

CANCER CAREGIVER APPRECIATION & EMPOWERMENT



Tuesday, Nov 1st * 11:00 am - 2:30 pm

Sunflower House

777 Merritt Island Causeway, suite 201, Merritt Island
(located in the Merritt Square Mall next to JC Penney)

To support and honor our cancer caregivers, in recognition of National Family Caregiver Month! Presented by local nonprofit Complementary Cancer Care.

- 11 am - 12:30 pm: **Cancer Caregiver Support Group w/ Health Experts**
Yoga therapist Lorien Nearing will be demonstrating mindful breathing and movement techniques, and show us how easy it is to incorporate this into our busy lives. Oncology nurse educator Amy Fentress will offer helpful health tips and address *your* concerns during a Q&A session.
- 12 - 2 pm: **lunch available** (please RSVP on our website or call)
- 1 - 2:30 pm: **Holiday Card Printmaking Art Activity**
Relax and let your creativity shine, as art instructor Nancy Bindig facilitates this creative festive project!



www.compcancercare.org

321-266-0564

Complementary Cancer Care is a 501(c)3 nonprofit offering free non-medical services to people dealing with cancer in Brevard County by offering the tools to connect, support, educate, and empower on their road to healing. Complementary Cancer Care facilitates a monthly support group (first Tuesday, 11 am – 12:30 pm) to provide a comforting place for cancer caregivers to take a break, discuss their concerns, and get practical advice and compassion from others who understand.