

Dartmouth
Cancer Center



Dartmouth
Health



Dartmouth
GEISEL SCHOOL OF
MEDICINE

Complementary Care Program

A wellness approach for body, mind and spirit

PROGRAM CALENDAR / SEPTEMBER-DECEMBER 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 and beyond.

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



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

SEPTEMBER 2025 Classes & Support Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Clinics Closed	2 Writing Circle * 5-6:30 pm	3 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	4 Guided Meditation & Mindfulness * 6-7 pm	5 	6 Art Outlet * 2-4 pm
8 	9 Writing Circle * 5-6:30 pm	10 Healthy Steps for Women * 1-2 pm	11 Living with Cancer Group * 5:30-6:45 pm	12 Gentle Chair Yoga * 1-2 pm	13 Forest Bathing * 11 am-12 pm
15 Care Partners In-Person Group * DHMC Lebanon 2:30-3:30 pm	16 Movement & Exercise * 1:30-2:30 pm Writing Circle * 5-6:30 pm	17 Healthy Steps for Women * 1-2 pm Thriving After Breast Cancer * 5-6 pm	18 Qigong: Experienced Level * 1:30-2:30 pm Qigong: Beginner Level * 2:45-3:45 pm Leukemia, Lymphoma & Myeloma Group * 5-6:30 pm	19 Gentle Chair Yoga * 1-2 pm	20 Art Outlet * 2-4 pm
22 Self-Hypnosis for Pain Management * 2-3:30 pm Prostate Cancer Group * 6-7 pm	23 Movement & Exercise * 1:30-2:30 pm Writing Circle * 5-6:30 pm	24 Healthy Steps for Women * 1-2 pm	25 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	26 Gentle Chair Yoga * 1-2 pm	27
29 Advanced Care Planning * 5-6 pm	30 Movement & Exercise * 1:30-2:30 pm	(*) Registration required. () Virtual option. TO REGISTER: cancersupport@hitchcock.org or 603-650-7751			

OCTOBER 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>		<div>1</div> <div>Healthy Steps for Women *■● 1-2 pm</div> <div>Metastatic Breast Cancer Group *■● 2:30-4:30 pm</div> <div>Caring for Someone with Serious Illness *■● 5-6 pm</div>	<div>2</div> <div>Qigong: Experienced Level *■● 1:30-2:30 pm</div> <div>Qigong: Beginner Level *■● 2:45-3:45 pm</div> <div>Guided Meditation & Mindfulness *■● 6-7 pm</div>	<div>3</div> <div>Gentle Chair Yoga *■● 1-2 pm</div>	<div>4</div> <div>Art Outlet *■● 2-4 pm</div>
<div>6</div> <div>Survivorship Series: Intuitive Eating & Plant-based Diet *■● 5-6:15 pm</div>	<div>7</div> <div>Music, Sound & Well-being * DHMC Lebanon 10:30-11:30 am</div> <div>Movement & Exercise *■● 1:30-2:30 pm</div>	<div>8</div> <div>Healthy Steps for Women *■● 1-2 pm</div>	<div>9</div> <div>Qigong: Experienced Level *■● 1:30-2:30 pm</div> <div>Qigong: Beginner Level *■● 2:45-3:45 pm</div> <div>Living with Cancer Group *■● 5:30-6:45 pm</div>	<div>10</div> <div>Gentle Chair Yoga *■● 1-2 pm</div>	<div>11</div> <div>Art Outlet *■● 2-4 pm</div>
<div>13</div> <div>Survivorship Series: Intuitive Eating & Plant-based Diet *■● 5-6:15 pm</div>	<div>14</div> <div>Movement & Exercise *■● 1:30-2:30 pm</div>	<div>15</div> <div>Healthy Steps for Women *■● 1-2 pm</div> <div>Thriving After Breast Cancer *■● 5-6 pm</div>	<div>16</div> <div>Qigong: Experienced Level *■● 1:30-2:30 pm</div> <div>Qigong: Beginner Level *■● 2:45-3:45 pm</div> <div>Leukemia, Lymphoma & Myeloma Group *■● 5-6:30 pm</div>	<div>17</div> <div>Gentle Chair Yoga *■● 1-2 pm</div>	<div>18</div> <div>Survivorship Symposium: Life After a Cancer Diagnosis * DHMC Lebanon 9 am-4 pm</div>
<div>20</div> <div>Care Partners In-Person Group * DHMC Lebanon 2:30-3:30 pm</div> <div>Survivorship Series: Intuitive Eating & Plant-based Diet *■● 5-6:15 pm</div>	<div>21</div> <div>Movement & Exercise *■● 1:30-2:30 pm</div>	<div>22</div> <div>Healthy Steps for Women *■● 1-2 pm</div>	<div>23</div> <div>Qigong: Experienced Level *■● 1:30-2:30 pm</div> <div>Qigong: Beginner Level *■● 2:45-3:45 pm</div> <div>Living with Cancer Group *■● 5:30-6:45 pm</div>	<div>24</div> <div>Gentle Chair Yoga *■● 1-2 pm</div>	<div>25</div> <div>Art Outlet *■● 2-4 pm</div>
<div>27</div> <div>Survivorship Series: Intuitive Eating & Plant-based Diet *■● 5-6:15 pm</div> <div>Prostate Cancer Group *■● 6-7 pm</div>	<div>28</div> <div>Movement & Exercise *■● 1:30-2:30 pm</div>	<div>29</div> <div>Healthy Steps for Women *■● 1-2 pm</div>	<div>30</div> <div>Qigong: Experienced Level *■● 1:30-2:30 pm</div> <div>Qigong: Beginner Level *■● 2:45-3:45 pm</div>	<div>31</div> <div>Gentle Chair Yoga *■● 1-2 pm</div>	

NOVEMBER 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>			<div>1</div> <div>Art Outlet *■● 2-4 pm</div>		
<div>3</div> <div>Understanding Stress, A Self-Hypnosis Class *■● 2-3:30 pm</div> <div>Survivorship Series: Intuitive Eating & Plant-based Diet *■● 5-6:15 pm</div>	<div>4</div> <div>Movement & Exercise *■● 1:30-2:30 pm</div> <div>Writing Circle *■● 5-6:30 pm</div>	<div>5</div> <div>Healthy Steps for Women *■● 1-2 pm</div> <div>Metastatic Breast Cancer Group *■● 2:30-4:30 pm</div> <div>Caring for Someone with Serious Illness *■● 5-6 pm</div>	<div>6</div> <div>Qigong: Experienced Level *■● 1:30-2:30 pm</div> <div>Qigong: Beginner Level *■● 2:45-3:45 pm</div> <div>Living with Cancer Group *■● 5-6:30 pm</div> <div>Guided Meditation & Mindfulness *■● 6-7 pm</div>	<div>7</div> <div>Gentle Chair Yoga *■● 1-2 pm</div>	<div>8</div> <div>Art Outlet *■● 2-4 pm</div>
<div>10</div> <div>Survivorship Series: Intuitive Eating & Plant-based Diet *■● 5-6:15 pm</div>	<div>11</div> <div>Movement & Exercise *■● 1:30-2:30 pm</div> <div>Writing Circle *■● 5-6:30 pm</div>	<div>12</div> <div>Healthy Steps for Women *■● 1-2 pm</div>	<div>13</div> <div>Qigong: Experienced Level *■● 1:30-2:30 pm</div> <div>Qigong: Beginner Level *■● 2:45-3:45 pm</div> <div>Caring for the Caregivers *■● 2:30-4:30 pm</div>	<div>14</div> <div>Gentle Chair Yoga *■● 1-2 pm</div>	<div>15</div> <div>Art Outlet *■● 2-4 pm</div>
<div>17</div> <div>Care Partners In-Person Group * DHMC Lebanon 2:30-3:30 pm</div> <div>Survivorship Series: Intuitive Eating & Plant-based Diet *■● 5-6:15 pm</div>	<div>18</div> <div>Movement & Exercise *■● 1:30-2:30 pm</div> <div>Writing Circle *■● 5-6:30 pm</div>	<div>19</div> <div>Healthy Steps for Women *■● 1-2 pm</div> <div>Thriving After Breast Cancer *■● 5-6 pm</div>	<div>20</div> <div>Qigong: Experienced Level *■● 1:30-2:30 pm</div> <div>Qigong: Beginner Level *■● 2:45-3:45 pm</div> <div>Leukemia, Lymphoma & Myeloma Group *■● 5-6:30 pm</div> <div>Living with Cancer Group *■● 5:30-6:45 pm</div>	<div>21</div> <div>Gentle Chair Yoga *■● 1-2 pm</div>	<div>22</div> <div>Art Outlet *■● 2-4 pm</div>
<div>24</div> <div>Survivorship Series: Intuitive Eating & Plant-based Diet *■● 5-6:15 pm</div> <div>Prostate Cancer Group *■● 6-7 pm</div>	<div>25</div> <div>Writing Circle *■● 5-6:30 pm</div>	<div>26</div> <div>Healthy Steps for Women *■● 1-2 pm</div>	<div>27</div> <div>Clinics Closed</div>	<div>28</div> <div>Gentle Chair Yoga *■● 1-2 pm</div>	<div>29</div> <div>Art Outlet *■● 2-4 pm</div>

DECEMBER 2025 Classes & Support Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Discover Comfort & Relief with Essential Oils * (V) 1-2 pm	2 Food as Medicine: The Power of Plant-based Eating * (V) 12-1 pm	3 Metastatic Breast Cancer Group * (V) 2:30-4:30 pm Caring for Someone with Serious Illness * (V) 5-6 pm	4 Self-Massage for Shoulders & Neck * (V) 2-3 pm Guided Meditation & Mindfulness * (V) 6-7 pm	5	6 Art Outlet * (V) 2-4 pm
8 Mindful Breathing & Calm Centering * (V) 1-2 pm	9 Soma & Song * (V) 12:30-1:30 pm	10	11 Acupressure for Self-Care * (V) 2:30-3:30 pm Living with Cancer Group * (V) 5:30-6:45 pm	12	13
15 Care Partners In-Person Group * DHMC Lebanon 2:30-3:30 pm	16	17 Thriving After Breast Cancer * (V) 5-6 pm	18 Leukemia, Lymphoma & Myeloma Group * (V) 5-6:30 pm	19	20 Art Outlet * (V) 2-4 pm
22	23	24	25 Clinics Closed	26	27
29	30	31	<div>(*) Registration required.</div> <div>(V) Virtual option.</div> <div>TO REGISTER: cancersupport@hitchcock.org or 603-650-7751</div>		

COMPLEMENTARY CARE PROGRAM

Schedule of In-Person Services *

DCC - Lebanon

Chair Massage

Monday, Wednesday
9 am to 1 pm
Waiting Area-2K

Tuesday, Friday
9 am to 1 pm
The Reeder Room-3K

Healing Harp

Wednesday
9:30 am to 1:30 pm
Waiting Areas-2K/3K & Infusion Suite-3K

Thursday
9:30 am to 12 pm
Waiting Areas-2K/3K& Infusion Suite-3K

Reiki

Monday, Tuesday, Wednesday, Thursday
1 to 4 pm
Infusion Suite-3K

Visual Art Cart

Friday
10:30 am to 11:30 am & 1 to 2 pm
Waiting Area 3K & Infusion Suite-3K

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

*Schedule is subject to change based on staffing availability.

DCC - Keene

Chair Massage

Monday, Wednesday, Thursday
9 am to 1 pm

DCC - Manchester

Hand/Foot Massage:

Tuesday, Thursday
10 am to 2 pm

Reiki

Wednesday
10 am to 2 pm

DCC - Nashua

Hand/Foot Massage

Monday, Wednesday
10 am to 2 pm

DCC - 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.

Hope starts HERE.



Save the date
July 11, 2026

Learn more at **TheProuty.org**

Get involved with the Friends!



**Be a Friend.
Deliver Hope.
Fight Cancer.**

Create your own fundraiser to support cancer research and patient support services at Dartmouth Cancer Center.

FriendsFightingCancer.org

Thanks to Friends dollars, our FREE Complementary Care programs are available to you regardless of where you live, and no matter where or when you or your family member received care. This includes programs such as the therapeutic harp, oncology massage, chair yoga classes, creative writing, Qigong classes, and support groups. **Join the Friends of Dartmouth Cancer Center and get involved today!**

Contact Pat McBride, Director, Friends of Dartmouth Cancer Center at Patrick.J.McBride@hitchcock.org or 603-646-5150

Friends of
**Dartmouth
Cancer Center**



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.

Dartmouth
Cancer Center

