

Descriptions All events are at the Cancer Resource Center, 612 W. State St., unless otherwise noted in *italics*. Call 277-0960 for more info.

Cancer Research Seminar: Meets every other Wednesday monthly* 5:15-6:30pm at *Cornell University in Warren Hall, Room 173*
Join with Cornell doctoral students engaged in cancer research and those directly touched by cancer for a discussion about the science of cancer (presented in lay language). The public is welcome. Light refreshments provided. *Follows an academic calendar; call CRC or visit website for updates.

Caregiver Group: Meets on the 2nd Tuesday of each month 5:30-7:00 pm. Open to family, friends, and caregivers of those with cancer.

CRC/CMC Living Well With Cancer Workshop: Meets on the 3rd Tuesday of each month 5:30-7:00 pm. Light refreshments provided. Outside speakers will present various health- related topics including wellness and complimentary medicine. Open to the public.

CMC/CRC Living Well with Cancer Group: Meets on the 2nd Thursday of each month 5:00-6:00 pm at *Schuyler Hospital in Montour Falls-Lower Level Conference Room (across from Café)*. For people dealing with any stage of cancer.

Colorectal Group: Meets on the 5th Tuesday in 2016: Aug. 30 and Nov. 29 from 5:30-7:00 pm. For people with any type of colorectal cancer.

Gentle Yoga: Meets every Tuesday 9:30-11:00 am at *Island Health & Fitness*. A blend of stretching, relaxation, healing visualization & meditation in a supportive group environment (free of charge to people with cancer.) Contact instructor Nick Boyar 607-272-2062 or nickboyar1@yahoo.com.

Men's Breakfast Club: Meets every Friday 8-9:00 am at the *Royal Court Restaurant*. For men with any type of cancer, at any stage of treatment or recovery.

First Tuesday Open House: Meets the 1st Tuesday of each month 5:30-7:00 pm. Light refreshments provided. Open to everyone, especially first-timers. Meet our staff, see our space, & informally connect with others.

Pat's Group, Living with Cancer as Chronic Disease: Meets on the 1st & 3rd Thursday of each month 12-1:30 pm. Lunch provided. For people with more advanced cancers. Caregivers welcome.

Tompkins Prostate Support Group: Meets a few times a year for education programs and discussions related to prostate cancer. Men with prostate cancer are encouraged to attend the Friday Men's Breakfast Club (see above) and to call Brian Wilbur (607) 277-2404 for further assistance.

Water Exercise Class: Meets on Saturdays 9:45-10:45am in 6 week sessions (1/7-2/11 & 2/18-3/25) at *Island Health & Fitness*. Open to anyone with cancer. \$30/session. Scholarships available for those with financial hardship. For more info, contact fran@crcfl.net.

Women's Noon Group: Meets every Friday 12-1:30 pm. Light refreshments provided. For women with any type of cancer, at any stage of treatment or recovery.

Young Adult Group: Meets on the 2nd and 4th Tuesday of each month 5:30-7:00 pm. For people 20-40ish with cancer. Partners welcome. (4th Tuesday: CRC Cares About Kids: supervised play for children of group members.)