HopeWell’s programs are always offered at no charge! HopeWell helps people with cancer and their loved ones find their way through the life-changing impact of a cancer diagnosis.

### Walk with Hope Fall/Winter Programming Note:
The outside temperature is below 35°, the Walk will not be held. Please call if you are unsure about the weather as it relates to the walk.

### Week of December 11th

#### Monday, December 11th
- **9:30 am** - Walking with Hope
- **11:00 am** - Strength and Tone
- **1:00 pm** - Walking Your Way Into 2018: A Writing For Wellness Workshop
- **7:00 pm** - Breast Cancer Group

#### Tuesday, December 12th
- **9:30 am** - Morning Sound Meditation: A Soothing Way to Start Your Day
- **10:45 am** - Yoga
- **12:00 pm** - Concentration, Relaxation, Meditation
- **6:00 pm** - Yoga
- **7:00 pm** - Welcome Meeting

#### Wednesday, December 13th
- **7:30 pm** - Tai Chi
- **9:15 am** - Tai Chi

#### Thursday, December 14th
- **6:30 pm** - Weekly Meditation Class

#### Friday, December 15th
- **10:00 am** - Mindfulness Meditation

### Week of December 18th

#### Monday, December 18th
- **9:30 am** - Walking with Hope
- **11:00 am** - Strength and Tone
- **12:30 pm** - Look Good...Feel Better
- **1:00 pm** - Metastatic Breast Cancer Group

#### Tuesday, December 19th
- **9:30 am** - Morning Sound Meditation: A Soothing Way to Start Your Day
- **10:45 am** - Yoga
- **12:00 pm** - Concentration, Relaxation, Meditation
- **6:00 pm** - Yoga
- **7:00 pm** - Welcome Meeting

#### Wednesday, December 20th
- **9:15 am** - Tai Chi
- **11:00 am** - Tai Chi
- **12:00 pm** - Welcome Meeting
- **12:15 pm** - Lynne Cuchran, LCSW-C

#### Thursday, December 21st
- **6:00 pm** - Tai Chi
- **6:30 pm** - Tai Chi

#### Friday, December 22nd
- **10:00 am** - Mindfulness Meditation

### Week of December 25th

#### Monday, December 25th
- **9:30 am** - Walking with Hope
- **11:00 am** - Strength and Tone
- **12:30 pm** - Needwork...
- **1:00 pm** - Craft and Meditation
- **7:00 pm** - Breast Cancer Group

#### Tuesday, December 26th
- **9:30 am** - Morning Sound Meditation: A Soothing Way to Start Your Day
- **10:45 am** - Yoga
- **12:00 pm** - Concentration, Relaxation, Meditation
- **6:00 pm** - Yoga
- **7:00 pm** - Welcome Meeting

#### Wednesday, December 27th
- **7:30 pm** - Tai Chi

#### Thursday, December 28th
- **10:00 am** - Mindfulness Meditation

### Week of December 29th

#### Monday, December 29th
- **9:30 am** - Walking with Hope
- **11:00 am** - Strength and Tone
- **12:30 pm** - Breast Cancer Group

#### Tuesday, December 30th
- **9:30 am** - Morning Sound Meditation: A Soothing Way to Start Your Day
- **10:45 am** - Yoga
- **12:00 pm** - Concentration, Relaxation, Meditation
- **6:00 pm** - Yoga
- **7:00 pm** - Welcome Meeting

#### Wednesday, December 31st
- **9:15 am** - Tai Chi
- **11:00 am** - Tai Chi
- **12:00 pm** - Welcome Meeting
- **12:15 pm** - Lynne Cuchran, LCSW-C

#### Thursday, January 1st
- **6:00 pm** - Tai Chi
- **6:30 pm** - Tai Chi

#### Friday, January 2nd
- **10:00 am** - Mindfulness Meditation

### Upcoming Events

- **New to HopeWell? Welcome Meeting**
  - **Tuesdays at 7:00 pm**
  - **Tuesdays at 12:00 pm**

**RSVP REQUIRED** Please call to join these groups/classes, or write to rsvp@hopewellcancersupport.org.

- **Open Programs**
  - These programs are offered on a drop-in basis. No RSVP or pre-registration is required.
  - Interested participants meet individually with Program Staff to learn more about this group. Please feel free to call and speak with us at 410-832-2719.
Look Good...Feel Better
Monday, December 11, 12:30 – 2:30 PM
Look Good...Feel Better, a free, brand-neutral navigation program, helps individuals look good, improve their self-esteem and manage their treatment and recovery with greater confidence. HopeWell offers this program in cooperation with the American Cancer Society.

rsvp@hopewellcancersupport.org

Healthy Lunch Club – Holiday Cookie Control plus Cookie Swap
Thursday, December 14
Lunch, 12:15 – 1:30 PM
Discussion, 12:30 – 2:00 PM
Facilitator: Sharon Colvan, LCSW-C

With the holidays upon us, it is easy to abandon the progress we’ve made all year long in making healthy food choices. It is especially tempting to indulge in the sweets of the season. Make this the year where you exercise a little “cookie control.” You can have your cookies and eat them, too! After all, what would the holidays be without cookies?

Today’s discussion is about healthier takes on the traditional holiday treats. Strategies for baking to cut down on the fats and sugars, strategies to help with portion control and the importance of incorporating daily physical activity.

Join in a Healthy Lunch Club Cookie Swap, too. Bring your favorite holiday cookies and recipes to exchange with the group plus a healthy holiday cookie recipe.

For today’s program, we will provide a light lunch.

rsvp@hopewellcancersupport.org

Needlework...Craft and Meditation
Monday, December 18, 12:30 – 2:00 PM
Facilitator: Wanda Harrison, LCSW-C

Knitting, crochet, needlepoint... all are rewarding in and of themselves; when you've finished, you have a tangible result. But there are other benefits as well: the repetitive motion of needlework can induce a relaxation response similar to that of meditation or yoga. It can help you focus.

• Doing needlework with others in a group is another opportunity to find and give support.
• It is a nice way to socialize and share your skill with others.

Bring your current projects or give the workshop a try, as this craft is new to you, there will be others who can help you get started.

rsvp@hopewellcancersupport.org

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN DECEMBER

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