



**COMPREHENSIVE CANCER CENTER**

**Upcoming Programs**

*Forge Gardening Event: May 6*

*Living with Cancer: May 15*

*Metavivors: : May 20*

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May

2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Bereavement Support Group 10 – 11:30	2 Support Group for All Cancer 12 – 1:30 pm	3 >Leukemia/ Lymph Support 12 – 1:30 >Restorative Yoga 12:15-1:15 pm	4 Restorative Yoga 5:45-7 pm	5	6 Forge: Benefits of Gardening 9:30 – 11:30 am
7	8	9 >Prostate Cancer Support 12 – 1:30 pm >Forge Breast Cancer (Walker County) 6:00 pm	10 >Caregivers Support 12:00 – 1:00 pm > Bosom Buddies Noon – 1:30 pm >Restorative Yoga 12:15-1:30 pm	11 >Restorative Yoga 5:45-7 pm >Forge Share Blount County 6:00 pm	12	13
14	15 Living with Cancer 1:00 – 4:00 pm	16 >Bosom Buddies 12:00 – 1:30 pm  >Head & Neck (STVHS) 12:00 – 1:30 pm	17 >Restorative Yoga 12:15-1:15 pm	18 >New Beginnings 11 – 1pm >Restorative Yoga 5:45-7 pm >Semi-Colon Club Colon Cancer Support 6:30 – 8:00 pm	19 CanSurvive 12-1:30 pm	20 Metavivors Metastatic Breast Cancer Support Group 10:00 – 11:30 am
21 Can Survive 2-4 pm	22	23	24 >Restorative Yoga 12:15-1:15 pm	25 >Restorative Yoga 5:45-7 pm	26	27
28	28 Memorial Day	30	31			

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**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 Tuesday 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 Light Support Group (Breast Cancer)**

Join our New Light Triple Negative Breast Cancer Support Group.

When: TBD

Where: TBD

Contact: Kimberly Robinson (205) 975-7912 or email [krobinson@uabmc.edu](mailto:krobinson@uabmc.edu)

**Young Breast Cancer Survivors Support Group**

Next Meeting: TBD

When: TBD

Where: TBD

For more information on registration, visit: <http://www.surviveal.org/>

**New Beginnings (Breast Cancer)**

Join us for a talk on coping with cognitive effects of cancer and cancer treatments with Kristen Triebel.

When: Thursday, May 18 from 11 – 1:00 pm

Where: 4th Floor Conference Room, The Kirlin Clinic

Contact: (205) 801-7907 or [newbeginningssupportgroup@uabmc.edu](mailto: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](mailto:megan.sisk@stvhs.com)

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**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, [Cansurvivebham@gmail.com](mailto:Cansurvivebham@gmail.com)

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## Head and Neck Cancers

### **St. Vincent's Head & Neck Support: Open to patients, survivors and caregivers.**

When: 3<sup>rd</sup> 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.**

Join Elizabeth Barnes and Lirong Sun from Rehabilitation Services to talk about coping with lymphedema and learn about exercises and methods that can relieve the discomfort.

When: Thursday, July 20, 2017 at 4:00 pm  
Thursday, October 19, 2017 at 4:00 pm  
Where: UAB Comprehensive Cancer Center, WTI 101 (Training Room)  
1824 6<sup>th</sup> Avenue South, Birmingham  
Contact: Lisa Clemons (205) 934-9714 or [lkclemons@uabmc.edu](mailto:lkclemons@uabmc.edu)

### **Online Head and Neck Support**

Visit: <http://www.spohnc.org/>

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## All Cancers

### **Bereavement: Support for those who have lost a loved one**

When: 1<sup>st</sup> 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](mailto: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: 1<sup>st</sup> 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: 1<sup>st</sup> 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: 2<sup>nd</sup> 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](mailto:dianewood@uabmc.edu) (205) 934.4462  
Cost: \$50 for 10-week session (scholarships are available)

### **The Semi-Colon Club**

Colon cancer support group.

When: 3<sup>rd</sup> Thursday from 6:30 – 8pm  
Where: Homewood Library  
Contact: Jacky Turner, [jacky.turner@rumpshaker5k.com](mailto:jacky.turner@rumpshaker5k.com) or call (205) 613-4341.

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## **SPECIAL SUPPORT EVENTS**

### **Forge Breast Cancer Survivor Center Presents**

“The Benefits of Gardening Throughout Life’s Journey” Enjoy light refreshments and create a potted plant to take home!

Guest Speaker: Wendy Demark-Wahnefried, PhD, RD  
When: Saturday, May 6, 9:30—11:30 am  
Where: Birmingham Botanical Gardens  
2612 Lane Park Road  
Birmingham, AL  
Register: [www.forgeon.org/news-events](http://www.forgeon.org/news-events) or (205) 838-6159

### **Robert E. Reed GI Oncology Research Foundation Presents**

“The 2nd Annual Living with Cancer Symposium: strategies for improving the health and well-being of cancer survivors.

Guest Speakers: Marty Heslin, MD; Elizabeth Kvale, MD; Sushanth Reddy, MD, Laura Rogers, MD, Carolina Salvador, MD  
When: Monday, May 15, 1:00—4:00 pm  
Where: UAB National Alumni Society House  
1301 10th Avenue South  
Birmingham, AL  
Register: <http://www.reedgifoundation.com/living-with-cancer-symposium.php>

**Forge Breast Cancer Survivors Center Presents**

“Metavivors of Alabama: a stage IV/metastatic breast cancer support network”

Guest Speakers: Andres Forero, MD & Gabrielle Rocque, MD

When: Saturday, May 20, 10:00-11:30 am

Where: Oasis Counseling  
1900 14th Avenue South  
Birmingham, AL

Register: [amy.bailey.ackley@gmail.com](mailto:amy.bailey.ackley@gmail.com) or (205) 908-7729