

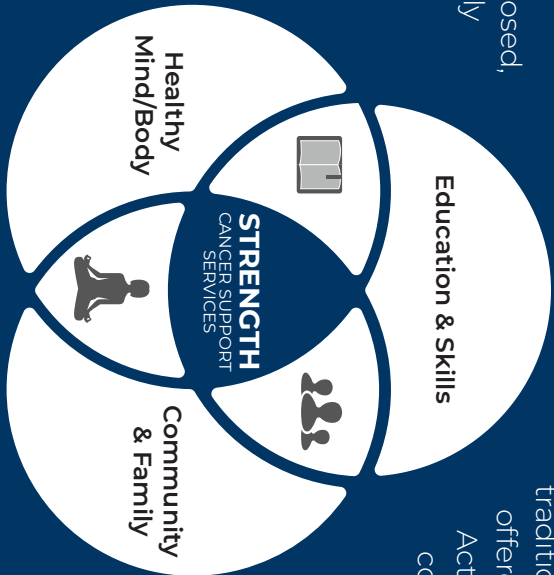
LOGAN HEALTH

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



IN-PERSON & VIRTUAL PROGRAM OFFERINGS



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.



They serve everyone, at any stage of their cancer diagnosis. All programs are offered completely free of charge.

Virtual Support Options:  
[cancersupportmontana.org/support-programs/](http://cancersupportmontana.org/support-programs/)



Register online or call (406) 582-5822



Camp Māk-A-Dream is a cost free, medically supervised oncology camp. Their mission is to empower survivors and their families to live with and beyond cancer through life-changing Montana experiences where they strengthen life skills, gain resilience, and develop lasting relationships.



**CAMP  
MĀK-A-  
DREAM**

**Women's Cancer Retreat May 1-5**

For the full 2025 camp calendar and application, visit [campdream.org](http://campdream.org)

CSS HEALTHY LIVING



Nicotine Support Group  
Wednesdays, 5:45 – 6:45 p.m.  
and Fridays, 1 – 2 p.m.

No cost support group for those looking to quit smoking. No sign up needed. Drop in at the Logan Health Fitness Center front desk to check in.



PiYo  
Fridays, 9 – 10 a.m.

Join the Logan Health Fitness Center in a PiYo class! PiYo is a combination of Pilates and Yoga. The class has the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.

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.



Eagle Mount Bozeman invites you to a  
**REMEMBRANCE RETREAT**  
at the beautiful  
Hardscrabble Ranch in  
Bozeman.

**APRIL 10-13**

Spend a meaningful weekend focusing on connection, conversation, and remembrance. Let's come together to support one another and honor our loved ones in a serene and supportive environment.

For more details and to register, email [edriver@eaglemount.org](mailto:edriver@eaglemount.org).

April 2025

Cancer Support Services Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Tai Chi; 12-1 pm Art Therapy Group 12-2 pm Nicotine Support Group 5:45-6:45 pm	3 Aqua Zumba 6:30-7:30 pm	4 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	5
6	7	8	9 Tai Chi; 12-1 pm Art Therapy Group 12-2 pm Nicotine Support Group 5:45-6:45 pm	10 Aqua Zumba 6:30-7:30 pm	11 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	12
13	14	15	16 Tai Chi; 12-1 pm Art Therapy Group 12-2 pm Nicotine Support Group 5:45-6:45 pm	17 Aqua Zumba 6:30-7:30 pm	18 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	19
20	21	22	23 Tai Chi; 12-1 pm Art Therapy Group 12-2 pm Nicotine Support Group 5:45-6:45 pm	24 Aqua Zumba 6:30-7:30 pm	25 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	
26	27	28	29 Tai Chi; 12-1 pm Art Therapy Group 12-2 pm Nicotine Support Group 5:45-6:45 pm	30 Aqua Zumba 6:30-7:30 pm		

Activities in green take place at Logan Health Fitness Center

May 2025

Cancer Support Services Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SAVE THE DATE: CANCER SURVIVORS DAY CELEBRATION Saturday, June 7   11 a.m. - 2 p.m. Glacier Conference Center Field   1375 Hwy 93 N, Kalispell				1 Aqua Zumba 6:30-7:30 pm	2	3
4	5	6	7 Tai Chi; 12-1 pm Art Therapy Group 12-2 pm Nicotine Support Group 5:45-6:45 pm	8 Aqua Zumba 6:30-7:30 pm	9 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	10
11	12	13	14 Tai Chi; 12-1 pm Art Therapy Group 12-2 pm Nicotine Support Group 5:45-6:45 pm	15 Aqua Zumba 6:30-7:30 pm	16 Look Good Feel Better Workshop at CSS 9-11 am PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	17
18	19	20	21 Tai Chi; 12-1 pm Art Therapy Group 12-2 pm Nicotine Support Group 5:45-6:45 pm	22 Aqua Zumba 6:30-7:30 pm	23 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	24
25	26	27	28 Tai Chi; 12-1 pm Art Therapy Group 12-2 pm Nicotine Support Group 5:45-6:45 pm	29 Aqua Zumba 6:30-7:30 pm	30 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	31