

Anyone with interest in any of the programs below, please contact faith@cancersupportindy.org or call **317-499-3083** for more info and to register.

WELLNESS PROGRAMS

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

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

Gentle Cardio and Strength Building offers low-impact movement to improve endurance, strength, and overall wellness—modifications are available, and all fitness levels are welcome.

SUPPORT GROUPS

A brief interview is required before joining. Please call **317-257-1505** to get started.

Patient Support Group **Wednesday, Jan. 14 & Jan. 28 • 6:00PM** **Wednesday, Feb. 11 & Feb. 25 • 6:00PM**

Prostate Support Group **Wednesday, Jan. 28 • 6:30PM** **Wednesday, Feb. 25 • 6:30PM**

ART THERAPY

Art Therapy Group **Friday, Jan. 9 • 1:00PM** **Friday, Feb. 6 • 1:00PM**

Art Therapy Group provides a supportive space to explore your thoughts and emotions through creative expression, using art materials and guided prompts to promote healing, reduce stress, and encourage personal insight—no artistic experience needed. For more information and to RSVP, please contact faith@cancersupportindy.org.

MASSAGE THERAPY

By appointment only. Please call Faith at 317-499-3083 to determine eligibility and to schedule a massage.

Community East **Monday • Hours Vary**

Community North **Tuesday-Thursday, some Fridays • Hours Vary**

Community South **Tuesday & Wednesday, some Fridays • Hours Vary**

Massage Therapy Eligibility Rules

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.