



*Merry Christmas from
the Mercy Regional
Cancer Center staff!*



When it comes to cancer;
no question is too small
Call 365-HOPE (4673) or
(800) 642-6329

SUPPORT GROUPS:

US TOO Prostate Cancer Support Group

Program: Christmas party and sharing time
Date: Thursday, **December 10th** at 7 p.m.
Location: Mercy Medical Center
Hallagan Education Center

Please feel free to bring your support person.



Especially for You After Breast Cancer Support Group

Program: Christmas party and sharing time
Date: Tuesday, **December 15th** at 7 p.m.
*Note date change due to Christmas
holiday!*

Location: Mercy Medical Center
Women's Center Waiting Room

Please feel free to bring your support person.



Caring & Sharing

A community cancer support group intended
for any type of cancer diagnosis.

Meets: Third Tuesday of each month

Time: 6:30 – 7:30 p.m.

Place: First Lutheran Church

1000 3rd Avenue SE

Room 306

Cedar Rapids, IA

For more information please call:

Joan at 533-3437 or Barb at 287-2900

Sponsored by:

Mercy Medical Center & St. Luke's Hospital



Portraits & Stories

This photo essay project hopes to bless breast cancer survivors, their families, and friends. Find inspiration and encouragement through photographs by Gordon Photography & Gallery and blog posts by the breast cancer survivors. The month and date of diagnosis is included after the patient's first name and state they live in.

Be photographed. Tell your story. Inspire others.

If you would like to be considered for participation in this project, we are accepting applications of breast cancer survivors at any stage. Go to:

<http://gordonphotography.biz/psblog/participant-application> to receive more information.

"The generous will prosper; those who refresh others will themselves be refreshed." Proverbs 11:25



Mind, Body & Spirit

Mercy's Women's Center and the Hall Radiation Center offer **free** mind-body-spirit sessions to help patients direct their energies toward healing and health.

Studies have suggested that addressing your psychological and spiritual health including mood, attitude, self-image and outlook can help in the recovery process from cancer and other forms of disease.

Relaxation – 12 to 12:30 p.m.

Friday, December 4th

Shaking and Dancing - 12 to 12:30 p.m.

Monday, December 14th

Friday, December 18th

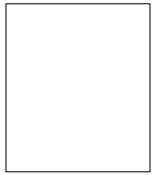
All sessions are located in the Hall Radiation Center Conference Room

~All sessions are free of charge~

~No registration required~



701 10th St. SE
Cedar Rapids, IA 52403



Gems of Hope
No December
Workshops-
Happy Holidays

All workshops are from
6:30 p.m. - 7:30 p.m.

Beading Workshops:

- Tuesday, January 12th
Mercy Medical Center
Hall Radiation
Conference Room
- Tuesday, January 19th
Benchmark, Inc.
Conference Room at
6065 Huntington Ct. NE

Card making Workshops

- Tuesday, January 12th
St. Luke's Hospital
Room 163
- Tuesday, January 19th
Benchmark, Inc.
Conference Room at
6065 Huntington Ct. NE

A program from the Mercy Regional Cancer Center



Get past just surviving cancer - start **Thriving**

Cancer, and the process of fighting it, can have many effects on the body. Mercy developed Thrive to empower patients and families with the tools to deal with the burdens of this devastating disease. Mercy's Cancer Fitness & Wellness program started in 2006 as an evidence-based supportive care pilot study.

The core component of Thrive is an eight-week exercise, nutrition and personal training program centered around the patient to improve quality of life. The program is designed to offer guidance in assisting with timely return to activities of daily living and fatigue management.

Participants for the wellness program need to have a diagnosis of cancer and be at least one month past treatment completion. Physician referral is required for exercise.

For more information call: (319)365-HOPE or 1(800)642-6329

There's *more* to The Mercy Touch.[®]