

# Here's to hope, strength and healing.



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 January 7.

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
	Events in red are virtual offerings from CSCMT <a href="http://cancersupportmontana.org">cancersupportmontana.org</a> Join us for in-home virtual strength training on Mondays and Wednesdays at 10:45 am					1
2	3 Water Tai Chi 9-10 am PiYo (pilates & yoga) 9-10 am SELF 4-5:30 pm Yin & Yang Yoga 5:15-6:15 pm	4 J-Walking 11 am-12 pm	5 Tai Chi 12-1 pm Art Therapy Group 12-2 pm SELF 4-5:30 pm Nicotine Support 5:45-6:45 pm Naturopathic: Inflammation and Immune Support 12 pm	6 Water Tai Chi 9-10 am Aqua Zumba 6:30-7:30 pm J-Walking 11 am-12 pm PiYo (pilates & yoga) 5:30-6:30pm	7 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	8
9	10 Water Tai Chi 9-10 am PiYo (pilates & yoga) 9-10 am SELF 4-5:30 pm Yin & Yang Yoga 5:15-6:15 pm	11 J-Walking 11 am-12 pm	12 Tai Chi 12-1 pm Art Therapy Group 12-2 pm SELF 4-5:30 pm Nicotine Support Group 5:45-6:45 pm	13 Water Tai Chi 9-10 am Aqua Zumba 6:30-7:30 pm J-Walking 11 am-12 pm PiYo (pilates & yoga)	14 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	15
16	17 Water Tai Chi 9-10 am PiYo (pilates & yoga) 9-10 am SELF 4-5:30 pm Yin & Yang Yoga 5:15-6:15 pm	18 J-Walking 11 am-12 pm	19 Tai Chi 12-1 pm Art Therapy Group 12-2 pm SELF 4-5:30 pm Nicotine Support Group 5:45-6:45 pm Restorative Yoga Nidra 5 pm	20 Water Tai Chi 9-10 am Aqua Zumba 6:30-7:30 pm J-Walking 11 am-12 pm PiYo (pilates & yoga) 5:30-6:30pm	21 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm Nutrition Education: Immune Supporting Foods 4 pm	22
23/30	24 Water Tai Chi 9-10 am PiYo (pilates & yoga) 9-10 am SELF 4-5:30 pm Yin & Yang Yoga 5:15-6:15 pm	25 J-Walking 11 am-12 pm	26 Tai Chi 12-1 pm SELF 4-5:30 pm Nicotine Support Group 5:45-6:45 pm	27 	28 PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	29

Activities in green take place at Logan Health Fitness Center  
 SELF: Senior Exercise with a Life Focus

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> Water Tai Chi 9-10 am  PiYo (pilates & yoga) 9-10 am  SELF 4-5:30 pm  Yin & Yang Yoga 5:15-6:15 pm	<b>2</b> J-Walking 11 am-12 pm	<b>3</b> Tai Chi 12-1 pm  SELF 4-5:30 pm  Nicotine Support Group 5:45-6:45 pm	<b>4</b> Water Tai Chi 9-10 am Aqua Zumba 6:30-7:30 pm J-Walking 11 am-12 pm PiYo (pilates & yoga) 5:30-6:30pm	<b>5</b> PiYo (pilates & yoga) 9-10 am  Nicotine Support Group 1-2 pm	<b>6</b>
<b>7</b>	<b>8</b> Water Tai Chi 9-10 am  PiYo (pilates & yoga) 9-10 am  SELF 4-5:30 pm  Yin & Yang Yoga 5:15-6:15 pm	<b>9</b> J-Walking 11 am-12 pm	<b>10</b> Tai Chi 12-1 pm  SELF 4-5:30 pm  Nicotine Support Group 5:45-6:45 pm	<b>11</b> Water Tai Chi 9-10 am Aqua Zumba 6:30-7:30 pm J-Walking 11 am-12 pm PiYo (pilates & yoga) 5:30-6:30pm	<b>12</b> PiYo (pilates & yoga) 9-10 am  Nicotine Support Group 1-2 pm	<b>13</b>
<b>14</b>	<b>15</b> Water Tai Chi 9-10 am  PiYo (pilates & yoga) 9-10 am  SELF 4-5:30 pm  Yin & Yang Yoga 5:15-6:15 pm	<b>16</b> J-Walking 11 am-12 pm	<b>17</b> Tai Chi 12-1 pm  SELF 4-5:30 pm  Nicotine Support Group 5:45-6:45 pm	<b>18</b> Water Tai Chi 9-10 am Aqua Zumba 6:30-7:30 pm J-Walking 11 am-12 pm PiYo (pilates & yoga) 5:30-6:30pm	<b>19</b> PiYo (pilates & yoga) 9-10 am  Nicotine Support Group 1-2 pm	<b>20</b>
<b>21</b>	<b>22</b> Water Tai Chi 9-10 am  PiYo (pilates & yoga) 9-10 am  SELF 4-5:30 pm  Yin & Yang Yoga 5:15-6:15 pm	<b>23</b> J-Walking 11 am-12 pm	<b>24</b> Tai Chi 12-1 pm  SELF 4-5:30 pm  Nicotine Support Group 5:45-6:45 pm	<b>25</b> 	<b>26</b> PiYo (pilates & yoga) 9-10 am  Nicotine Support Group 1-2 pm	<b>27</b>
<b>28</b>	<b>29</b> Water Tai Chi 9-10 am  PiYo (pilates & yoga) 9-10 am  SELF 4-5:30 pm  Yin & Yang Yoga 5:15-6:15 pm	<b>30</b> J-Walking 11 am-12 pm	<b>31</b> Tai Chi 12-1 pm  SELF 4-5:30 pm  Nicotine Support Group 5:45-6:45 pm			

CSS Art Therapy Group is held at Radiation Oncology. The next Art Therapy group begins January 7. To register, please contact Logan Health Cancer Support Services at (406) 752-0130 or [css@logan.org](mailto:css@logan.org).





Program Calendar | November - December 2025

# 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**

## FRIENDSGIVING

You're invited to our annual Friendsgiving! Let's come together to share a meal, laughter, and gratitude with our CSCMT family. Everyone is welcome at the table!

Register online or at 406.582.1600

**November 13th | 5-7pm**

**BOZEMAN**  
102 S 11<sup>th</sup> Avenue  
Bozeman, MT

**MISSOULA**  
2625 Briggs Street  
Missoula, MT



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.



# NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Ice Skating 12-1:45pm Bozeman 
3 Yoga for Healthy Aging 9:15-10:45am Missoula  Strength Training 10:45-11:30am Bozeman  Metastatic Cancer Support 12-1pm  Gentle Yoga 5:30-6:30pm Bozeman 	4 Bosom Buddies 5:30-7:30pm  Restorative Fitness 1:15-2:30pm Helena 	5 Yoga for Healthy Aging 9:15-10:45am Missoula  Strength Training 10:45-11:30am Bozeman  Naturopathic Medicine: Inflammation and Immune Support 12pm   Pediatric Parent Support Group 12-1pm  In-Person Prostate Connection 5:30pm Bozeman 	6 Gentle Yoga 9-10am Bozeman  Caregiver Lunch Hour 12-1pm  New Participation Orientation 12-1pm Bozeman   Restorative Fitness 1:15-2:30pm Helena  Breathing Easy 5:30-6:30pm Bozeman  	7 Yoga for Healthy Aging 9:15-10:45am Missoula 	8
10 Yoga for Healthy Aging 9:15-10:45am Missoula  Strength Training 10:45-11:30am Bozeman  GYN Cancer Support 12-1:30pm  Gentle Yoga 5:30-6:30pm Bozeman 	11  <b>OFFICE CLOSED</b>	12 Yoga for Healthy Aging 9:15-10:45am Missoula  Strength Training 10:45-11:30am Bozeman  New Participation Orientation 12-1pm Missoula   Living With Loss 5:30-7pm Bozeman 	13 Gentle Yoga 9-10am Bozeman  Restorative Fitness 1:15-2:30pm Helena  Friendsgiving 5-7pm Bozeman   Friendsgiving 5-7pm Missoula 	14 Yoga for Healthy Aging 9:15-10:45am Missoula 	15
17 Yoga for Healthy Aging 9:15-10:45am Missoula  Strength Training 10:45-11:30am Bozeman  Metastatic Cancer Support 12-1pm  Gentle Yoga 5:30-6:30pm Bozeman  Cancer Support Group 5:30-7pm 	18 Acupuncture Series 10am Bozeman  Cooking Class 12pm Bozeman  Restorative Fitness 1:15-2:30pm Helena  Bosom Buddies 5:30-7:30pm 	19 Yoga for Healthy Aging 9:15-10:45am Missoula  Strength Training 10:45-11:30am Bozeman  Pediatric Parent Support Group 12-1pm  Restorative Yoga Nidra 5-6pm Bozeman   Grief & Beyond 5:30-7pm  Prostate Connection 6-7pm 	20 Gentle Yoga 9-10am Bozeman  Caregiver Lunch Hour 12-1pm  Restorative Fitness 1:15-2:30pm Helena  Creative Connections: Holiday Wreaths 5:30-7pm Bozeman 	21 Yoga for Healthy Aging 9:15-10:45am Missoula  Nutrition: Immune Supporting Foods 4pm Bozeman  	22
24 Yoga for Healthy Aging 9:15-10:45am Missoula  Strength Training 10:45-11:30am Bozeman  GYN Cancer Support 12-1:30pm  Gentle Yoga 5:30-6:30pm Bozeman 	25 Blood Cancer Connection 12-1pm  Restorative Fitness 1:15-2:30pm Helena 	26 Yoga for Healthy Aging 9:15-10:45am Missoula  Strength Training 10:45-11:30am Bozeman  <b>OFFICE CLOSED AT NOON</b>	27  <b>OFFICE CLOSED</b>	28	29



# DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6
Yoga for Healthy Aging 9:15-10:45am Missoula Strength Training 10:45-11:30am Bozeman Metastatic Cancer Support 12-1pm Gentle Yoga 5:30-6:30pm Bozeman	Restorative Fitness 1:15-2:30pm Helena Card Making 3-5pm Missoula Bosom Buddies 5:30-7:30pm	Yoga for Healthy Aging 9:15-10:45am Missoula Strength Training 10:45-11:30am Bozeman Pediatric Parent Support Group 12-1pm In-Person Prostate Connection 5:30pm Bozeman	Gentle Yoga 9-10am Bozeman Caregiver Lunch Hour 12-1pm Restorative Fitness 1:15-2:30pm Helena Holiday Party 5-7pm Bozeman	Yoga for Healthy Aging 9:15-10:45am Missoula	
8	9	10	11	12	13
Yoga for Healthy Aging 9:15-10:45am Missoula Strength Training 10:45-11:30am Bozeman GYN Cancer Support 12-1:30pm Gentle Yoga 5:30-6:30pm Bozeman	Blood Cancer Connection 12-1pm Cooking Class 12pm Bozeman Restorative Fitness 1:15-2:30pm Helena Survivorship Series: Grief and the Holidays 5-6pm	Yoga for Healthy Aging 9:15-10:45am Missoula Strength Training 10:45-11:30am Bozeman Naturopathic Medicine: Fatigue Fighting Foods 12pm New Participation Orientation 12-1pm Missoula Holiday Lights Walk 12-1:30pm Missoula Men's Dinner 5:30-7pm Bozeman Living With Loss 5:30-7pm Bozeman	Gentle Yoga 9-10am Bozeman New Participation Orientation 12-1pm Bozeman Restorative Fitness 1:15-2:30pm Helena Women's Dinner 5:30-7pm Bozeman	Yoga for Healthy Aging 9:15-10:45am Missoula	Kids Support Day 10-12pm Bozeman
15	16	17	18	19	20
Yoga for Healthy Aging 9:15-10:45am Missoula Strength Training 10:45-11:30am Bozeman Metastatic Cancer Support 12-1pm Gentle Yoga 5:30-6:30pm Bozeman Cancer Support Group 5:30-7pm	Restorative Fitness 1:15-2:30pm Helena Creative Connections: Decorating Cookies 5:30-7pm Bozeman Bosom Buddies 5:30-7:30pm	Yoga for Healthy Aging 9:15-10:45am Missoula Strength Training 10:45-11:30am Bozeman Pediatric Parent Support Group 12-1pm Creative Connections: Decorating Cookies 3-5pm Missoula Restorative Yoga Nidra 5-6pm Bozeman Grief & Beyond 5:30-7pm	Gentle Yoga 9-10am Bozeman Caregiver Lunch Hour 12-1pm Restorative Fitness 1:15-2:30pm Helena	Yoga for Healthy Aging 9:15-10:45am Missoula Nutrition: Leftovers with a Purpose 4pm Bozeman	
22	23	24	25	26	27
29	30	31	1		
				A brief orientation meeting is <b>required</b> prior to joining any of our support groups. <b>Please call 406.582.1600</b> <b>to schedule.</b>	





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 Nov/Dec:

Nov 11<sup>th</sup> – Veterans Day

Nov 27<sup>th</sup>, 28<sup>th</sup> – Thanksgiving (starting at 12pm on 26<sup>th</sup>)

Dec 24<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup> - Holidays (starting at 12pm on 24<sup>th</sup>)

Dec 31<sup>st</sup>, Jan 1<sup>st</sup> - New Year's Eve (starting at 12pm on 31<sup>st</sup>)

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