

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 CALENDAR / JANUARY-APRIL 2026



Complementary Care Program

PROGRAM CALENDAR | JANUARY-APRIL 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:

cancer.dartmouth.edu/patients-families/complementary-care-program



JANUARY 2026 Classes & Support Groups

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

FEBRUARY 2026 Classes & Support Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7
	Movement & Exercise * ■● 1:30-2:30 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 Guided Meditation & Mindfulness * ■● 6-7 pm	Gentle Chair Yoga * ■● 1-2 pm	Art Outlet * ■● 2-4 pm
9	10	11	12	13	14
	Movement & Exercise * ■● 1:30-2:30 pm	Healthy Steps for Women * ■● 1-2 pm	Qigong: Experienced Level * ■● 1:30-2:30 pm Qigong: Beginner Level * ■● 2:45-3:45 pm Living with Cancer Group * ■● 5:30-6:45 pm	Gentle Chair Yoga * ■● 1-2 pm	Connect & Restore: A Virtual Nature Journey * ■● 11 am-12 pm
16	17	18	19	20	21
	Movement & Exercise * ■● 1:30-2:30 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 Leukemia, Lymphoma & Myeloma Group * ■● 5-6:30 pm	Gentle Chair Yoga * ■● 1-2 pm	Art Outlet * ■● 2-4 pm
23	24	25	26	27	28
Care Partners In-Person Group * 2:30-3:30 pm Prostate Cancer Group * ■● 6-7 pm	Movement & Exercise * ■● 1:30-2:30 pm	Healthy Steps for Women * ■● 1-2 pm	Qigong: Experienced Level * ■● 1:30-2:30 pm Qigong: Beginner Level * ■● 2:45-3:45 pm Living with Cancer Group * ■● 5:30-6:45 pm		

(*) Registration required.

(■●) Virtual option.

TO REGISTER:

cancersupport@hitchcock.org or 603-650-7751

MARCH 2026 Classes & Support Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Discover Comfort & Relief with Essential Oils * ■● 1-2 pm	3 Movement & Exercise * ■● 1:30-2:30 pm Writing Circle * ■● 5-6:30 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 Guided Meditation & Mindfulness * ■● 6-7 pm	6 Gentle Chair Yoga * ■● 1-2 pm	7 Art Outlet * ■● 2-4 pm
9 Understanding Stress, A Self-Hypnosis Class * ■● 2-3:30 pm	10 Movement & Exercise * ■● 1:30-2:30 pm Writing Circle * ■● 5-6:30 pm	11 Healthy Steps for Women * ■● 1-2 pm	12 Qigong: Experienced Level * ■● 1:30-2:30 pm Acupressure for Self-Care * ■● 2:30-3:30 pm Qigong: Beginner Level * ■● 2:45-3:45 pm Living with Cancer Group * ■● 5-6:30 pm	13 Gentle Chair Yoga * ■● 1-2 pm	14
16 Care Partners In-Person Group * 2:30-3:30 pm	17 Movement & Exercise * ■● 1:30-2:30 pm Writing Circle * ■● 5-6:30 pm	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 Art Outlet * ■● 2-4 pm
23 Spirituality & the Cancer Journey: Navigating Mud Season * ■● 12-1:30 pm Prostate Cancer Group * ■● 6-7 pm	24 Be Your Own Health & Wellness Coach Empowering Change from Within * ■● 12-1 pm Writing Circle * ■● 5-6:30 pm	25 Healthy Steps for Women * ■● 1-2 pm	26 Qigong: Experienced Level * ■● 1:30-2:30 pm Caring for the Caregivers * ■● 2:30-4:30 pm Qigong: Beginner Level * ■● 2:45-3:45 pm Living with Cancer Group * ■● 5:30-6:45 pm	27 Gentle Chair Yoga * ■● 1-2 pm	28
30	31	(*) Registration required. (■●) Virtual option. TO REGISTER: cancersupport@hitchcock.org or 603-650-7751			

APRIL 2026 Classes & Support Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(*) Registration required. (■) Virtual option. TO REGISTER: cancersupport@hitchcock.org or 603-650-7751		1 Metastatic Breast Cancer Group * ■ 2:30-4:30 pm Caring for Someone with Serious Illness * ■ 5-6 pm	2 Qigong: Experienced Level * ■ 1:30-2:30 pm Qigong: Beginner Level * ■ 2:45-3:45 pm Guided Meditation & Mindfulness * ■ 6-7 pm	3	4 Art Outlet * ■ 2-4 pm
6	7	8	9 Qigong: Experienced Level * ■ 1:30-2:30 pm Qigong: Beginner Level * ■ 2:45-3:45 pm Self-Massage for Shoulders & Neck * ■ 2-3 pm Living with Cancer Group * ■ 5:30-6:45 pm	10	11
13	14	15 Thriving After Breast Cancer * ■ 5-6 pm	16 Qigong: Experienced Level * ■ 1:30-2:30 pm Qigong: Beginner Level * ■ 2:45-3:45 pm Advanced Care Planning * ■ 5-6 pm Leukemia, Lymphoma & Myeloma Group * ■ 5-6:30 pm	17	18
20 Care Partners In-Person Group * 2:30-3:30 pm	21	22	23 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	24	25 Art Outlet * ■ 2-4 pm
27 Spirituality & the Cancer Journey: Exploring the Foundations, Burdens & Beauty in Our Lives * ■ 3-4:30 pm Prostate Cancer Group * ■ 6-7 pm	28	29	30		

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, Wednesday
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.

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

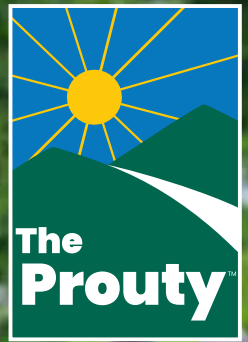
Healing Harp:

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.

***Schedule is subject to change based on staffing availability.**

Hope starts **HERE.**



Join us on the **WALK** **July 11**

Learn more at
TheProuty.org

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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.



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