













Check our online calendar for the most up-to-date program listings and information.
www.massgeneral.org/cancer/supportservices

May 1-6: Tuesday - Sunday


	Tuesday, 5/1	Wednesday, 5/2	Thursday, 5/3	Friday, 5/4
	<p>Look Good Feel Better 10-11:30 am </p> <p>Qi Gong 10-11 am </p> <p>Coffee Hour 11 am-12 pm </p> <p>Lung and Esophageal Cancer Support Group 12-1 pm</p> <p>Tai Chi </p> <p>Music Therapy 3-4 pm </p>	<p>Gentle Yoga  11:30 am-12:30 pm</p> <p>Meditation for Relaxation 1-2 pm </p> <p>Chemotherapy 101 2-3 pm </p>	<p>Gentle Yoga  12-1 pm</p> <p>Gentle Yoga  1:15-2 pm</p>	<p>Learn about Acupuncture  10-11 am</p> <p>Chemotherapy 101 1:30-2:30 pm </p> <div style="border: 1px solid orange; padding: 10px; margin-top: 20px;"> <p>There are no weekend classes 5/5-5/6</p> </div>


Come visit the **Support and Education Hub!** Located outside of Yawkey 7B, you can find information about Cancer Center resources, supportive care, and emotional needs. You can also rest, relax, or take part in an educational workshop!

SUPPORT SERVICES LOCATIONS

 Lunder Building, LL2 (Patient Ed. Room)

 North Shore (Danvers)

 Yawkey 7 (Support & Education Hub)

 Lawrence House (1st Floor)

 Lunder Building, LL3

 Healing Garden, 8A

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May 7-13: Monday–Sunday

Monday, 5/7	Tuesday, 5/8	Wednesday, 5/9	Thursday, 5/10	Friday, 5/11
<p>Look Good Feel Better 10 am-12pm NS</p> <p>Chemotherapy 101 1:30-2:30 pm Y7</p>	<p>Qi Gong LL2 10-11 am</p> <p>Coffee Hour Y7 11 am-12 pm</p> <p>Tai Chi HG 2-3 pm</p> <p>Music Therapy HG 3-4 pm</p>	<p>Gentle Yoga HG 11:30 am-12:30 pm</p> <p>Chemotherapy 101 Y7 2-3 pm</p> <p>Prostate Cancer Support Group 5:45-7:15 pm</p>	<p>Meditation for Relaxation HG 10:30-11:30 am</p> <p>Caring for Yourself Y7 12-1 pm</p> <p>Gentle Yoga HG 12-1 pm</p> <p>Gentle Yoga LL2 1:15-2 pm</p>	<p>Learn about Acupuncture LL3 10-11 am</p> <p>Chemotherapy 101 Y7 1:30-2:30 pm</p> <div style="border: 1px solid orange; padding: 5px; margin-top: 20px;"> <p>There are no weekend classes 5/12-5/13</p> </div>

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SUPPORT SERVICES LOCATIONS

LL2 Lunder Building, LL2 (Patient Ed. Room)

NS North Shore (Danvers)

Y7 Yawkey 7 (Support & Education Hub)












LH Lawrence House (1st Floor)

LL3 Lunder Building, LL3

HG Healing Garden, 8A





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May 14-20: Monday–Sunday


Monday, 5/14	Tuesday, 5/15	Wednesday, 5/16	Thursday, 5/17	Friday, 5/18
Brain Tumor Support Group 12-2 pm Chemotherapy 101 1:30-2:30 pm 	Qi Gong  10-11am Coffee Hour  11 am-12 pm Lung and Esophageal Cancer Support Group 12-1 pm Tai Chi  2-3 pm Music Therapy  3-4 pm	Gentle Yoga  11:30 am-12:30 pm Meditation for Relaxation 1-2 pm  Chemotherapy 101  2-3 pm	Gentle Yoga  12-1 pm Gentle Yoga  1:15-2 pm	Chemotherapy 101  1:30-2:30 pm Saturday, 5/19 Thyroid Cancer Support Group 10:30 am-12:30 pm Sunday, 5/20 No Classes

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-  Lunder Building, LL2 (Patient Ed. Room)
-  North Shore (Danvers)
-  Lunder Building, LL3
-  Healing Garden, 8A

 Yawkey 7 (Support & Education Hub)





 Lawrence House (1st Floor)


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May 21-27: Monday - Sunday				
Monday, 5/21	Tuesday, 5/22	Wednesday, 5/23	Thursday, 5/24	Friday, 5/25
Chemotherapy 101 1:30-2:30 pm 	Qi Gong  10-11 am Coffee Hour  11 am-12 pm Tai Chi  2-3 pm Music Therapy  3-4 pm	Gentle Yoga  11:30 am-12:30 pm Chemotherapy 101  2-3 pm	Meditation for Relaxation  10:30-11:30 am Gentle Yoga  12-1 pm Gentle Yoga  1:15-2 pm	Chemotherapy 101 1:30-2:30 pm  <div style="border: 1px solid orange; padding: 5px; margin-top: 10px;"> There are no weekend classes 5/26-5/27 </div>
May 28-31: Monday - Thursday				
Monday, 5/28	Tuesday, 5/29	Wednesday, 5/30	Thursday, 5/31	
Memorial Day No Classes	Qi Gong  10-11 am Coffee Hour 11 am-12 pm Tai Chi  2-3 pm Music Therapy  3-4 pm	Gentle Yoga  11:30 am-12:30 pm Chemotherapy 101  2-3 pm Black Men and Women Support Group 6-7:30 pm	Gentle Yoga  12-1 pm Gentle Yoga  1:15-2 pm	

Come visit the **Support and Education Hub!** At the end of the hallway in Yawkey 7, you can find information about Cancer Center resources, supportive care, and emotional needs, rest and relax, or take part in an educational workshop!

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