



SUPPORTING CANCER PATIENTS
CARING FOR CAREGIVERS
EMPOWERING SURVIVORS

www.cancercareservices.org

FEBRUARY

2018 CONNECTION ACTIVITIES

623 S. HENDERSON ST.
FORT WORTH, TX 76104

MIND, BODY, SPIRIT

<p>Mindfulness Meditation</p> <p>Monday 2/22 6pm to 7pm</p>	<p>Gentle Beginners Yoga</p> <p>Wednesday, February 7, 14, 21, 28 5:30pm to 6:30pm</p>
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Mats, chairs, cushions and equipment for classes are provided.
Yoga classes are gentle movements and doctor's orders are required.

¡Grupo De Apoyo en Español!
Fecha: el día 1 y 15 de febrero del 2018
Hora: 5:30-7:00pm
Este grupo es para todos que han sido afectados por el cáncer (pacientes, cuidadores, y sobrevivientes)
Los temas cambiarán cada mes

Cancer patients, caregivers & survivors are invited to our complimentary inspirational series -- "Mind, Body & Spirit" -- offered on the first Tuesday of each month from 5:30 - 7 p.m.
February 6 - "Knowing Love When You Aren't Feeling Loved"

Valentine's Dinner

Rekindling the Flame

DATE Saturday, February 10th, 2018

TIME 6pm-8pm

Arlington Heights Methodist Church
4200 Camp Bowie Blvd, Fort Worth, TX 76107

Cancer Care Services invites cancer patients or survivors and one caregiver to attend. **RSVP REQUIRED**

The night will include a full course meal, music, and more!!

For more information, contact us:

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

INFO

CONNECT

- 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.
- Shine Therapy** | Every Tuesday and Wednesday | Varies
Gentle touch massage available with Physician's orders.
Appointment required.
Appointment times: 11:00AM, 1:00PM and 2:30PM