



New!

Online Networking for Cancer Services Clients and Caregivers

We are now offering online networking groups for additional support. Current groups exist for Breast Cancer survivors and Caregivers. More groups are planned. If you are interested in connecting through an online support group, please contact Natalie at 225-927-2273 or ndepp@cancerservices.org.

We are also interested in starting an online group for newly diagnosed patients and are looking for experienced survivors to give encouragement. If you would like to volunteer to provide support to those who are just beginning their cancer journey, please let us know.

Zumba Gold Added to Fit & Fearless!

Every Thursday, 9:30 am at BREC across from Cancer Services
Taught by Donna Hincks, Certified Group Fitness Instructor
Official Zumba Gold instructor

If you have completed your cancer treatment and are looking for a fun cardio workout, then Zumba might be for you!



Zumba is a hit across the country. Pictured above, Bubbles Playhouse on Staten Island holds a fun Zumba class for adults. Photo by Anthony DePrimo. Article at silive.com.

Zumba is a mix of latin and middle eastern dance, combined with aerobic exercise. Written approval must be obtained from your doctor prior to participating. Contact Natalie at ndepp@cancerservices.org or 927-2273.

Thank You Young Chefs' Academy!

Candlelighters attended a special event in September



A great big thanks to Young Chefs' Academy for teaching the children in our Candlelighter program how to cook their very own pizzas at a recent weekend event!

Support Groups

- Brain Cancer Support Group
2nd Monday each month, 12 noon
- Breast Cancer Support Group
3rd Tuesday each month, 11:30 am
Held at The Red Shoes
- Caregiver Support Group
3rd Thursday each month, 12 noon
- Colorectal/Bladder/Liver Cancer
3rd Monday each month, 12 noon
- Community Grief Support Group
Every Tuesday, 11:30 am-12:30 pm
- Lung Cancer Support Group
3rd Friday each month, 12 noon
- Lymphoma/Leukemia and
Myelodysplasia Support Group
Last Friday each month, 12 noon
- Multiple Myeloma Support Group
2nd Wednesday each month, 12 noon
- Oral, Head and Neck Cancer Group
3rd Wednesday each month, 4 pm
- Make Today Count Speakers Meeting
4th Thursday each month, 12 noon
- Make Today Count in Outlying Parishes:
Ascension:
First United Methodist, Gonzales
4th Wednesday each month, 12 noon
Livingston:
Denham Springs Council on Aging
2nd Monday each month, 3 pm
West Feliciana:
First United Methodist, St. Francisville
1st Wednesday each month, 6 pm
St. James:
Lutcher Library, Lutcher
1st Thursday each month, 5 pm

Unless noted otherwise, all meetings are held at Cancer Services.
Please call us at (225) 927-2273 for more information.

Additional Programs

- Fit and Fearless Exercise Program
Every Mon. at 5:15pm, Tues. at 9:30am, and
Thurs. at 5:15pm. New ZUMBA class offered
every Thurs. at 9:30am. All Fit & Fearless
classes at BREC Independence Park
- Community Cancer Support Group
Every Wednesday at 6:30 pm at
St. Luke's Episcopal Church
- Holistic Healing Support Group
1st Friday each month, 12 noon
at Cancer Services
- Reiki
At Cancer Services,
by appointment.
- Yoga Thrive:
Yoga for Cancer Survivors
Every Monday at 10:30 am
at The Red Shoes



Quarterly Newsletter

October, November
December 2010

Important News:

- Our office will be closed November 25 & 26 for Thanksgiving, December 23 & 24 for Christmas and December 31 for the New Year holiday.

On the back:

- Zumba Gold
- New Online Support Groups
- Young Chefs Academy Photos
- Schedule of Events

Cancer Services of Greater Baton Rouge
550 Lobdell Avenue
Baton Rouge, LA 70806
Phone: (225) 927-2273
Fax: (225) 927-1468

www.cancerservices.org

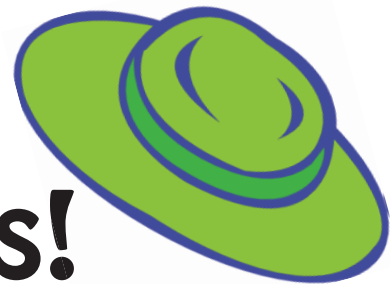
Hours:
Monday — Friday
8:30 am to 4:30 pm



The Cancer Services' Newsletter is published quarterly, beginning in January.

Our Mission:
To improve life
for those living
with cancer.

Hats Off to Volunteers!



Volunteers wear many hats, from phone receptionist to mail processor, library greeter to medical supply assistant, fundraising event coordinator to camp counselor, and everything in between. Since the day we opened our doors to the community in 1959, our community has opened doors for us. Without the generosity of others, Cancer Services would not exist.

To honor our volunteers for their many hat-wearing abilities, we are throwing a special "Hats Off!" party in November. It's our way to celebrate Thanksgiving by giving thanks where it is certainly due -- to our volunteers who give of their time and talents to **help improve life for those living with cancer.**



From top, clockwise: Volunteers Sandra Christal and Frank Muscarello help out weekly at Cancer Services; Camp Care would not be possible without the volunteer counselors; Capital Chefs' Showcase Committee members Tracey Koch, Michelle Cambias and Sarah Livingston are pictured here at the recent event.

JOIN US!
Volunteer Appreciation Party
Wednesday, November 17, 2010
11:30am
Cancer Services
Call Cindi T. at 927-2273 to RSVP.
Don't forget to wear your hat!
Silly, fun, or fancy--
Whatever fits your style!