Healthy Steps for Women *■● 1-2 pm	12 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	13 Gentle Chair Yoga *■● 1-2 pm	14
16 Care Partners In-Person Group * 2:30-3:30 pm Survivorship Series: A Holistic Approach to Healing *■● 5-6:30 pm	17	18 Healthy Steps for Women *■● 1-2 pm Thriving After Breast Cancer *■● 5-6 pm	19 Qigong: Experienced Level *■● 1:30-2:30 pm Qigong: Beginner Level *■● 2:45-3:45 pm Leukemia, Lymphoma & Myeloma Group *■● 5-6:30 pm	20 Gentle Chair Yoga *■● 1-2 pm	21
23 Survivorship Series: A Holistic Approach to Healing *■● 5-6:30 pm Prostate Cancer Group *■● 6-7 pm	24	25 Healthy Steps for Women *■● 1-2 pm	26 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	27 Gentle Chair Yoga *■● 1-2 pm	28
30 Survivorship Series: A Holistic Approach to Healing *■● 5-6:30 pm	<div>(*) Registration required.</div> <div>(■●) Virtual option.</div> <div>TO REGISTER: cancersupport@hitchcock.org or 603-650-7751</div> 				

JULY 2025 Classes & Support Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Writing Circle *■● 5-6:30 pm	2 Healthy Steps for Women *■● 1-2 pm Metastatic Breast Cancer Group *■● 2:30-4:30 pm Caring for Someone with Serious Illness *■● 5-6 pm	3	4 Clinics Closed	5
7 Survivorship Series: A Holistic Approach to Healing *■● 5-6:30 pm	8 Writing Circle *■● 5-6:30 pm	9 Healthy Steps for Women *■● 1-2 pm	10 Living with Cancer Group *■● 5:30-6:45 pm	11	12 The Prouty 2025
14 Art Outlet *■● 3-5 pm Survivorship Series: A Holistic Approach to Healing *■● 5-6:30 pm	15 Writing Circle *■● 5-6:30 pm	16 Thriving After Breast Cancer *■● 5-6 pm	17 Self-Massage for Shoulders & Neck *■● 2-3 pm Leukemia, Lymphoma & Myeloma Group *■● 5-6:30 pm	18	19
21 Care Partners In-Person Group * 2:30-3:30 pm	22 Writing Circle *■● 5-6:30 pm	23	24 Living with Cancer Group *■● 5:30-6:45 pm Guided Meditation & Mindfulness *■● 6-7 pm	25	26 Art Outlet *■● 2-4 pm
28 Understanding Stress, A Self- Hypnosis Class *■● 2-3:30 pm Prostate Cancer Group *■● 6-7 pm	29	30	31 Acupressure for Self-Care *■● 2:30-3:30 pm	<div>(*) Registration required.</div> <div>(■●) Virtual option.</div> <div>TO REGISTER: cancersupport@hitchcock.org or 603-650-7751</div>	

AUGUST 2025 Classes & Support Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>(✱) Registration required.</div> <div>(■●) Virtual option.</div> <div>TO REGISTER:</div> <div>cancersupport@hitchcock.org or 603-650-7751</div>				1	2
4	5	6 <div>Metastatic Breast Cancer Group ✱ ■● 2:30-4:30 pm</div> <div>Caring for Someone with Serious Illness ✱ ■● 5-6 pm</div>	7	8	9
11 <div>Art Outlet ✱ ■● 3-5 pm</div>	12	13	14 <div>Living with Cancer Group ✱ ■● 5:30-6:45 pm</div>	15	16
18	19	20 <div>Thriving After Breast Cancer ✱ ■● 5-6 pm</div>	21 <div>Leukemia, Lymphoma & Myeloma Group ✱ ■● 5-6:30 pm</div> <div>Guided Meditation & Mindfulness ✱ ■● 6-7 pm</div>	22	23 <div>Art Outlet ✱ ■● 2-4 pm</div>
25 <div>Care Partners In-Person Group ✱ 2:30-3:30 pm</div> <div>Prostate Cancer Group ✱ ■● 6-7 pm</div>	26	27	28 <div>Living with Cancer Group ✱ ■● 5:30-6:45 pm</div>	29	30

COMPLEMENTARY CARE PROGRAM

Schedule of In-Person Services *

Dartmouth Cancer Center - Lebanon

Monday

Chair Massage: 9 am to 1 pm (Waiting Area-2K)

Reiki: 1 to 4 pm (Infusion Suite-3K)

Tuesday

Chair Massage: 9 am to 1 pm (The Reeder Room-3K)

Reiki: 1 to 4 pm (Infusion Suite-3K)

Wednesday

Chair Massage: 9 am to 1 pm (Waiting Area-2K)

Healing Harp: 9:30 am to 1:30 pm (Waiting Areas-2K/3K & Infusion Suite-3K)

Reiki: 1 to 4 pm (Infusion Suite-3K)

Thursday

Healing Harp: 9:30 am to 12 pm (Waiting Areas-2K/3K & Infusion Suite-3K)

Reiki: 1 to 4 pm (Infusion Suite-3K)

Friday

Chair Massage: 9 am to 1 pm (The Reeder Room-3K)

Art Cart: 10:30 am to 11:30 am & 1 to 2 pm (Infusion Suite-3K)

For more information about Lebanon services, please contact us at cancersupport@hitchcock.org or (603) 650-7751

Dartmouth Cancer Center - Keene

Chair Massage: Monday, Wednesday, Thursday, 9 am to 1 pm

Dartmouth Cancer Center - Manchester

Hand/Foot Massage: Tuesday, Thursday, 10 am to 2 pm

Dartmouth Cancer Center - Nashua

Hand/Foot Massage: Monday, Wednesday, 10 am to 2 pm

Dartmouth Cancer Center - St. Johnsbury

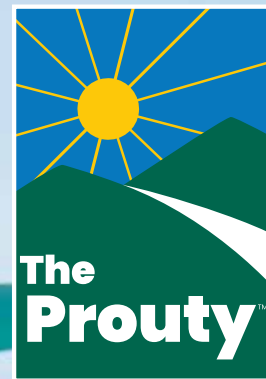
Chair Massage: Monday, Thursday, 9 am to 1 pm

Healing Harp: Tuesday, Wednesday, 10 am to 2 pm

For more information about Keene, Manchester, Nashua or St. Johnsbury services, please inquire when you check in for your next appointment.

*Schedule is subject to change based on staffing availability.

Hope starts HERE.



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 on Saturday, July 12, **free of charge**.

Contact us for more info:

info@TheProuty.org
(603) 646-5500

Friends of
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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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