



Cancer Support Group

2026 Schedule

January 22nd – 4pm – 5pm – Thursday - **“Exercise and Nutrition”** Exploring ways to stay fit and nourished through your journey.

Special Guest - Liz Hunt, Anytime Fitness

February 26th – 4pm – 5pm – Thursday – **Integrative and Holistic Therapies** – Exploring complementary approaches like yoga, meditation, acupuncture, or art therapy.

Special Guest – Katie Hunter

March 26th – 4pm – 5pm – Thursday – **Emotional and Mental Health** – Addressing anxiety, depression, fear of recurrence, and ways to maintain mental well-being

April 23rd – 4pm – 5pm – Thursday - **Treatment Experiences**

Discussing various treatments (chemo, radiation, surgery), side effects, and tips for managing them.

Special Guest - Hasan Murshed, MD – Radiation Oncologist

May 28th – 4pm – 5pm – Thursday **Communicating with Family and Friends** – Navigating difficult conversations and setting boundaries with loved ones.

June 25th 4pm – 5pm – Thursday **Body Image and Self-Esteem**

– Coping with physical changes (hair loss, weight changes, scars) and maintaining a positive self-image.

July 23rdth 4pm – 5pm – Thursday - **Fatigue and Energy Management** – Discussing ways to manage cancer-related fatigue and prioritize activities.

August 27th 4pm – 5pm – Thursday **Coping with Diagnosis**

Sharing emotional reactions and strategies for dealing with the initial shock and adjustment.

September 24th 4pm – 5pm – Thursday - **Financial and Insurance Concerns** – Sharing experiences and resources for managing medical costs, insurance issues, and workplace rights.

October 22rd 4pm – 5pm – Thursday - Survivorship and Life After Treatment – Adjusting to life post-treatment, dealing with follow-up care, and finding a "new normal."

November 19th 4pm – 5pm – 3rd THURSDAY (not Thanksgiving) Grief, Loss, and End-of-Life Concerns – Providing a safe space to discuss fears around mortality, loss, and how to support others in the group who may be facing advanced stages.

December 17th 4pm – 5pm – 3rd THURSDAY (not Christmas Eve) Relationships and Intimacy – Talking about how cancer affects romantic relationships, intimacy, and sexuality.

All Patients, Caregivers, and Family are cordially invited.

Hope Regional Cancer Center

2900 FL – Hwy 77

Lynn Haven, FL 32444

850-276-9614 to RSVP to Randy Wahlberg