October 2017

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<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<td>1</td>
<td>Bereavement Support Group 10 – 11:30</td>
<td>Support Group for All Cancer 12 – 1:30 pm</td>
<td>Leukemia/ Lymph Support 12 – 1:30 pm</td>
<td>Restorative Yoga 5:45-7 pm</td>
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<td>15 CanSurvive 2-4 pm</td>
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<td>20 CanSurvive 12-1:30 pm</td>
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<td>Bereavement Support Group 10 – 11:30</td>
<td>Head &amp; Neck (STVHS) 12:00 – 1:30 pm</td>
<td>Bosom Buddies 12:00 – 1:30 pm</td>
<td>New Beginnings 11 – 1pm</td>
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<td>&gt;Head &amp; Neck (UAB) 4:00 – 6:00pm</td>
<td>Restorative Yoga 12:15-1:15 pm</td>
<td>Restorative Yoga 5:45-7 pm</td>
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<td>25 Writing Through Cancer 5:30 – 7:30 pm</td>
<td>Colon Cancer Support, 6:30 – 8:00 pm</td>
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**Upcoming Programs**

*Writing Through Cancer: Sept 27 – Nov 1*

*Think Well, Guin, AL: Oct 14*

**Follow Us!**
Facebook: UAB Comprehensive Cancer Center
Twitter: @uabcancercenter
Breast Cancer

**Bosom Buddies Breast Cancer Support Group**
A monthly support group for women who have experienced breast cancer with the opportunity to meet other women at different stages of recovery and survivorship. The group meets on the third Wednesday of every month from noon until 1:30 p.m. A light lunch is provided. To register, call 516-8500 or e-mail to Rhonda Reese, mailto:rhonda.reese@stvhs.com.

**New Beginnings (Breast Cancer)**
Join us for a talk on coping with cognitive effects of cancer and cancer treatments with Kristen Triebel.
When: Third Thursday, 11 – 1pm
Where: 4th Floor Conference Room, The Kirklin Clinic
Contact: (205) 801-7907 or newbeginningssupportgroup@uabmc.edu

**Forge Share in Blount County**
Breast cancer support for patients, survivors and caregivers living in Blount County, AL
When: 2nd Thursday of the month at 6pm
Where: Warrior, AL.
Contact: Megan Sisk 205-838-6158 or megan.sisk@stvhs.com

**Walker County Support Group**
Breast cancer support for patients, survivors and caregivers living in Walker County, AL
When: 2nd Thursday of the month at 1:30 pm
Where: Jasper Public Library, Jasper, AL.
Contact: Gretel Holston 205-401-7559 or gyholston@icloud.com

Gynecological Cancers

**CanSurvive (Gyn Cancers) Offered 2 times and at different locations**
Support group for ovarian, cervical, endometrial, uterine and other gynecological cancers.
When: 3rd Friday of the month, 12 p.m. (Lunch provided)
Where: American Cancer Society, 1100 Ireland Way, Suite 201, Birmingham, Alabama

When: 3rd Sunday of the month, Time: 2 p.m. to 4 p.m. (Refreshments provided)
Where: Homewood Public Library, Room 101, 1721 Oxmoor Road
Homewood, Alabama
Contact: (205) 934-7509, Cansurvebham@gmail.com

Head and Neck Cancers

**St. Vincent’s Head & Neck Support: Open to patients, survivors and caregivers.**
When: 3rd Tuesday Each Month, 12:00 – 1:30 pm
Where: St. Vincent’s Birmingham: Bruno Cancer Center
Contact: Louis Josof (205) 939-7884
**UAB Head and Neck Cancer Support Group for patients, survivors and caregivers.**

When: Thursday, October 19, 2017 at 4:00 pm  
Where: UAB Hematology Oncology (Old Cancer Center), North Pavilion, Room NP2532  
North Pavilion, UAB (Across from Starbucks and American Red Cross)  
Contact: Lisa Clemons (205) 934-9714 or lkclemons@uabmc.edu

Online Head and Neck Support  

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**All Cancers**

**Bereavement: Support for those who have lost a loved one**  
When: 1st Monday of Each Month, 10:00 – 11:30 am  
Where: St. Vincent’s Birmingham: Bruno Cancer Center  
Contact: Louis Josof (205) 939-7884

**Bone Marrow Transplant Support (BMT)**  
Dates/Times/Topics to be announced. For more information, contact Nel Williams at (205) 996-9449.

**Camp Bluebird**  
This retreat offers a unique experience for adult cancer patients by promoting a sense of well-being among campers, teaching them how to live with cancer and cancer treatments, and providing them with a time for listening and learning, sharing and caring, and rest and relaxation. The three-day, two-night camp is held twice each year and is free-of-charge to the camper. Call 205- 930-2217 or e-mail to Katherine.puckett@gmail.com for more information.

**Caregivers Support Group**  
Get caregiving tips, advice, and support with Caring.com's online support groups. Connect with those who understand what you're going through. Share, vent, laugh, and feel less alone. Open for all cancer diagnoses.  
When: 2nd Wednesday Each Month, 12:00 – 1:30 pm  
Where: St. Vincent’s Birmingham: Bruno Cancer Center  
Contact: Louis Josof (205) 939-7884

**Support Group for All Cancers**  
This group is open to patients, survivors and caregivers.  
When: 1st Tuesday Each Month, 12:00 – 1:30 pm  
Where: St. Vincent’s Birmingham: Bruno Conference Center  
Contact: Louis Josof (205) 939-7884

**Leukemia / Lymphoma Support Group**  
This support group is open to patients, survivors and caregivers.  
When: 1st Wednesday Each Month, 12:00 – 1:30 pm  
Where: St. Vincent’s Birmingham: Bruno Cancer Center  
Contact: Louis Josof (205) 939-7884
**Prostate Cancer Support Group**  
This support group is open to patients, survivors and caregivers.  
**When:** 2nd Tuesday of the Month, 12:00 – 1:30 pm  
**Where:** St. Vincent’s Birmingham: Bruno Cancer Center  
**Contact:** Louis Josof (205) 939-7884

**Restorative Yoga: offered 2 days a week!**  
Gentle, restorative yoga for cancer survivors. Class space is limited. Registration and permission from your physician to participate are required.  
**When:** Wednesdays 12:15-1:30 p.m. and Thursdays 5:45-7 p.m.  
**Where:** Embody Practice Center  
**Contact:** Diane Wood, dianewood@uabmc.edu (205) 934.4462  
**Cost:** $50 for 10-week session (scholarships are available)

**The Semi-Colon Club**  
Colon cancer support group.  
**When:** 3rd Thursday from 6:30 – 8pm  
**Where:** Homewood Library  
**Contact:** Jacky Turner, jacky.turner@rumpshaker5k.com or call (205) 613-4341.

**SPECIAL SUPPORT EVENTS**

**Writing Through Cancer:** When life hurts, writing helps.  
Cancer survivors can find solace and purpose in writing about their experiences with cancer. Lead by professional writer, Lucy Jaffe, and storyteller, Elizabeth Vander Camp, you’ll learn how to use expressive writing as therapy to get through the trauma, pain and anxiety of a cancer diagnosis. You do not need experience or materials. Space is limited, so register soon!  
**When:** September 27– November 1, Wednesday Evenings from 5:30 – 7:30 pm,  
**Where:** UAB Comprehensive Cancer Center, ROOM WTI 220  
**Contact:** tgw318@uab.edu

**Think Well Seminar:** Healthy Living to Improve Cognitive Function  
**When:** October 14, 11 am – 1 pm  
**Where:** Holiday Inn, 5750 AL-44, Guin, AL 35563  
**Contact:** Jacqueline Vo 205-934-7580 or Sabrena handley88@centurytel.net  
For more information: http://www.thinkwell.tips/event/think-well-seminar-guin/

**RESEARCH STUDIES**

*A Study of the Nutrition and Information Environments of Breast Cancer Survivors in Alabama*  
Participants in the first phase of this study will complete a survey online that will take about 30 minutes. Some participants may be asked to participate in the second phase of the study. Participants in the second phase will complete an interview that will last about 40 minutes. All participants will receive compensation for completing the study. Who can participate?: Women who have been diagnosed with breast cancer; completed treatment at least one year ago; age 18 and older; speaks English; lives in Alabama. For more information, visit www.survivormems.org or call (334) 329-4767.