

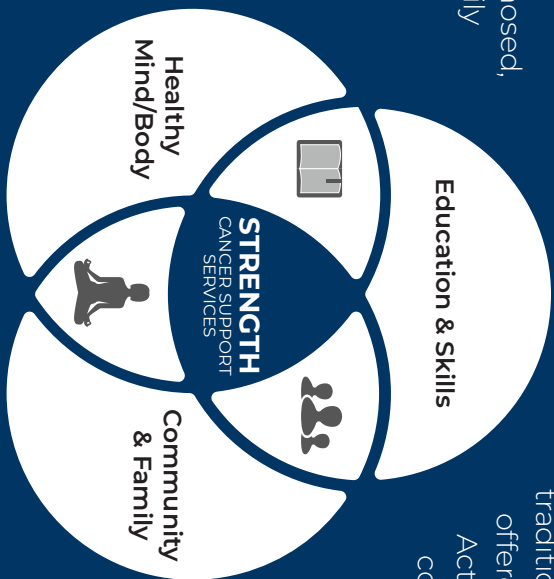
LOGAN HEALTH

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

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

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.

CSS ART THERAPY



This six-week closed art therapy group is for active treatment patients or those six to twelve months post-treatment. We will gather for two-hour sessions, and members will have weekly opportunities for creatively processing various aspects of their cancer journey using a variety of art materials. Groups meet Wednesdays from noon to 2 p.m. Space limited to eight participants per six-week cycle, *next cycle begins August 27*. No art experience necessary. All materials provided.

To register, please call Logan Health Cancer Support Services at (406) 752-0130 or scan the QR code to register.



August 2025

Cancer Support Services Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> PiYo (pilates & yoga) 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Nicotine Support Group 1-2 pm	<b>2</b>
<b>3</b>	<b>4</b> 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	<b>5</b>	<b>6</b> Tai Chi; 12-1 pm SELF (Senior Exercise with a Life Focus) 4-5:30 pm Nicotine Support Group 5:45-6:45 pm	<b>7</b> Water Tai Chi 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Aqua Zumba 6:30-7:30 pm	<b>8</b> PiYo (pilates & yoga) 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Nicotine Support Group 1-2 pm	<b>9</b>  Camp Mak-A-Dream Young Adult Conference Aug. 7-11
<b>10</b>	<b>11</b> 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	<b>12</b>	<b>13</b> Tai Chi; 12-1 pm SELF (Senior Exercise with a Life Focus) 4-5:30 pm Nicotine Support Group 5:45-6:45 pm	<b>14</b> Water Tai Chi 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Aqua Zumba 6:30-7:30 pm	<b>15</b> PiYo (pilates & yoga) 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Nicotine Support Group 1-2 pm	<b>16</b>
<b>17</b>	<b>18</b> 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	<b>19</b>	<b>20</b> Tai Chi; 12-1 pm SELF (Senior Exercise with a Life Focus) 4-5:30 pm Nicotine Support Group 5:45-6:45 pm	<b>21</b> Water Tai Chi 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Aqua Zumba 6:30-7:30 pm	<b>22</b> PiYo (pilates & yoga) 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Nicotine Support Group 1-2 pm	<b>23</b>
<b>24/31</b>	<b>25</b> 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	<b>26</b>	<b>27</b> Tai Chi; 12-1 pm Art Therapy Group 12-2 pm SELF 4-5:30 pm Nicotine Support Group 5:45-6:45 pm	<b>28</b> Water Tai Chi 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Aqua Zumba 6:30-7:30 pm	<b>29</b> PiYo (pilates & yoga) 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Nicotine Support Group 1-2 pm	<b>30</b>

Activities in green take place at Logan Health Fitness Center

September 2025

Cancer Support Services Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b>  Closed for Labor Day	<b>2</b>	<b>3</b> Tai Chi; 12-1 pm Art Therapy Group 12-2 pm SELF 4-5:30 pm Nicotine Support Group 5:45-6:45 pm	<b>4</b> Water Tai Chi 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Aqua Zumba 6:30-7:30 pm	<b>5</b> PiYo (pilates & yoga) 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Nicotine Support Group 1-2 pm	<b>6</b>
<b>7</b>	<b>8</b> 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	<b>9</b>	<b>10</b> Tai Chi; 12-1 pm Art Therapy Group 12-2 pm SELF 4-5:30 pm Nicotine Support Group 5:45-6:45 pm	<b>11</b> Water Tai Chi 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Aqua Zumba 6:30-7:30 pm	<b>12</b> PiYo 9-10 am SAIL 12-1 pm Nicotine Support Group 1-2 pm Look Good Feel Better at CSS Center 9-11 am	<b>13</b>  Camp Mak-A-Dream Ovarian/Gyn Retreat Sept. 11-15
<b>14</b>	<b>15</b> 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	<b>16</b>	<b>17</b> Tai Chi; 12-1 pm Art Therapy Group 12-2 pm SELF 4-5:30 pm Nicotine Support Group 5:45-6:45 pm	<b>18</b> Water Tai Chi 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Aqua Zumba 6:30-7:30 pm	<b>19</b> PiYo (pilates & yoga) 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Nicotine Support Group 1-2 pm	<b>20</b>
<b>21</b>	<b>22</b> 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	<b>23</b>	<b>24</b> Tai Chi; 12-1 pm Art Therapy Group 12-2 pm SELF 4-5:30 pm Nicotine Support Group 5:45-6:45 pm	<b>25</b> Water Tai Chi 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Aqua Zumba 6:30-7:30 pm	<b>26</b> PiYo (pilates & yoga) 9-10 am SAIL (Stay Active and Independent for Life) 12-1 pm Nicotine Support Group 1-2 pm	<b>27</b>  Camp Mak-A-Dream Women's Retreat Sept. 25-29
<b>28</b>	<b>29</b> 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	<b>30</b>				