

*Here's to*  
hope, strength and healing.



**LOGAN**  
HEALTH

The verbal cancer story can feel heavy. Art therapy helps patients process their emotions in new and helpful ways. Join our next 6-week session beginning October 21.

To register, please contact Logan Health Cancer Support Services at (406) 752-0130 or [css@logan.org](mailto:css@logan.org).



### **Look Good Feel Better®**

Helping Women with Cancer

Receive live instruction, tips, and tricks for dealing with visible side effects of cancer treatment. These free, one-hour, online group workshops can be done from the comfort and privacy of home.

To register for in-person or virtual workshops, visit [lookgoodfeelbetter.org](http://lookgoodfeelbetter.org) and look for the Program Finder. Use code "LH59901" when registering for virtual sessions.

Makeup kit provided upon registration.

## **CSS WIG FITTINGS**

Call us at (406) 752-0130 to schedule a wig fitting at our beauty room located at 343 Sunnyview Lane. Wig fitting, wig, and all care products will be provided. We also offer hats and head coverings.



| SUNDAY    | MONDAY                                                                               | TUESDAY                                | WEDNESDAY                                                                                                       | THURSDAY                                                                                                                                            | FRIDAY                                                                                                                                                                           | SATURDAY  |
|-----------|--------------------------------------------------------------------------------------|----------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
|           |                                                                                      | <b>1</b><br>J-Walking<br>11 am- 12 pm  | <b>2</b><br>Tai Chi 12-1:30 pm<br>Art Therapy Group 12-2 pm<br>SELF 4-5:30 pm<br>Nicotine Support 5:45-6:45 pm  | <b>3</b><br>Water Tai Chi 9-10 am<br>J-Walking 11 am- 12 pm<br>SAIL 12-1 pm<br>Aqua Zumba 5:30-6:30 pm                                              | <b>4</b><br>PiYo 9-10 am<br>SAIL 12-1 pm<br>Nicotine Support Group 1-2 pm<br><br>CSCMT: Mending in the Mountains Sept. 4-6                                                       | <b>5</b>  |
| <b>6</b>  | <b>7</b><br>Closed for Labor Day                                                     | <b>8</b><br>J-Walking<br>11 am- 12 pm  | <b>9</b><br>Tai Chi 12-1:30 pm<br>Art Therapy Group 12-2 pm<br>SELF 4-5:30 pm<br>Nicotine Support 5:45-6:45 pm  | <b>10</b><br>Water Tai Chi 9-10 am<br>J-Walking 11 am- 12 pm<br>SAIL 12-1 pm<br>Aqua Zumba 5:30-6:30 pm                                             | <b>11</b><br>PiYo 9-10 am<br>SAIL 12-1 pm<br>Nicotine Support Group 1-2 pm<br>CSCMT Virtual: Eating for Energy 2 pm<br><br>Camp Mak-A-Dream: Ovarian/ Gyn Retreat Sept. 11-14    | <b>12</b> |
| <b>13</b> | <b>14</b><br>Water Tai Chi 9-10 am<br>SELF 4-5:30 pm<br>Yin & Yang Yoga 5:20-6:20 pm | <b>15</b><br>J-Walking<br>11 am- 12 pm | <b>16</b><br>Tai Chi 12-1:30 pm<br>Art Therapy Group 12-2 pm<br>SELF 4-5:30 pm<br>Nicotine Support 5:45-6:45 pm | <b>17</b><br>Water Tai Chi 9-10 am<br>J-Walking 11 am- 12 pm<br>SAIL 12-1 pm<br>Aqua Zumba 5:30-6:30 pm                                             | <b>18</b><br>PiYo 9-10 am<br>Look Good Feel Better: In-Person Workshop 9-11 am<br>SAIL 12-1 pm<br>Nicotine Support Group 1-2 pm<br><br>CSCMT: Renewal in the Rockies Sept. 18-20 | <b>19</b> |
| <b>20</b> | <b>21</b><br>Water Tai Chi 9-10 am<br>SELF 4-5:30 pm<br>Yin & Yang Yoga 5:20-6:20 pm | <b>22</b><br>J-Walking<br>11 am- 12 pm | <b>23</b><br>Tai Chi 12-1:30 pm<br>Art Therapy Group 12-2 pm<br>SELF 4-5:30 pm<br>Nicotine Support 5:45-6:45 pm | <b>24</b><br>Water Tai Chi 9-10 am<br>J-Walking 11 am- 12 pm<br>SAIL 12-1 pm<br>Aqua Zumba 5:30-6:30 pm<br>CSCMT Virtual: Exercise and Cancer 10 am | <b>25</b><br>PiYo 9-10 am<br>SAIL 12-1 pm<br>Nicotine Support Group 1-2 pm<br><br>Camp Mak-A-Dream Women's Retreat Sept. 24-28                                                   | <b>26</b> |
| <b>27</b> | <b>28</b><br>Water Tai Chi 9-10 am<br>SELF 4-5:30 pm<br>Yin & Yang Yoga 5:20-6:20 pm | <b>29</b><br>J-Walking<br>11 am- 12 pm | <b>30</b><br>Tai Chi 12-1:30 pm<br>Art Therapy Group 12-2 pm<br>SELF 4-5:30 pm<br>Nicotine Support 5:45-6:45 pm |                                                                                                                                                     |                                                                                                                                                                                  |           |

Activities in purple take place at Logan Health Fitness Center.

SELF: Senior Exercise with a Life Focus | SAIL: Stay Active and Independent for Life

| SUNDAY                                                                                                                                                                                                                                                         | MONDAY                                                                               | TUESDAY                             | WEDNESDAY                                                                                                       | THURSDAY                                                                                                | FRIDAY                                                                                                                           | SATURDAY  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-----------|
|  <p>CSCMT offers additional support and programs.<br/>See following pages for their calendar.<br/><a href="https://cancersupportmontana.org">cancersupportmontana.org</a></p> |                                                                                      |                                     |                                                                                                                 | <b>1</b><br>Water Tai Chi 9-10 am<br>J-Walking 11 am- 12 pm<br>SAIL 12-1 pm<br>Aqua Zumba 5:30-6:30 pm  | <b>2</b><br>PiYo 9-10 am<br>SAIL 12-1 pm<br>Nicotine Support Group 1-2 pm<br><br>Camp Mak-A-Dream<br>Caregivers Retreat Oct. 1-5 | <b>3</b>  |
| <b>4</b>                                                                                                                                                                                                                                                       | <b>5</b><br>Water Tai Chi 9-10 am<br>SELF 4-5:30 pm<br>Yin & Yang Yoga 5:20-6:20 pm  | <b>6</b><br>J-Walking 11 am- 12 pm  | <b>7</b><br>Tai Chi 12-1:30 pm<br>Art Therapy Group 12-2 pm<br>SELF 4-5:30 pm<br>Nicotine Support 5:45-6:45 pm  | <b>8</b><br>Water Tai Chi 9-10 am<br>J-Walking 11 am- 12 pm<br>SAIL 12-1 pm<br>Aqua Zumba 5:30-6:30 pm  | <b>9</b><br>PiYo 9-10 am<br>SAIL 12-1 pm<br>Nicotine Support Group 1-2 pm                                                        | <b>10</b> |
| <b>11</b>                                                                                                                                                                                                                                                      | <b>12</b><br>Water Tai Chi 9-10 am<br>SELF 4-5:30 pm<br>Yin & Yang Yoga 5:20-6:20 pm | <b>13</b><br>J-Walking 11 am- 12 pm | <b>14</b><br>Tai Chi 12-1 pm<br>SELF 4-5:30 pm<br>Nicotine Support 5:45-6:45 pm                                 | <b>15</b><br>Water Tai Chi 9-10 am<br>J-Walking 11 am- 12 pm<br>SAIL 12-1 pm<br>Aqua Zumba 5:30-6:30 pm | <b>16</b><br>PiYo 9-10 am<br>SAIL 12-1 pm<br>Nicotine Support Group 1-2 pm                                                       | <b>17</b> |
| <b>18</b>                                                                                                                                                                                                                                                      | <b>19</b><br>Water Tai Chi 9-10 am<br>SELF 4-5:30 pm<br>Yin & Yang Yoga 5:20-6:20 pm | <b>20</b><br>J-Walking 11 am- 12 pm | <b>21</b><br>Tai Chi 12-1:30 pm<br>Art Therapy Group 12-2 pm<br>SELF 4-5:30 pm<br>Nicotine Support 5:45-6:45 pm | <b>22</b><br>Water Tai Chi 9-10 am<br>J-Walking 11 am- 12 pm<br>SAIL 12-1 pm<br>Aqua Zumba 5:30-6:30 pm | <b>23</b><br>PiYo 9-10 am<br>SAIL 12-1 pm<br>Nicotine Support Group 1-2 pm                                                       | <b>24</b> |
| <b>25</b>                                                                                                                                                                                                                                                      | <b>26</b><br>Water Tai Chi 9-10 am<br>SELF 4-5:30 pm<br>Yin & Yang Yoga 5:20-6:20 pm | <b>27</b><br>J-Walking 11 am- 12 pm | <b>28</b><br>Tai Chi 12-1:30 pm<br>Art Therapy Group 12-2 pm<br>SELF 4-5:30 pm<br>Nicotine Support 5:45-6:45 pm | <b>29</b><br>Water Tai Chi 9-10 am<br>J-Walking 11 am- 12 pm<br>SAIL 12-1 pm<br>Aqua Zumba 5:30-6:30 pm | <b>30</b><br>PiYo 9-10 am<br>SAIL 12-1 pm<br>Nicotine Support Group 1-2 pm                                                       | <b>31</b> |

Look Good Feel Better and CSS Art Therapy Group is held at Radiation Oncology.

To register, please contact Logan Health Cancer Support Services at (406) 752-0130 or [css@logan.org](mailto:css@logan.org).



# YOUR HOME

*For Cancer Support*

## Program Calendar

At CSCMT, we welcome people at any stage of their cancer diagnosis, along with their family members, friends, partners, and support persons. All programs are offered in a warm, home-like setting or online.

**Completely free of charge.**

**Register online or at 406.582.1600**

## Join us for PNKMT

Join Cancer Support Community Montana for PNK events happening across the state this October. Come together to raise awareness, show support, and make a meaningful impact for Montanans affected by cancer. Find an event near you and be part of PNK!



Scan with your phone to learn more about our programs and find the support that fits YOU best.



### The gift that keeps on driving...

We are pleased to present Montana's 1st specialty license plate benefiting Montana people affected by all types of cancer. Plates are available at your local Department of Motor Vehicles, title and registration office. All proceeds go to support Montana youth and adults impacted by cancer! Thank you to Megan Buck for this design.

# SEPTEMBER

| MONDAY                                                                                                                                                                                                                                                                                 | TUESDAY                                                                                                                           | WEDNESDAY                                                                                                                                                                                                                                                                                     | THURSDAY                                                                                                                                                                                      | FRIDAY                                                                                                                                               | SATURDAY                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|
|                                                                                                                                                                                                                                                                                        | 1                                                                                                                                 | 2                                                                                                                                                                                                                                                                                             | 3                                                                                                                                                                                             | 4                                                                                                                                                    | 5                                                        |
|                                                                                                                                                                                                                                                                                        | Restorative Fitness<br>1:15-2:30pm<br>Helena 🟢<br>Bosom Buddies<br>5:30-7:30pm 🟢                                                  | Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula 🟢<br>Strength Training<br>10:45-11:30am<br>Bozeman 🟢                                                                                                                                                                                       | Gentle Yoga 9-10am<br>Bozeman 🟢<br>Caregiver Lunch Hour<br>12-1pm 🟢<br>Restorative Fitness<br>1:15-2:30pm<br>Helena 🟢                                                                         | Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula 🟢<br>Yoga with Heart Pop-up<br>2:30-4pm<br>Bozeman 🟢                                              |                                                          |
| 7                                                                                                                                                                                                                                                                                      | 8                                                                                                                                 | 9                                                                                                                                                                                                                                                                                             | 10                                                                                                                                                                                            | 11                                                                                                                                                   | 12                                                       |
| <br><br><div>OFFICE CLOSED</div>                                                                                                                                                                       | Blood Cancer<br>Connection 12-1pm 🟢<br>Restorative Fitness<br>1:15-2:30pm<br>Helena 🟢                                             | Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula 🟢<br>Strength Training<br>10:45-11:30am<br>Bozeman 🟢<br>Naturopathic Medicine:<br>Chemo Brain<br>12-1pm 🟢<br>New Participation<br>Orientation 12-1pm<br>Missoula 🟢<br>Men's Dinner 5:30-7pm<br>Bozeman 🟢<br>Living With Loss<br>5:30-7pm 🟢 | Gentle Yoga 9-10am<br>Bozeman 🟢<br>New Participation<br>Orientation 12-1pm<br>Bozeman 🟢<br>Restorative Fitness<br>1:15-2:30pm<br>Helena 🟢<br>Women's Dinner<br>5:30-7pm<br>Bozeman 🟢          | Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula 🟢                                                                                                 |                                                          |
| 14                                                                                                                                                                                                                                                                                     | 15                                                                                                                                | 16                                                                                                                                                                                                                                                                                            | 17                                                                                                                                                                                            | 18                                                                                                                                                   | 19                                                       |
| Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula 🟢<br>Strength Training<br>10:45-11:30am<br>Bozeman 🟢<br>Qigong 11:30-12:30pm<br>Missoula 🟢<br>BYN Cancer Support<br>2-1:30pm 🟢                                                                                                      | Restorative Fitness<br>1:15-2:30pm<br>Helena 🟢<br>Bosom Buddies<br>5:30-7:30pm 🟢                                                  | Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula 🟢<br>Strength Training<br>10:45-11:30am<br>Bozeman 🟢<br>Pediatric Parent Support<br>Group 12-1pm 🟢                                                                                                                                         | Gentle Yoga 9-10am<br>Bozeman 🟢<br>Caregiver Lunch Hour<br>12-1pm 🟢<br>Restorative Fitness<br>1:15-2:30pm<br>Helena 🟢<br>Creative Connections:<br>Painted Rocks/Bottles<br>5-7pm<br>Bozeman 🟢 | Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula 🟢                                                                                                 | Hike with Bitterroot<br>Backpacking 9:30am<br>Missoula 🟢 |
| 21                                                                                                                                                                                                                                                                                     | 22                                                                                                                                | 23                                                                                                                                                                                                                                                                                            | 24                                                                                                                                                                                            | 25                                                                                                                                                   | 26                                                       |
| Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula 🟢<br>Strength Training<br>10:45-11:30am<br>Bozeman 🟢<br>Qigong 11:30-12:30pm<br>Missoula 🟢<br>Metastatic Cancer<br>Support 12-1pm 🟢                                                                                                 | Blood Cancer<br>Connection 12-1pm 🟢<br>Restorative Fitness<br>1:15-2:30pm<br>Helena 🟢<br>Bumblewood Thicket<br>3-5pm<br>Bozeman 🟢 | Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula 🟢<br>Strength Training<br>10:45-11:30am<br>Bozeman 🟢<br>New Participation<br>Orientation 12-1pm<br>Missoula 🟢<br>Living With Loss<br>5:30-7pm<br>Prostate Connection<br>6-7pm 🟢                                                            | Gentle Yoga 9-10am<br>Bozeman 🟢<br>Restorative Fitness<br>1:15-2:30pm<br>Helena 🟢                                                                                                             | Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula 🟢                                                                                                 | Nature Stroll with<br>Crosscut 10-12pm<br>Bozeman 🟢      |
| 28                                                                                                                                                                                                                                                                                     | 29                                                                                                                                | 30                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                               |                                                                                                                                                      |                                                          |
| Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula 🟢<br>Strength Training<br>10:45-11:30am<br>Bozeman 🟢<br>Qigong 11:30-12:30pm<br>Missoula 🟢<br>New Participation<br>Orientation 12-1pm<br>Bozeman 🟢<br>BYN Cancer Support<br>2-1:30pm<br>Poems and Poems<br>1:30-6:30pm<br>Bozeman 🟢 | Restorative Fitness<br>1:15-2:30pm<br>Helena 🟢                                                                                    | Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula 🟢<br>Strength Training<br>10:45-11:30am<br>Bozeman 🟢<br>Helena Support Group<br>12:10-1pm 🟢                                                                                                                                                |                                                                                                                                                                                               |                                                                                                                                                      |                                                          |
|                                                                                                                                                                                                                                                                                        |                                                                                                                                   |                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                               | <div>Renewal in the Rockies<br/>Men's Retreat<br/>September 18<sup>th</sup> - 20<sup>th</sup></div>                                                  |                                                          |
|                                                                                                                                                                                                                                                                                        |                                                                                                                                   |                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                               | <div>A brief orientation meeting is<br/>required prior to joining any<br/>of our support groups.<br/>Please call 406.582.1600<br/>to schedule.</div> |                                                          |

# OCTOBER

| MONDAY                                                                                                                                                                                                                                    | TUESDAY                                                                                                                     | WEDNESDAY                                                                                                                                                                                                                                                                                                                                            | THURSDAY                                                                                                                                                                     | FRIDAY                                                         | SATURDAY                                                                                                                                                                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                           |                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                      | 1                                                                                                                                                                            | 2                                                              | 3                                                                                                                                                                                                                                                                        |
|                                                                                                                                                                                                                                           |                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                      | Gentle Yoga 9-10am<br>Bozeman<br>Caregiver Lunch Hour<br>12-1pm<br>Restorative Fitness<br>1:15-2:30pm<br>Helena<br>PNKBZN Promenade<br>4:30-5:30pm<br>Bozeman                | Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula<br>Missoula | PNKMSO Promenade<br>9am-1pm<br>Missoula<br>Grocery Store Tour 10am<br>Bozeman                                                                                                                                                                                            |
| 5                                                                                                                                                                                                                                         | 6                                                                                                                           | 7                                                                                                                                                                                                                                                                                                                                                    | 8                                                                                                                                                                            | 9                                                              | 10                                                                                                                                                                                                                                                                       |
| Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula<br>Strength Training<br>10:45-11:30am<br>Bozeman<br>Gong 11:30-12:30pm<br>Missoula<br>Metastatic Cancer<br>Support 12-1pm                                                              | Restorative Fitness<br>1:15-2:30pm<br>Helena<br>Acupuncture 5-6pm<br>Missoula<br>Bosom Buddies<br>5:30-7:30pm               | Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula<br>Strength Training<br>10:45-11:30am<br>Bozeman<br>PNKHLN Promenade and<br>Pint Night 4:30-8pm<br>Helena                                                                                                                                                                                         | Gentle Yoga 9-10am<br>Bozeman<br>New Participation<br>Orientation 12-1pm<br>Bozeman<br>Restorative Fitness<br>1:15-2:30pm<br>Helena<br>Women's Dinner<br>5:30-7pm<br>Bozeman | Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula             |                                                                                                                                                                                                                                                                          |
| 12                                                                                                                                                                                                                                        | 13                                                                                                                          | 14                                                                                                                                                                                                                                                                                                                                                   | 15                                                                                                                                                                           | 16                                                             | 17                                                                                                                                                                                                                                                                       |
| Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula<br>Strength Training<br>10:45-11:30am<br>Bozeman<br>Gong 11:30-12:30pm<br>Missoula<br>YN Cancer Support<br>12-1:30pm                                                                   | Blood Cancer<br>Connection 12-1pm<br>Restorative Fitness<br>1:15-2:30pm<br>Helena<br>Support Dinner<br>5:30-7pm<br>Missoula | Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula<br>Strength Training<br>10:45-11:30am<br>Bozeman<br>Naturopathic Medicine:<br>Breast Cancer<br>12-1pm<br>New Participation<br>Orientation 12-1pm<br>Missoula<br>Creative Connections:<br>Pumpkin Carving<br>5-7pm<br>Missoula<br>Men's Dinner 5:30-7pm<br>Bozeman<br>Living With Loss<br>5:30-7pm | Gentle Yoga 9-10am<br>Bozeman<br>Caregiver Lunch Hour<br>12-1pm<br>Restorative Fitness<br>1:15-2:30pm<br>Helena<br>Breathing Easy 5-6pm<br>Bozeman                           | Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula             | Hay Maze 10am<br>Bozeman                                                                                                                                                                                                                                                 |
| 19                                                                                                                                                                                                                                        | 20                                                                                                                          | 21                                                                                                                                                                                                                                                                                                                                                   | 22                                                                                                                                                                           | 23                                                             | 24                                                                                                                                                                                                                                                                       |
| Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula<br>Strength Training<br>10:45-11:30am<br>Bozeman<br>Gong 11:30-12:30pm<br>Missoula<br>Metastatic Cancer<br>Support 12-1pm<br>Mindfulness Yoga and<br>Meditation 5:30-6:30pm<br>Bozeman | Restorative Fitness<br>1:15-2:30pm<br>Helena<br>Bosom Buddies<br>5:30-7:30pm                                                | Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula<br>Strength Training<br>10:45-11:30am<br>Bozeman<br>Pediatric Parent Support<br>Group 12-1pm                                                                                                                                                                                                      | Gentle Yoga 9-10am<br>Bozeman<br>Restorative Fitness<br>1:15-2:30pm<br>Helena<br>Creative Connections:<br>Fall Craft Night 5-7pm<br>Bozeman                                  | Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula             | Water<br>Aerobics<br>Classes<br>(Mon, Wed & Fri)<br>At The Springs<br>2632 Catron St.<br><br>No classes will<br>be held in<br>September. Stay<br>tuned for an<br>updated<br>schedule of<br>classes at Eagle<br>Mount in<br>early October.<br><br>In Partnership with<br> |
| 26                                                                                                                                                                                                                                        | 27                                                                                                                          | 28                                                                                                                                                                                                                                                                                                                                                   | 29                                                                                                                                                                           | 30                                                             |                                                                                                                                                                                                                                                                          |
| Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula<br>Strength Training<br>10:45-11:30am<br>Bozeman<br>New Participation<br>Orientation 12-1pm<br>Bozeman<br>YN Cancer Support<br>12-1:30pm                                               | Blood Cancer<br>Connection 12-1pm<br>Restorative Fitness<br>1:15-2:30pm<br>Helena<br>PNK Party 5:30-7:30pm<br>Bozeman       | Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula<br>Strength Training<br>10:45-11:30am<br>Bozeman<br>New Participation<br>Orientation 12-1pm<br>Missoula<br>Helena Support Group<br>12:10-1pm<br>PNK Party 5-7pm<br>Missoula<br>Living With Loss<br>5:30-7pm<br>Prostate Connection<br>6-7pm                                                       | Gentle Yoga 9-10am<br>Bozeman<br>Cooking Class 12pm<br>Bozeman<br>Restorative Fitness<br>1:15-2:30pm<br>Helena                                                               | Yoga for Healthy Aging<br>9:15-10:45am<br>Missoula             |                                                                                                                                                                                                                                                                          |



102 S. 11th Avenue  
Bozeman, MT 59715

In collaboration with many community partners,  
Cancer Support Community Montana is pleased  
to be able to provide free support, education, and  
hope to Montanan's impacted by cancer.

**CSCMT Office Closures for  
Sept/Oct:**

Sept 7<sup>th</sup> – Office Closed

Visit our website for more info!  
[cancersupportmontana.org](http://cancersupportmontana.org)

## PRESENTING



## DETERMINATION



## HOPE



## EMPOWERMENT



## COURAGE

PAUL & ARLENE WYLIE



*Thank You*  
**LOCAL COMMUNITY  
SPONSORS**

# LOGAN HEALTH

## CANCER SUPPORT SERVICES

343 Sunnyview Lane | Kalispell, MT 59901

The Logan Health Cancer Support Services program provides opportunities for newly diagnosed, survivors, caregivers and family members to gain support, education and hope.

Whether you have cancer or someone close to you has cancer, it can be very helpful to talk with others in a similar situation who understand what you are going through. Social support can help improve your ability to cope, your ability to feel more in control, and help you feel a greater sense of hope.



Cancer Support Services complement traditional medical care and is offered at no cost to participants.

Activities include support groups, cooking and nutrition classes, education, wig fitting, exercise opportunities, workshops, youth & family programs.

Through knowledge, encouragement, and support we are here to help you find a new normal. You are not alone. Please call to learn more or consider donating to keep these very important services going strong!

343 Sunnyview Lane • Kalispell, MT 59901 • (406) 752-0130 • [logan.org/cancersupport](http://logan.org/cancersupport) • By appointment: Monday to Friday