

**Southern New Hampshire Health System
Oncology Support Program Schedule**

PROGRAM	DATE & TIME	DESCRIPTION
Greater Nashua Cancer Support Group	2 nd and 4 th Tuesdays of each month, 6:00-8:00pm	An ongoing bi-monthly support group for cancer patients and/or their caregivers. Contact Barbara Kimball: (603) 880-1590
Leukemia and Lymphoma Society Family Support Group	2 nd Monday of the month 5:00-7:00pm SNHMC, 10 Prospect St Conf Room A/B	Contact Gayle Bagley, 800-688-6572 gayle.bagley@lls.org
Look Good Feel Better	Call for schedule	A free workshop which provides cancer patients with hands-on cosmetic and hair techniques offered in partnership with the American Cancer Society. Contact Cathy Dispensa, RN or Esther Dussault, RN 603-886-7900
Thriving With Yoga	Wednesdays 6:00-7:00pm 17 Prospect Street, Nashua NH	Free classes for those with the experience of cancer Contact Yoga Caps, Inc., at (603) 670-0302 or email info@yogacaps.org
Multiple Myeloma Information Group	3 rd Tues of each month 6:30-8:00pm Manchester Public Library 405 Pine Street, Manchester NH	Contact Susan Gimilaro (603) 426-2035, or email ManchesterNH@IMFsupport.org
Pancreatic Cancer Action Network	Education, patient support or connect with a pancreatic cancer survivor	Contact Aimee Sherman for information about the local support group (603) 477-7834 asherman@pancancvolunteer.org