

Take on Cancer Together

When fighting cancer, you are never alone. Thompson Cancer Survival Center at Methodist and the Cancer Support Community East Tennessee (CSC), have partnered together to bring a series of day and evening classes to support cancer patients and caregivers.

2019 Lunch and Learn Programs

Program with light lunch to be held from 12:00-1:00 p.m. in Methodist Medical Center's Manhattan Room (most direct access from top level of parking garage to 2nd floor entrance)

March 7

Managing Loss of Appetite

May 2

*Someone I Know Has Cancer ...
What Do I Do?*

September 5

Sleep Matters

2019 Supper and Support Programs

Program with light dinner to be held from 5:00-7:30 p.m. in Cancer Resource Center, 2nd Floor of the Thompson Cancer Survival Center building, 102 Vermont Avenue, Oak Ridge

February 7

Managing Cancer-Related Pain

April 4

*Calmer Body, Calmer Mind:
Relaxation Strategies*

June 6

Cancer-Related Fatigue

August 1

How Am I Supposed to Feel?

October 3

Finding and Writing the Stories of Your Life

December 5

Nutrition Ammunition

To read full class descriptions, visit www.mmcoakridge.com/take-on-cancer
RSVP by calling (865) 546-4661.

