



A Message from our Program Director

Rachel Newby



Hello all CSC Atlanta Community Members!

It may only be March, but the flowers are blooming and it looks like we're welcoming an early Springtime. Hope you're all able to get out and enjoy this beautiful weather, along with joining your friends here at CSC.

We're very excited to be offering some new programs in our March & April program calendar. Artist Kathy Walton from Spruill Center for the Arts will be returning for two sessions of "Spring Floral Arrangements" that you won't want to miss! We have a new exercise class "Mind & Body Balance" that will be led by Jane Myers, BHS. This class integrates stress reduction techniques while exercising. Of course our annual Spaghetti Dinner is always a hit.

We hope to see you for some of our ongoing programming as well. We have a variety of offerings to choose from, ranging from cooking demonstrations and support groups to our bi-monthly Movie Night.

Finally, please consider putting together a team for our Chastain Chase 5K & 1 mile run/walk. Winding your way around beautiful Chastain Park is a great way to spend an April morning with friends while supporting the Cancer Support Community Atlanta.

Looking forward to seeing all of you soon!

Rachel

the **community**

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Peggy Morehouse, LCSW Facilitator

Othene Munson, RYT Yoga

Jane Myers, BHS

Alex Ricker, RYT Yoga

Cynthia Roman-Hernandez, Ph.D

Lisa Seneker, RYT Yoga

Brenda Sheffield, Pilates

Ellen Sichel, RYT Yoga

Bev Stegman, RYT Yoga & Exercise

Ashley Van Cise, RD, LD Nutrition

Susan Wells, RYT Yoga

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Spaghetti Dinner

Wednesday, April 26th
6:30-8:00pm. RSVP - Space is Limited
Join us for our annual Spaghetti Dinner.
There will be good food, good music and
good company!

**New Exercise Class!!!
Mind & Body Balance**

Wednesdays
2:00-3:00pm.
This class will include a series of exercises,
performed sitting and standing, that chal-
lenge your physical balance and postural
control. Integration of physical balance
benefits will be achieved by following the
exercises with a guided practice of progres-
sive muscle relaxation imagery. Jane Myers,
BHS, will lead.

Join Us for This Year's Chastain Chase
5K/1 Mile Walk/Run
Sunday, April 23rd, 2016
Registration Begins at 7:00am; Race
Begins at 8:00am
The Galloway School
215 West Wieuca Road, NW Atlanta,
GA 30342
For More Information:
www.cscatlanta.org

Nutrition Seminar

Third Tuesday of the month: RSVP
12:00-1:30 pm. A light lunch will be served.
March 21st: Are High Glycemic Index
Foods Increasing Your Risk for Cancer?
April 18th: Nutrition Myths - Fact or
Fiction

Cooking Demonstrations

12:00-1:30 pm. RSVP.
Thursday, March 30th: Immune Boosting
Meals
Thursday, April 27th: Cooking with
Ancient Grains

**Fresh Market
Cooking Demos**

12:00-1:30 pm. RSVP
Saturday, March 25th: Spring
Salads
Saturday, April 22nd: Super Simple Suppers





Stress Reduction



The Cancer Support Community Atlanta is excited to continue our collaboration with the Spruill Center for the Arts during 2017.

The Spruill Center for the Arts is one of metro Atlanta's premier community art centers. For more than 40 years, the Spruill Center has offered visual arts classes for all ages and skill levels to more than 5,000 students annually. The Spruill Gallery hosts rotating exhibits and features a local artist gift shop. Through special events and outreach programs, Spruill Arts works to provide art education and appreciation throughout the community. Learn more about this organization at spruillarts.org.

Spring Flower Arrangements

Wednesday, April 12th
12:00-2:00pm RSVP - Space is Limited.

Tuesday, April 18th
10:00-12:00pm RSVP - Space is Limited.

We're excited to have Kathy Walton back for this fun and interactive workshop. Have you ever wanted to know how floral professionals put together such beautiful arrangements? If so, you can learn during this workshop! Each attendee will create an arrangement during the class and will be able to take it home with them.

Due to the space limitations of these workshops, you may only sign up for one of the dates.

Foundations of Tai Chi & Qi Gong

Friday, March 10th
1:00-3:00pm RSVP

Begin your Tai Chi practice with this introduction to Tai Chi and Qi Gong theory. Learn the principles and healing practice of Qi Gong. Corinne Chaves leads.

How and Why Meditation is So Helpful

Tuesday, March 21st
6:00-8:00pm RSVP

Come and learn realistic, practical meditation techniques that helps manage stress and pain. You will have the opportunity to ask questions and gain skill and understanding and leave with a beginning practice that works for you. Beginners are welcome. Ellen Sichel leads.

Find Your Balance: Put Some Spring in Your Step!

Tuesday, April 18th
6:00-8:00pm RSVP - Space is Limited

With the emergence of spring comes increased activity. Gardening, walking and sports are some of the many things we enjoy doing, but for many balance is an issue. Learn the principles of effective walking, body mechanics and balance to help support you while you are out and about. The less stress you have in your body, the more energy and strength you will have to enjoy your day. Ellen Sichel leads.

Five Element Practices for Health: Metal Phase - Lungs and Large Intestine

Friday, April 14th
1:00-3:00pm RSVP

This workshop will bring together theory and concepts of the Five Elements with Qi Gong, lifestyle and diet to support the health of the metal phase organs and functions including lungs and large intestine, oxygenation, and elimination. Corinne Chaves leads.

Balance & Fall Prevention

Tuesday, March 28th
2:00-4:00pm RSVP

According to the CDC, 1 out of 3 seniors 65 and older fall each year, It is estimated that 40-50% of these falls could be prevented. Attend this workshop and learn about balance deficits and how to prevent falls. Bev Stegman leads.

Osteoporosis - Building Bone

Tuesday, April 25th
2:00-4:00pm RSVP

Osteoporosis is a bone disorder that causes weakening of bones and can increase risk for fractures. Come learn specific exercises to build new bone and improve balance. Bev Stegman leads.

Complete List of Stress Reduction Classes

Supported Yoga

Thursdays, 2:00-3:15pm

Interactive Yoga

Tuesdays, 11:00am-12:15pm

Thursdays, 11:00am-12:15pm

Saturdays, 10:30am-11:45am

Restorative Yoga

Tuesdays, 2:00-3:15pm

Tai Chi Qi Gong

Tuesdays, 1:00-2:00pm

Wednesday, 6:00-7:00pm

Practicing Presence

Thursdays, 12:15-1:45pm

NIA

Wednesdays

10:00-11:00am

Art As Connection

4th Tuesdays

10:00-11:30am



Nutrition

Nutrition Seminar

Third Tuesday of the month: RSVP
12:00-1:30 pm. A light lunch will be served.

March 21st: Are High Glycemic Index Foods Increasing Your Risk for Cancer?

April 18th: Nutrition Myths - Fact or Fiction

Join us for seminars that offer professional advice on how dietary choices can shape your journey through cancer. Denise Boutwell, RDN, CSO, LD, of Northside Hospital leads these seminars each month.

Exercise



New Exercise Class: Mind & Body Balance. Wednesdays, 2:00-3:00pm

This class will include a series of exercises, performed sitting and standing, that challenge your physical balance and postural control. Integration of physical balance benefits will be achieved by following the exercises with a guided practice of progressive muscle relaxation imagery. Jane Myers, BHS, will lead.

Complete List of Exercise Classes

Beginners Wellness Workout

Mondays, 11:00am-12:00pm

Wednesdays,

11:00am-12:00pm

Intermediate Wellness

Workout

Mondays, 1:00-2:00pm

Pilates

Wednesdays

1:00-2:00pm

Mind & Body Balance

Wednesdays

2:00-3:00pm

WorldDanz!

Fridays

12:00-1:00pm

Cooking Demonstrations

12:00-1:30 pm. RSVP.

Thursday, March 30th: Immune Boosting Meals

Thursday, April 27th: Cooking with Ancient Grains

Fresh Market Cooking Demos

12:00-1:30 pm. RSVP

Saturday, March 25th: Spring Salads

Saturday, April 22nd: Super Simple Suppers



Rita's Granola

Ingredients:

2 cups rolled oats

1 heaping cup of chopped nuts (walnuts, hazelnuts, almonds, pecans, Brazil nuts)

1/4 cup seeds (sunflower seeds, pumpkin seeds)

3/4 cup unsweetened shredded coconut

1 teaspoon ground cinnamon

3 tablespoons maple syrup

3 tablespoons coconut oil

1 1/2 cups dried fruit (raisins, cranberries, golden raisins, cranberries, chopped apricots)

Instructions:

Preheat oven to 350°F.

Combine oats, nuts, seeds, coconut and cinnamon in a large bowl.

Combine maple syrup and coconut oil in a small bowl.

Pour the coconut oil mixture over the oat mixture and stir to combine.

Spread the mixture evenly on a sheet pan that has been covered with parchment paper.

Place pan on a rack in the middle of the oven and allow to bake for about 15-20 minutes; stirring every 5 minutes to ensure even browning, making sure to spread the mixture out to the entire surface of the pan with each stir.

When the granola is fragrant and golden brown, remove from the oven and stir in the dried fruit.

Enjoy immediately while warm or allow granola to cool before storing in an airtight container.

Recipe by: Chef Ashley R. Van Cise RDN, LD

MARCH 2017

community Events


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:00 Nia 11:00 Wellness Workout 12:00 Melanoma Group 1:00 Pilates 2:00 Mind & Body 5:00 Weekly Group 6:00 Tai Chi Qi Gong 6:00 New Member 6:30 Genetics Seminar	2 11:00 Yoga 12:15 Practicing Presence 2:00 Supported Yoga	3 12:00 WorldDanz	4 10:30 Yoga 12:00 Caregivers Group
5	6 10:00 New Member 11:00 Grief & Loss 11:00 Wellness Workout 1:00 Intermediate Wellness Workout	7 11:00 Yoga 1:00 Tai Chi Qi Gong 1:00 NHCI Smoking Cessation 2:00 Restorative Yoga 6:00 NHCI Smoking Cessation	8 10:00 Nia 11:00 Wellness Workout 12:00 Breast Cancer Group 1:00 Pilates 2:00 Mind & Body 5:00 Weekly Group 6:00 Tai Chi Qi Gong 6:00 New Member	9 10:30 Gynecological Cancer Group 11:00 Yoga 12:15 Practicing Presence 2:00 Supported Yoga	10 12:00 WorldDanz 1:00 Foundations of Tai Chi & Qi Gong	11 10:30 Yoga 11:00 Carcinoid Group
12	13 10:00 New Member 11:00 Wellness Workout 12:00 Advanced Breast Cancer Group 1:00 Intermediate Wellness Workout	14 11:00 Yoga 12:00 Sarcoma Group 1:00 Tai Chi Qi Gong 1:00 NHCI Smoking Cessation 2:00 Restorative Yoga	15 10:00 Nia 10:00 Look Good Feel Better 11:00 Wellness Workout 12:00 Melanoma Group 1:00 Pilates 2:00 Mind & Body 5:00 Weekly Group 6:00 Tai Chi Qi Gong 6:00 New Member	16 11:00 Yoga 12:00 Survivorship Class 12:15 Practicing Presence 2:00 Supported Yoga	17 12:00 WorldDanz	18 10:30 Yoga 11:00 Multiple Myeloma Journey Partner Workshop 12:00 Caregivers Group
19	20 10:00 New Member 11:00 Grief & Loss 11:00 Wellness Workout 1:00 Intermediate Wellness Workout 1:00 Triple Negative Breast Cancer Group Yoga	21 11:00 Yoga 12:00 Nutrition Seminar 1:00 Tai Chi Qi Gong 1:00 NHCI Smoking Cessation 2:00 Restorative Yoga 6:00 NHCI Smoking Cessation 6:00 How and Why Meditation is So Helpful	22 10:00 Nia 11:00 Wellness Workout 12:00 Breast Cancer Grp 12:00 GI Cancer Grp 1:00 Pilates 2:00 Mind & Body 5:00 Weekly Group 6:00 New Member 6:00 Tai Chi Qi Gong 7:00 Prostate Group	23 11:00 Yoga 12:15 Practicing Presence 2:00 Supported Yoga	24 12:00 WorldDanz	25 10:30 Yoga 12:00 Fresh Market Cooking Demo
26	27 10:00 New Member 11:00 Wellness Workout 12:00 Advanced Breast Cancer Group 1:00 Intermediate Wellness Workout	28 10:00 Art 11:00 Yoga 12:00 Lung Group 1:00 NHCI Smoking Cessation 1:00 Tai Chi Qi Gong 2:00 Balance & Fall Prevention 2:00 Restorative Yoga	29 10:00 Nia 11:00 Wellness Workout 1:00 Pilates 2:00 Mind & Body 5:00 Weekly Group 6:00 Tai Chi Qi Gong 6:00 New Member 6:00 Movie Night	30 11:00 Yoga 12:00 Cooking Demo 12:15 Practicing Presence 2:00 Supported Yoga	31 12:00 WorldDanz	



PLEASE NOTE: Events that are in RED require reservations

APRIL 2017

community Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10:30 Yoga 12:00 Caregivers Group
2	3 10:00 New Member 11:00 Grief & Loss 11:00 Wellness Workout 1:00 Intermediate Wellness Workout	4 11:00 Yoga 1:00 NHCI Smoking Cessation 1:00 Tai Chi Qi Gong 2:00 Restorative Yoga 6:00 NHCI Smoking Cessation	5 10:00 Nia 11:00 Wellness Workout 12:00 Melanoma Group 1:00 Pilates 2:00 Mind & Body 5:00 Weekly Group 6:00 New Member 6:00 Tai Chi Qi Gong 6:30 Genetics Seminar	6 11:00 Yoga 12:15 Practicing Presence 2:00 Supported Yoga	7 12:00 WorldDanz	8 10:30 Yoga 11:00 Carcinoid Group
9	10 10:00 New Member 11:00 Wellness Workout 12:00 Advanced Breast Cancer Group 1:00 Intermediate Wellness Workout	11 11:00 Yoga 12:00 Elder Law 12:00 Sarcoma Group 1:00 NHCI Smoking Cessation 1:00 Tai Chi Qi Gong 2:00 Restorative Yoga 6:00 NHCI Smoking Cessation	12 10:00 Nia 11:00 Wellness Workout 12:00 Flower Arrange. 12:00 Breast Cancer Group 1:00 Pilates 2:00 Mind & Body 5:00 Weekly Group 6:00 New Member 6:00 Tai Chi Qi Gong	13 10:30 Gynecological Cancer Group 11:00 Yoga 12:15 Practicing Presence 2:00 Supported Yoga	14 12:00 WorldDanz 1:00 Five Element Practices for Health: Metal Phase - Lungs and Large Intestine	15 9:00 Survivorship Class 10:30 Yoga 12:00 Caregivers Group
16	17 10:00 New Member 11:00 Grief & Loss 11:00 Wellness Workout 1:00 Intermediate Wellness Workout 1:00 Triple Negative Breast Cancer Group	18 10:00 Flower Arrange. 11:00 Yoga 12:00 Nutrition Seminar 1:00 NHCI Smoking Cessation 1:00 Tai Chi Qi Gong 2:00 Restorative Yoga 6:00 Find Your Balance: Put Some Spring in Your Step!	19 10:00 Nia 10:00 Look Good Feel Better 11:00 Wellness Workout 12:00 Melanoma Group 1:00 Pilates 2:00 Mind & Body 5:00 Weekly Group 6:00 New Member 6:00 Tai Chi Qi Gong	20 11:00 Yoga 12:15 Practicing Presence 2:00 Supported Yoga	21 12:00 WorldDanz	22 10:30 Yoga 12:00 Fresh Market Cooking Demo
23 	24 10:00 New Member 11:00 Wellness Workout 12:00 Advanced Breast Cancer Group 1:00 Intermediate Wellness Workout	25 10:00 Art 11:00 Yoga 12:00 Lung Group 1:00 Tai Chi Qi Gong 1:00 NHCI Smoking Cessation 2:00 Osteoporosis - Building Bone 2:00 Restorative Yoga 6:00 NHCI Smoking Cessation	26 10:00 Nia 11:00 Wellness Workout 12:00 Breast Cancer Grp 12:00 Gastrointestinal Cancer Grp 1:00 Pilates 2:00 Mind & Body 5:00 Weekly Group 6:00 Tai Chi Qi Gong 6:30 Spaghetti Dinner 7:00 Prostate Group	27 11:00 Yoga 12:00 Cooking Demo 12:15 Practicing Presence 2:00 Supported Yoga	28 12:00 WorldDanz	29 10:30 Yoga



PLEASE NOTE: Events that are in RED require reservations



Support

Gastrointestinal Cancers Support Group

Fourth Wednesday of the Month
12:00-2:00pm

This support group is for anyone diagnosed with a gastrointestinal cancer. These include esophageal, stomach, biliary system, pancreatic, small intestine, large intestine, colon, rectal and anal cancers. This group is only for individuals diagnosed with cancer. If you are a family member or friend of someone with a GI cancer, please attend our Caregivers Group.

Gynecological Cancer Support Group

Second Thursday of the Month
10:30am-12:00pm

This support group is for any woman diagnosed with a gynecologic cancer, including: ovarian, uterine, cervical, fallopian tube, vaginal or vulvar cancer. Join us twice a month to talk with other women who understand the process of being diagnosed and treated for a gynecologic cancer.

Caregivers Support Group

First and Third Saturdays of the Month
12:00-2:00pm

Join us for our twice-a-month "Caregivers Group" where you can meet others who understand the unique challenges of being in a caregiver role while one of your loved ones is undergoing cancer treatment.

Weekly Support Groups

Ongoing support groups for people with cancer are the heart of CSC Atlanta programs. In Weekly Groups, people with cancer offer support to one another, explore new ways of dealing with the stresses of cancer and learn techniques to become partners with their health care team. Wednesdays 5-7pm. RSVP.

Cancer Support Source

Cancer Support Source is a comprehensive, web-based, distress screening program. It was developed to offer anyone diagnosed with cancer the opportunity to routinely be screened for social and emotional distress. This program provides each person who completes the tool with a Personal Support Care Plan that includes information and referrals for support services on both local and national levels.

Survivorship Classes

Thursday, March 16th, 12:00-2:00pm
Saturday, April 15th, 9:00-11:00am

RSVP.

What's next after cancer treatment? Attend a single class to help transition off of treatment and on to a healthy new lifestyle. Survivorship Care Plans, and effects of treatment and wellness will also be discussed. A light meal will be served.

Complete List of Support Groups

Weekly Group - Requires Pre-Group Interview

Wednesdays, 5:00-7:00pm

Breast Cancer

2nd & 4th Wednesdays, 12:00-2:00pm

Advanced Breast Cancer

2nd & 4th Mondays, 12:00-2:00pm

Triple Negative Breast Cancer

3rd Monday, 1:00-3:00pm

Caregivers

1st & 3rd Saturdays, 12:00-2:00pm

Grief & Loss

1st & 3rd Mondays, 11:00am-12:30pm

Gynecological Cancer

2nd Thursday, 10:30am-12:00pm

Lung Cancer

4th Tuesday, 12:00-2:00pm

Melanoma

1st & 3rd Wednesdays, 12:00-2:00pm

Prostate Cancer

4th Wednesday, 7:00-8:30pm

Sarcoma

2nd Tuesday, 12:00-2:00pm

Gastrointestinal Cancers

4th Wednesday, 12:00-2:00pm



Social Events



Spaghetti Dinner

Wednesday, April 26th
6:30-8:00pm. RSVP. Space is Limited.

Join us for a Spaghetti Dinner. We'll have bread, salad, spaghetti, drinks and desserts, all accompanied by Italian music to serenade you through your meal. The best part about this dinner will be the company. We hope to see you there!



Education

Hereditary Breast and Ovarian Cancer Seminar

Wednesday, March 1st & Wednesday, April 5th. RSVP - 6:30-8:00pm.

Learn more about how genetic testing may help you and your family and about the benefits, risks, and limitations of genetic testing. There will be a question and answer session following the presentation. This seminar will be led by a Genetic Counselor from the Northside Hospital Hereditary Cancer Program and is supported by It's the Journey, Inc. 2 Day Walk for Breast Cancer.

Multiple Myeloma Journey Partner Workshop

Saturday, March 18th, 11:00-12:30pm. RSVP - Lunch Provided

This free educational program will give people with multiple myeloma and their caregivers an opportunity to hear a trained Journey Partner share his or her personal experience of living with multiple myeloma and having an autologous stem cell transplant. You'll also learn about helpful resources and the importance of considering a transplant evaluation. Journey Partners have experienced similar emotions, faced the same challenges and asked the same questions about living with multiple myeloma — and they want you to know that you are not alone.

Elder Law Program

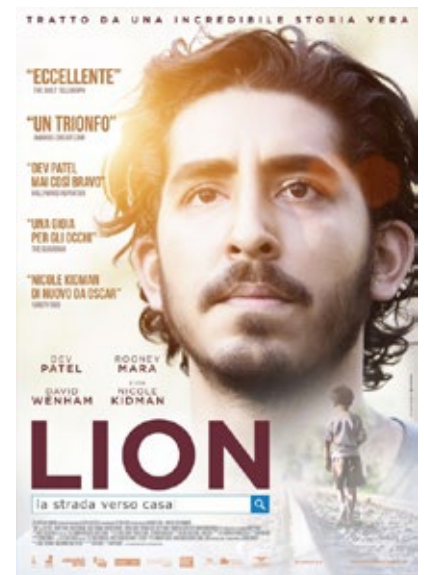
Tuesday, April 11th, 12:00-2:00pm. RSVP - Lunch Provided

This educational program will provide information on estate planning, wills, trusts, power of attorney, benefits, long-term care, and more. Join us for this informational session that will include time for questions and answers. Presented by: Victoria L. Collier, CELA, of The Elder and Disability Law Firm of Victoria L. Collier. This program is supported by a grant from It's the Journey, Atlanta 2-Day Walk.

Movie Night - Lion

Wednesday, March 29th
6:00pm - film ends. RSVP

While visiting Calcutta, a five-year-old boy becomes separated from his family. After quite a bit of wandering, he finds a home with an Australian couple who give him a loving home. Though he grows up happy with them, he still thinks of the parents that he left behind. As an adult, he decides to undertake an epic quest in order to find his family from long ago. We'll start the movie at 6:00pm and keep it going until the credits roll! Pizza and drinks provided.





Are your programs for people with all types of cancer?

Yes. Regardless of a person's diagnosis or where they are in their treatment, our programs are available for anyone affected by cancer.

What do you charge for your programs?

All of our programs are free and are led by licensed professionals. In addition, our facility offers free parking.

Can I bring a friend or family member?

Caregivers, friends and family members are welcome to join you for most programs at the Cancer Support Community Atlanta. We especially encourage you to bring a support person with you to your initial New Member Orientation.

Do I have to be a patient at Northside Hospital?

Although we are affiliated with Northside Hospital, anyone can attend our programs, regardless of where they are treated.

Can I attend programs if I have completed my cancer treatment?

Whether you have just been diagnosed, are in active treatment, or have completed treatment we encourage you to attend programs at CSC Atlanta.

Is parking available?

Free parking is available at our facility. In addition, we are conveniently located adjacent to the Medical MARTA station.

Do I need to bring anything to exercise/stress reduction classes?

No. We have all of the equipment necessary. Just wear comfortable clothing.

Hosted Groups

NHCI Smoking Cessation Series

Scheduled Tuesdays

For more info: 404-780-7653 or

smokingcessation@northside.com.

Northside Hospital Cancer Institute's Smoking Cessation Program offers a seven-week class that educates participants about the hazards of smoking, the benefits of quitting and strategies/skills to cope with urges.

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The American Cancer Society's: Look Good Feel Better

3rd Wednesdays, 10am-12pm.

This free public service program is open to women who are undergoing chemotherapy, radiation, or other forms of treatment for cancer. Participants will receive a free makeup kit to use during the session and to take home. RSVP to rachel@cscatlanta.org or 404.843.1880 ext. 115.

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Metro Atlanta Carcinoid (MACAG)

Saturdays, March 11th and April 8th

11:00am-3:00pm

Contact: Mack Caudill at: 770-831-4519



About Us

The Cancer Support Community Atlanta is a warm, inviting place where people affected by cancer can participate in free quality programs of support and education to guide them through their diagnosis, treatment, and recovery. We are the Atlanta affiliate of a national organization that is acclaimed for our professionally led programs. All programs are evidence based and empower people to face cancer armed with vital information, a network of supportive friends who understand their journey, and a healthy spirit to face what will lie ahead.

Our home-like facility is centrally located in metro Atlanta and includes rooms for a variety of support groups, large studio rooms for gentle exercise and stress reduction classes, a resource library, a classroom, and a demonstration kitchen for nutrition programs. In addition, our classroom is also open to the public for educational forums featuring some of our area's most acclaimed physicians and specialists in the fields of medicine, nutrition, and breakthroughs in oncology treatments.

New Member Orientation

If you are new to the Cancer Support Community Atlanta we require that you attend a New Member Orientation meeting. These meetings are open to adults with cancer and their family and friends. There will be a tour and overview of the entire program. Mondays at 10am; Wednesdays at 6pm. RSVP no later than noon on the previous weekday (Monday - Friday).

Preparing to Make a Treatment Decision at Your Next Dr. Visit?

CSC Atlanta offers a free service called "Open to Options" that will help you prepare for your next doctor's visit during which you plan to discuss treatment options. To schedule, contact Rachel Newby at 404.843.1880 ext.115.

