



**SUPPORTING CANCER PATIENTS
CARING FOR CAREGIVERS
EMPOWERING SURVIVORS**

www.cancercareservices.org

NOVEMBER

2017 CONNECTION ACTIVITIES

**623 S. HENDERSON ST.
FORT WORTH, TX 76104**

MIND, BODY, SPIRIT

**Mindfulness
Meditation**

**Thursday 11/2 | 6:00PM to 7:00PM
Monday 11/13 | 10:30AM to 11:30AM**

**Gentle Beginners
Yoga**

**Every Wednesday
5:30pm to 6:30pm
No yoga the Wednesday
before Thanksgiving**

Mats, chairs, cushions and equipment for classes are provided.
Yoga classes are gentle movements and doctor's orders are required.

Spanish Cooking Matters

**Jueves Noviembre 9
5:30PM-7:30PM
Demostracion de Cocina
Nutricion/Tips para
Presupuestos
Recetas Rapidas y Facil**

Family

**Movie Night Cancelled due to the Holiday!
Have a Happy Thanksgiving!**



Bushel of Thanks Baskets

If enrolled in financial services, please ask how you can obtain a basket!!!

Baskets will be delivered to your house!
Deadline for enrollment: Thursday, November 16, 2017

SPECIAL

Shine Therapy Every Tuesday & Wednesday

11:30, 1:00pm, 2:30pm

**Massages to safely nurture
the mind, body, and spirit of
cancer patients and caregivers.**

For more information, contact us:

- 817-921-0653
- connect@cancercareservices.org
- www.cancercareservices.org
- Cancer Care Services
- Cancer Care Services

INFO

CONNECTION

Bible Care | Every Wednesday | 12:00PM

Member-lead group offering spiritual support. Potluck meal weekly.

Survivors Group | Every Wednesday | 1:15PM

Member-lead group offering guidance and support to all survivors.

**Fossil Rim Family Day
Saturday, December 2, 2017
More details to come!**