



*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 10<sup>th</sup>** 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 15<sup>th</sup>** 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 3<sup>rd</sup> 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



### **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 4<sup>th</sup>

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

Monday, December 14<sup>th</sup>

Friday, December 18<sup>th</sup>

All sessions are located in the Hall Radiation  
Center Conference Room

*~All sessions are free of charge~*

*~No registration required~*



### ***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.**

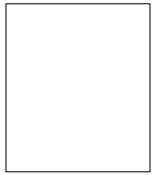
If you would like to be considered for participation in this  
project, we are accepting applications of breast cancer  
survivors at any stage. Go to:

[http://gordonphotography.biz/psblog/participant-  
application](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



701 10<sup>th</sup> 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 12<sup>th</sup>  
Mercy Medical Center  
Hall Radiation  
Conference Room
- Tuesday, January 19<sup>th</sup>  
Benchmark, Inc.  
Conference Room at  
6065 Huntington Ct. NE

**Card making Workshops**

- Tuesday, January 12<sup>th</sup>  
St. Luke's Hospital  
Room 163
- Tuesday, January 19<sup>th</sup>  
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***

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There's *more* to The Mercy Touch.<sup>®</sup>