

WELLNESS PROGRAMS

Gentle Cardio & Strength Building **Every Tuesday • 5:30PM**

Join us for our re-vamped class structure! Each class will build on the previous class(es). All fitness levels welcome and modifications will be available! Come join us, visit ecommunity.com/survivorship for information and to register for classes!

SUPPORT GROUPS

Please call **317.257.1505** for a brief interview first, then you will receive virtual link to join.

Patient Support Group **Every every 2nd and 4th Wed • 6:00PM**

Prostate Support Group **Fourth Wednesday • 6:30PM**

Metastatic Support Group **Third Thursday • 6:30PM**

ART THERAPY

Art Therapy Group **Friday, March 7th • 1:00PM** **Friday, April 4th • 1:00PM**

Contact faith@cancersupportindy.org for more info or visit ecommunity.com/survivorship for information and to register.

SURVIVORSHIP

Please visit ecommunity.com/survivorship for information and to register for classes.

Cooking For Wellness **Monday, March 3rd • 6:30PM**

Join Medical Nutritionist, Jodi Smith, in our virtual education class that explores healthy recipes to support nutritional needs for people impacted by cancer.

Protecting Your Kidneys: Before, During And After Treatment

Monday, March 17th • 6:30PM

Join Nurse Navigator, Tanya Lopez, as she discusses the role of our kidneys and why this is important with cancer treatment. She will also discuss the signs, symptoms, stages of chronic kidney disease, and what you can do to protect your kidneys.

Nutritional Wellness **Monday, April 7th • 6:30PM**

Join Medical Nutritionist, Jodi Smith, in our virtual education class that explores healthy foods to support nutritional needs for people impacted by cancer.

Cancer And Nutrition: Myths Vs. Facts **Monday, April 21st • 6:30PM**

There is a lot of information about nutrition and cancer, and it is sometimes hard to know what to believe. In this presentation, Gina Goodwin, Registered Dietitian, will “bust” some of the common myths and misconceptions about nutrition and cancer.

MESSAGE THERAPY

By appointment only. Must call Faith at **(317)-499-3083** to determine eligibility and schedule

Community East **Monday • Hours Vary**

Community North **Tuesday-Thursday • Hours Vary**

Community South **Tuesday-Thursday • Hours Vary**

New Massage Therapy Eligibility Rules: Effective January 2025

Must be an active patient at the Community Health Network (currently receiving chemo, radiation or immunotherapy) **OR** within 6-months from last chemo or radiation treatment **OR** within 6-months of post-cancer-related surgery

Note: Hormone therapy does not qualify patient for massage therapy at the Community Health Network.

PROGRAM ACCESS LEGEND































Virtual Only






In-person Only

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Massage (East)  Cooking for Wellness 6:30PM 	4 Massage (North & South)  Cardio & Strength 5:30PM 	5 Massage (North & South) 	6 Massage (North & South) 	7 Art Therapy Group 1:00PM 
10 Massage (East) 	11 Massage (North & South)  Cardio & Strength 5:30PM 	12 Massage (North & South)  Patient Support Group 6:00PM 	13 Massage (North & South) 	14
17 Massage (East)  Protecting Your Kidneys 6:30PM 	18 Massage (North & South)  Cardio & Strength 5:30PM 	19 Massage (North & South) 	20 Massage (North & South)  Metastatic Group 6:30PM 	21
24 Massage (East) 	25 Massage (North & South)  Cardio & Strength 5:30PM 	26 Massage (North & South)  Patient Support Group 6:00PM  Prostate Support Group 6:30PM 	27 Massage (North & South) 	28
31 Massage (East) 				

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Massage (North & South)  Cardio & Strength 5:30PM 	2 Massage (North & South) 	3 Massage (North & South) 	4 Art Therapy Group 1:00PM 
7 Massage (East)  Nutritional Wellness 6:30PM 	8 Massage (North & South)  Cardio & Strength 5:30PM 	9 Massage (North & South)  Patient Support Group 6:00PM 	10 Massage (North & South) 	11
14 Massage (East) 	15 Massage (North & South)  Cardio & Strength 5:30PM 	16 Massage (North & South) 	17 Massage (North & South)  Metastatic Group 6:30PM 	18
21 Massage (East)  Cancer & Nutrition 6:30PM 	22 Massage (North & South)  Cardio & Strength 5:30PM 	23 Massage (North & South)  Patient Support Group 6:00PM  Prostate Support Group 6:30PM 	24 Massage (North & South) 	25
28 Massage (East) 	29 Massage (North & South)  Cardio & Strength 5:30PM 	30 Massage (North & South) 		

PROGRAM ACCESS LEGEND


Virtual Only



In-person Only