

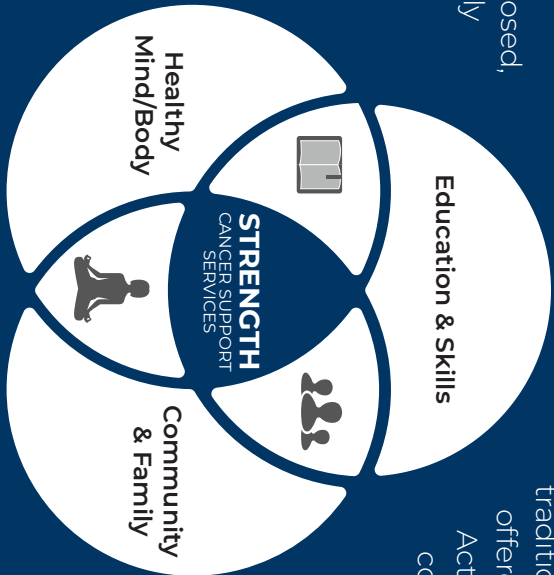
LOGAN HEALTH

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 • 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 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/



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.



JUNE 12-17 HEADS UP CONFERENCE
Young adults diagnosed with a brain tumor (18-35 years old)

JULY 2-7 TEEN SIBLINGS CAMP
Siblings and children of cancer patients (13-18 years old)

JULY 11-16 TEEN CAMP
Teenagers diagnosed with cancer (13-18 years old)

JULY 20-25 KIDS CAMP
Children diagnosed with cancer (6-12 years old) in or out of treatment.

JULY 30 - AUGUST 3 FAMILY CAMP
A camp for families with a child under the age of 18 who has been diagnosed with cancer.

FITNESS CENTER 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.

Water Tai Chi
Mondays and Thursdays, 9-10 a.m.

Senior Exercise with a Life Focus
Mondays and Wednesdays, 4-5:30 p.m.

Yin & Yang Yoga
Mondays, 5:20-6:20 p.m.

Tai Chi
Wednesdays, 12-1 p.m.

Stay Active & Independent for Life
Thursdays and Fridays, 12-1 p.m.

Aqua Zumba
Thursdays, 6:30-7:30 p.m.

PiYo
Fridays, 9 – 10 a.m.



*You're invited to
Logan Health's Inaugural
Cancer Survivors Day!*

Saturday, June 7 | 11 a.m. - 2 p.m.
Glacier Conference Center Field
1375 Hwy 93 N, Kalispell

An individual is considered a cancer survivor from the time of diagnosis through the rest of their life, and we invite the whole community to attend and honor them.

This event will have activities and games for all ages, a symbolic butterfly release, cancer resources, dessert and a variety of local food trucks present. There is no cost for entry.

June 2025


Cancer Support Services Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Water Tai Chi 9-10 am SELF (Senior Exercise with a Life Focus) 4-5:30 pm Yin & Yang Yoga 5:20-6:20 pm	3	4 Tai Chi; 12-1 pm SELF (Senior Exercise with a Life Focus) 4-5:30 pm Nicotine Support Group 5:45-6:45 pm	5 Water Tai Chi 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Aqua Zumba 6:30-7:30 pm	6 PiYo (pilates & yoga) 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Nicotine Support Group 1-2 pm	7 Cancer Survivors Day Celebration at Logan Health 11 am - 2 pm  Please join us!
8	9 Water Tai Chi 9-10 am SELF (Senior Exercise with a Life Focus) 4-5:30 pm Yin & Yang Yoga 5:20-6:20 pm	10	11 Tai Chi; 12-1 pm SELF (Senior Exercise with a Life Focus) 4-5:30 pm Nicotine Support Group 5:45-6:45 pm	12 Water Tai Chi 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Aqua Zumba 6:30-7:30 pm	13 PiYo (pilates & yoga) 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Nicotine Support Group 1-2 pm	14 Camp Mak-A-Dream Heads Up Young Adult Conference June 12-17
15	16 Water Tai Chi 9-10 am SELF (Senior Exercise with a Life Focus) 4-5:30 pm Yin & Yang Yoga 5:20-6:20 pm	17	18 Tai Chi; 12-1 pm SELF (Senior Exercise with a Life Focus) 4-5:30 pm Nicotine Support Group 5:45-6:45 pm	19 Water Tai Chi 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Aqua Zumba 6:30-7:30 pm	20 PiYo (pilates & yoga) 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Nicotine Support Group 1-2 pm	21
22	23 Water Tai Chi 9-10 am SELF (Senior Exercise with a Life Focus) 4-5:30 pm Yin & Yang Yoga 5:20-6:20 pm	24	25 Tai Chi; 12-1 pm SELF (Senior Exercise with a Life Focus) 4-5:30 pm Nicotine Support Group 5:45-6:45 pm	26 Water Tai Chi 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Aqua Zumba 6:30-7:30 pm	27 PiYo (pilates & yoga) 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Nicotine Support Group 1-2 pm	28
29	30					

Activities in green take place at Logan Health Fitness Center

July 2025

Cancer Support Services Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Tai Chi; 12-1 pm SELF (Senior Exercise with a Life Focus) 4-5:30 pm Nicotine Support Group 5:45-6:45 pm	3 Water Tai Chi 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Aqua Zumba 6:30-7:30 pm	4  Happy Independence Day	5
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