## Support Groups

- **Care Partner** - anyone who helps care for a person with cancer  
  **Thurs. Oct. 5th at 4 pm**

- **Bladder Cancer** - all people with bladder cancer  
  **Tues. Oct. 10th at 1:30 pm**

- **Courage with Cancer** - patients currently in treatment or living with cancer.  
  **Thurs. Oct. 12th at 4:30**

- **Young Women Breast Cancer** - Women diagnosed with breast cancer at age 45 or younger.  
  **Fri. Oct. 13th at 12 pm**

- **Laryngectomy** - patients who have had or will have a Laryngectomy  
  **Tues. Oct. 17th at 2 pm**  
  **IN PERSON AT LCI MOREHEAD**

- **Empower Program** - patients with colorectal cancer between ages 18-55  
  **Thurs. Oct. 19th at 5 pm**

- **Breast Cancer Social Connection** - all women with breast cancer  
  **Fri. Oct. 20th at 2 pm**

- **GYN Oncology** - women with cervical, ovarian, uterine, vaginal, or vulvar cancer.  
  **Wed. Oct. 25th at 2 pm**  
  **IN PERSON AT LCI MOREHEAD AND ONLINE**

## Nutrition Classes

- **Healthy Cooking Club**  
  Fall in love with fall favorite recipes  
  **Thurs. Oct. 5th from 10:30-11:30am**

- **Breast Cancer Nutrition** - Learn how to eat healthy during and after treatment, as well as handle treatment-related symptoms.  
  **Mon. Oct. 9th from 4-5pm**

- **Heart Healthy Nutrition** - Some cancer treatments can affect your heart. Learn ways to keep your heart healthy with practical tips for shopping, cooking, and eating out.  
  **Mon. Oct. 16th from 10:30-11:30am**

- **Nine Nutrition Steps for Survivors** - For any cancer survivor. Apply the latest research to choose the best foods, understand food labels, and prepare foods in a healthy way.  
  **Tues. Oct. 17th from 10:30-11:30am**

- **Plant Forward Nutrition** - Learn how to enjoy more plant foods like fruits, vegetables, whole grains, and dried beans/lentils and avoid nutritional pitfalls when choosing a more plant-based diet.  
  **Thurs. Oct. 26th from 12:30-1:30pm**

## Spiritual Care

### Writing for Wellbeing

A monthly writing group to explore writing as a resource for wellness and finding meaning in our experiences. This group is open to any LCI patients and caregivers at any stage of cancer treatment and survivorship. No writing experience required.  
**Tues. Oct. 17th from 12-1 pm**

**LCI Morehead Chapel**  
The Chapel is located at LCI Morehead Building II across from registration. Open for all during LCI hours. Use for a moment of calm, meditation, or prayer. Chairs and prayer mats available for use.
### Music and Meditation Classes

**Music Therapy Relaxation Techniques**  
**Mondays 2:30 pm**

**Soothing Sound Bath**  
Relaxation group with music and soundscapes.  
**Wednesdays 1:00-1:45pm**

**Music Therapy for Self Care**  
Sessions are recorded and available at any time  
**Thursdays 10am**

**Meditation with Music**  
Music and meditation blend for calming and relaxation to create a safe virtual space.  
**Thursdays 2:30pm**

**Therapeutic Songwriting**  
Process and relieve stress, share your life experience, and connect with others, while creating music and lyrics with personal meaning. No experience needed.  
**Fridays 2:30 pm**

### Education Classes

**Lymphedema Education**  
Learn about lymphedema, the lymphatic system, and risk factors.  
**Weds. Oct. 11th at 4:15 pm**

**The Cost of Cancer**  
Learn from one of our financial navigators how to help manage the cost of cancer  
**Tues. Oct. 17th at 2 pm**

**Sleep 101**  
Sleep issues are common in cancer patients. Learn some tips and strategies to improve your sleep.  
**Thurs. Oct. 19th at 3:00 pm**

### Special October Events

**Lunchtime Conversations: Focus on Fiber for Healthy Weight, Heart Heath, and Immunity**  
Fiber is something that can help you get to a healthy weight, lower cholesterol, help control high blood sugar and build a better immune system. There are easy tasty ways to make sure you get enough of the right kinds of fiber. Join us to learn more!  
**Thurs. Oct 19th at 12 pm**

**Breast Cancer Forum**  
Join our multidisciplinary panel to answer your questions live. They are here to discuss symptoms, treatment, side effects, reconstruction, survivorship, supplements, and more!  
**Fri. Oct. 27th at 12 pm**