



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

Special Guest – Katie Hunter

**March 26<sup>th</sup> – 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 25<sup>th</sup> 4pm – 5pm – Thursday Body Image and Self-Esteem**

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

**July 23rd<sup>th</sup> 4pm – 5pm – Thursday - Fatigue and Energy Management** – Discussing ways to manage cancer-related fatigue and prioritize activities.

**August 27<sup>th</sup> 4pm – 5pm – Thursday Coping with Diagnosis**

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

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

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

**November 19<sup>th</sup> 4pm – 5pm** – 3<sup>rd</sup> 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 17<sup>th</sup> 4pm – 5pm** – 3<sup>rd</sup> 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