

## Living Well with Cancer

### Look Good, Feel Better: Helping Women with Cancer

During cancer treatment, our volunteer beauty professionals are available to help you with:

- Skin care and makeup application
- Tips on wig selection and wig care
- Dry skin and discolored nails
- Scarves, turbans and hats
- Style tips

#### Roper St. Francis Cancer Center

Board Room, 1st Floor

July 9 or October 8, 2 – 4 p.m.

Registration is required. Call 1 (800) 227-2345 to reserve your spot today.

### SASSY Women's Cancer Support Group

Female cancer patients currently in treatment, and those who have completed treatment, are encouraged to attend this upbeat monthly support group that meets the 3rd Monday of each month.

**July 16:** Intestinal Health with Chad Robinson, MSPAS, PA-C from Charleston GI

**August 20:** Cancer & Worry – Resources for Insight and Action with Teri Medley

**September 17:** Create Your Own Angel Masterpiece with Renown Charleston Artist Laura Lloyd Fontaine

**October 15:** Poetry Expressions with Lisa Brooks

#### Roper St. Francis Cancer Center

Donna Fielding Cancer Wellness Institute,  
3rd Floor

5:30 – 6:30 p.m.

### Virginia Meeks Cancer Legal Clinic

Roper St. Francis is partnering with the Charleston School of Law to offer patients and their spouses a FREE legal clinic. Attorneys will explain and assist you if you choose to execute: Health Care Powers of Attorney and Living Wills. Limited 30-minute time slots available; call (843) 402-CARE (2273) to learn more.

#### Roper St. Francis Cancer Center

Donna Fielding Cancer Wellness Institute,  
3rd Floor

Friday, July 20

Friday, October 19



### Touch, Caring and Cancer

Join Massage Therapist Joy Nicholson to learn a hands-on approach to caring for your loved one with gentle touch in a kind and effective manner. For comfort please bring two blankets and two pillows to class.

#### Roper St. Francis Cancer Center

Donna Fielding Cancer Wellness Institute,  
3rd Floor

Monday, August 6, 6 – 7:30 p.m.

### Cancer Wellness Exercise Program

The program is aimed at helping cancer patients cope with the symptoms of cancer and its treatment and is committed to improving quality of life for cancer patients through exercise intervention, yoga therapy, breathwork and meditation. For more information, call (843) 724-2849.

TO REGISTER VISIT [www.rsfh.com/advantage](http://www.rsfh.com/advantage)  
or CALL (843) 402-CARE (2273).

Programs are free (unless otherwise indicated).

Registration for all programs is required.