April 2018

**Coming Up!**

- **April 14:** Young Breast Cancer Workshop
- **April 23:** Changing Family and Social Relationships After Cancer
- **May 30:** Everything I Ever Wanted to Know About Clinical Trials
- **June 2:** UAB Comprehensive Cancer Center Lace Up for a Cure Walk
- **June 3:** Susan G. Komen's Survivors Day: A Celebration of Life

**Grief Support**
- Sunday 10:00 am

**Support Group for All Cancer**
- Tuesday 12 noon

**Leukemia/ Lymph Support**
- Wednesday 12-15 pm

**Restorative Yoga**
- 5:45 pm

**SGK First Fridays**
- 11:30 am

**Prostate Cancer Support**
- Saturday 12 noon

**Walker Co Breast Support**
- 1:30 pm

**Blount Breast Support**
- 6 pm

**Survive & Thrive**
- 6:00 pm

**New Beginnings**
- 11:00 am

**CanSurvive**
- Monday 2:00 pm
- Saturday 12 noon

**Living with Cancer**
- Monday 11:30 am

**Bosom Buddies**
- Thursday 12 noon

**Colon Cancer Support, 6:30**
- Friday 6:30 pm

**Follow Us!**
- Facebook: UAB Comprehensive Cancer Center
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 838-3000 or e-mail to Martha Seymour, mailto:mimiseymour@gmail.com.

**New Beginnings (Breast Cancer)**
A support group for newly diagnosed breast cancer patients.
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: Cross Roads Baptist Church, 801 AL-160, Warrior, AL 35180
Contact: 205-838-6159 or info@forgeon.org

**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 mailto:gyholston@icloud.com

**Susan G. Komen Support Group**
Survive and Thrive for breast cancer survivors and co-survivors. This support group is a participant-focused, interactive group aimed at providing social support.
When: 2nd Thursday of the month at 6:00 pm
Where: Susan G. Komen, 1909 27th Avenue South, Homewood, AL
Contact: 205-263-1700 or mailto:info@komenncalabama.org

First Fridays with Komen is a lunch and learn series featuring area breast cancer experts.
When: 1st Friday of the month at 11:30 am
Where: Various Locations
Contact: 205-263-1700 or mailto:dfowler@komenncalabama.org

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: Brookwood Hospital, Executive Board Room Homewood, Alabama
Contact: mailto:CS@ThinkofLaura.org and 205-783-1285
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: Next meeting is March 15, 2018
Where: Various locations
Contact: Lisa Clemons (205) 934-9714 or lkclemons@uabmc.edu

Online Head and Neck Support
Visit: http://www.spohnc.org/

All Cancers

Grief: 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
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:  Stacey Miller,mailto:staceymiller@uabmc.edu (205) 934-7914
  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

Living with Cancer
“Why has my relationships changed since my cancer diagnosis?”
Join us for a discussion with Sylvia Huang, PhD, MA, Med, Clinical Psychologist with the UAB Supportive Care Clinic, to talk about fostering healthy family and social relationships after a cancer diagnosis. Please note that there are a limited number of seats available for this roundtable discussion. Lunch will be provided. Registration is required.

  When:  Monday, April 23 11:30—12:30 pm
  Where:  UAB Comprehensive Cancer Center
         Patient and Family Resource Center, WTI 220
  Register:  tgw318@uab.edu

6th Annual Young Breast Cancer Survivors Workshop
Saturday, April 14 from 10 – 2:30pm. For more information and to register:
https://events.r20.constantcontact.com/register/eventRegoeidk=a07ef38limrc65ee463&oseq=&c=&ch=
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.

Mindfulness Based Meditation for Breast Cancer Patients
Do you have early breast cancer? Taking aromatase inhibitors? Feeling tired, experiencing pain or hot flashes, depression, stress or other symptoms? The Integrative Medicine Clinic is conducting a new study that may help with these side effects. To find out if you qualify, call (205) 975-2758.

Wear to Care
This pilot program is designed to determine the effectiveness of Fitbit devices for cancer patients in the delivery and coordination of their cancer care. This is a FREE program that lasts a total of 5 weeks. Participants are asked to wear their Fitbit devices for 4 weeks and then attend a focus group meeting during the 5th week. After the program, you will be compensated with the option to keep the FitBit device. For more information, contact David Bryan at (2050 975-1247 or email dbryan@uab.edu.