

Dartmouth  
Cancer Center



Dartmouth  
Health



Dartmouth  
GEISEL SCHOOL OF  
MEDICINE

# Complementary Care Program

**Whole-person support for body, mind and  
spirit—from time of diagnosis and beyond.**

**PROGRAM GUIDE / CALENDAR YEAR 2026**



# Complementary Care Program

## PROGRAM GUIDE | CALENDAR YEAR 2026

Supporting the whole person-body, mind and spirit-from time of diagnosis and beyond.

### MISSION

To enhance the well-being of Dartmouth Cancer Center patients and care partners by offering evidence-based complementary care services that support the whole person-body, mind and spirit-from time of diagnosis and beyond.

### VISION

To offer whole-person wellness services where every cancer patient and care partner has access to personalized supports that build community, enhance quality of life and help manage symptoms.

### WELCOME

At Dartmouth Cancer Center, we believe healing extends beyond medical treatment. Our Complementary Care Program provides a compassionate, supportive experience where patients and care partners can find comfort, connection and strength.

Whether you're seeking relaxation, community or creative expression, our offerings are designed to

support your journey toward greater well-being- wherever you are in your care experience.

Our wellness classes, services, and support groups are provided free of charge, most connecting virtually and available to Dartmouth Cancer Patients and Care Partners from the moment of diagnosis and beyond.

Please visit us at:

[go.d-h.org/complementary](https://go.d-h.org/complementary)



# Support Groups

## Get connected to our community of support.

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

Our support groups offer a welcoming space where you are accepted—no matter what you need to talk about, or if you simply want to listen. There is no judgement, only the understanding that what you are going through is really hard. Being with others who understand can help you find strength and hope.

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](mailto:cancersupport@hitchcock.org).

### **CARE PARTNERS GROUP \***

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

A place of compassion, connection and support 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 living 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 \***

**3rd Thursday, 5 to 6:30 pm**

A group for people with any type of blood cancer, at any stage. Care partners, family members and friends are welcome to join.

### **LIVING WITH CANCER \***

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

A group for anyone living with or beyond a cancer diagnosis.

### **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, 6 to 7 pm**

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

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

(\* Registration required.

 Virtual Option.

**Register for programs by emailing [cancersupport@hitchcock.org](mailto:cancersupport@hitchcock.org) or calling 603-650-7751.**



### FREE RESOURCE PACKETS

Coping with cancer means finding ways to manage change and challenge. To request a resource packet mailed to your home, please call 603-650-7751.

Choose from the following:

#### ■ 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 Dartmouth 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.****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.****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.****INTUITIVE EATING AND CANCER CARE \* ****Please refer to calendar for date and time.****Elise Cushman, MS, RD, LD, CSO****Nicole Parker, RD, LD, CNSC, RYT 200**

A 6-week workshop designed to help us build a healthier, more compassionate relationship with food while learning evidence-based strategies to reduce recurrence risk and assist with symptom management, like cancer-related fatigue. Each week includes an interactive presentation, group discussion, cook-along demonstration and practical take-home resources and recipes. Participants will learn how to nourish their bodies mindfully while addressing common challenges, like fatigue, and enjoy hands-on cooking tips that incorporate nutritious meals into everyday life.

**Registration required.****SELF-HYPNOSIS FOR PAIN MANAGEMENT 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 pain, 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](mailto:cancersupport@hitchcock.org).

(\*) Registration required.

 Virtual Option.

**Register for programs by emailing [cancersupport@hitchcock.org](mailto:cancersupport@hitchcock.org) or calling 603-650-7751.**

## WOODEN SPOONS

Brett Ann Stanciu

Monday through Friday, September through May, my sister or I stirred Cream of Wheat into the brown pot with the clover leaf imprinted on its lid. Weekends, we had a cornflakes reprieve. We used a wooden spoon worn down from stirring. You wouldn't think it - that brief stir of thin gruel into boiling water - that wood could wear. But through so many mornings - dreary winter, impatient spring - the wearing happened.

As a young mother, I taught myself to bake brown bread and banned Cream of Wheat in my house. I sprinkled dry yeast into warm water, then stirred with a wooden spoon I had gleaned from a college dorm kitchen, mixing honey and wheat and salt. That spoon wore, too, at an odd angle as if it wanted to be a trapezoid but couldn't quite figure out how. Later, my girls grown into teenagers and young women, my bread baking ceased.

When my oldest moved into her apartment, I gave her a round red rug I loved, two brass candlesticks, a mixer, new sheets, teacups and saucers, a check. She dug through the drawers and asked for the extra can opener, a spare meat thermometer, the shish kabob sticks. She kept searching and then held up that wooden spoon I had swiped long ago. "Mom?" she asked. The spoon was what she sought.

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## PARTNERS ON THE JOURNEY

Acrylic by Alan Shulman

Created in workshops with Creative Writer Marjorie Sa'adah and Visual Artist Kim Hall.

## 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.

## 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](http://www.facebook.com/dartmouthcancer)

## VISUAL ARTS \* 📺

Kim Hall, BFA

Our visual artist helps patients and their care partners find their own creative 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.



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

(\* Registration required.

(📺) Virtual Option.

Register for programs by emailing [cancersupport@hitchcock.org](mailto: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. Energizing movements 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 Dartmouth Cancer Centers in Lebanon, Keene, Manchester, Nashua and St. Johnsbury. For a schedule and to learn more, please inquire where you receive care.**

### **REIKI**

Reiki (pronounced 'RAYkey') is a soothing, healing arts technique that can benefit the whole person—body, mind, 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 Dartmouth Cancer Centers in Lebanon and Manchester and provided by our specially trained volunteers and our licensed massage therapists. For a schedule and to learn more, please inquire where you receive care.**

(\* Registration required.

(🗓️) Virtual Option.

**Register for programs by emailing [cancersupport@hitchcock.org](mailto: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 ..... 603-354-5454 ext. 2122
- 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 ext. 2122
- 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](http://www.cancer.dartmouth.edu/healing-harvest)**

### CONNECTSHARECARE

We are excited to share a new online support group for people living with and beyond cancer.

Many individuals find strength and comfort by connecting with others who share similar experiences. ConnectShareCare, an online peer discussion platform hosted by Dartmouth Health, was originally created for families and caregivers of patients with serious illness. After a successful pilot with people living with cancer, the platform has expanded to welcome a broader community.

This online space offers connection, encouragement, and shared understanding for anyone navigating life after a cancer diagnosis.

To join or learn more, please visit: **[connectsharecare.org](http://connectsharecare.org)**.

### ConnectShareCare

An Online Community of Patients and Care Partners. Together with others, you can get through this.

#### Discover Your Community

**ConnectShareCare.org** is an online community serving those that live in northern New England. Created by patients, care partners and health care teams, it's a place to connect, share information and find support.

#### An online community that cares.

**[ConnectShareCare.org](http://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 healthcare 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](http://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 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](mailto:contact@handtoheartproject.org)

**Find your buddy.**

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

Download the free app.  
 App Store  
 Google Play

**CancerBuddy**  
Making cancer a little less lonely.



## **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](mailto:opendoorwrj@gmail.com)  
[www.opendooruv.com](http://www.opendooruv.com)**



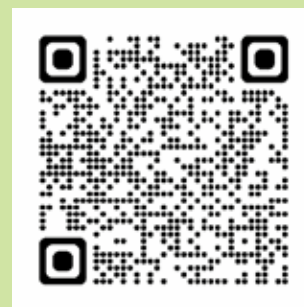
*Clinical Hypnosis for Health and Wellness  
Karen Gray, CH, RN*

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)

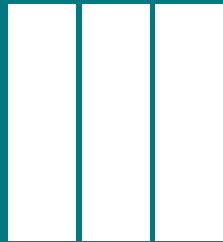


Hypnosis can be used in conjunction with any other treatments or therapies to enhance emotional and physical health and healing.

**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](mailto: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](http://anticancerlifestyle.org)



**Anticancer**  
LIFESTYLE PROGRAM®

# Create your own fundraiser to support Dartmouth Cancer Center



## Start an athletic event

Every August, high school field hockey players all over NH come together for Playing for a Purpose.



## Plan a dinner party

Every October, Alpine Club NH hosts a spaghetti dinner for breast cancer awareness month.



## Host a specialty event for your business

Pink in the Parking Lot is hosted by Fit Body Boot Camp every year in honor of Breast Cancer Awareness month.



## Sell an item

Set up a lemonade stand, host a bake sale or any idea of your choosing! Sell items you've made and donate the proceeds.



## Generate camaraderie with a school activity

Create camaraderie across campus while raising important funds during events like Dress Down Day.



## Turn your special day into a fundraiser

Turn your birthday, anniversary or other special day into a Friends Fighting Cancer fundraiser to mark the occasion.



**Be a Friend.  
Make a Difference.  
Fight Cancer.**

Learn more: [FriendsFightingCancer.org](http://FriendsFightingCancer.org)

**All Friends Fighting Cancer fundraisers receive our comprehensive toolkit including:**

- A poster template you can customize for your fundraiser
- Friends of Dartmouth Cancer Center banners
- Offline fundraising forms
- Online fundraising page
- Friends of Dartmouth Cancer Center brochures
- Donation boxes
- Fundraising How-To's

Feel free to reach out to our friendly staff with questions or advice!  
Contact Dominic Lord at [Dominic.Lord@Hitchcock.org](mailto:Dominic.Lord@Hitchcock.org) or 603-646-5905.

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](mailto:cancersupport@hitchcock.org) or 603-650-7751.



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