



Carolinas Medical Center-NorthEast
Batte Cancer Center

Support Programs

This Year's Theme: "Tools to Wellness"



Tuesday, January 12, 2010-6pm *Wellness & Exercise: "Come in your sweats and sneakers!"*



Tuesday, February 9, 2010-6pm Discussion Panel: *"Taking Control of Insurance & Money Matters!"*

Tuesday, March 9, 2010-6pm *Health & Nutrition: "Smoothies Class"*



Tuesday, April 20, 2010-1pm *Finding Peace Within: "Walking the Labyrinth; Walk for Health, Walk for Healing"*

Tuesday, May 18, 2010-11am

"The Benefits of Making Time for Tea"



Sunday, June 6, 2010 *National Cancer Survivors Day! Details to come.....*

July: *Vacation month*



Tuesday, August 10, 2010

Kids Link (9am-12noon) & Teen Talk (3pm-5pm)...Age appropriate educational program for children/adolescents coping with a loved one with cancer.

Tuesday, September 21, 2010-11am *Crafting- "Mask Making for Self-Expression"*



Tuesday, October 12, 2010-6pm *"Taking Care of You; Integrative Therapies Mini-Retreat" (including humor, massage, acupuncture, visualization, reflexology, etc)*

Tuesday, November 9, 2010-11am in the CMC-NE Chapel
"Giving Thanks & Letting Go; Incorporating Forgiveness into Your Life"

Thursday, December 9, 2010-6pm
Annual Holiday Gathering



Each program will take place in the Batte Cancer Center Waiting Area unless specified otherwise. Contact April Carroll, RN, MSN at 704-403-2129 prior to the actual program for details.