

Here's to  
hope, strength and healing.

LOGAN  
HEALTH

Beat the winter blues with cozy reading and join our CSS Book Club, generously supported by Save a Sister. Held the last Tuesday of each month at Good Girls Bookshop, 230 E. Idaho Street, Suite B in Kalispell

To register, please email [lschreckendgust@logan.org](mailto:lschreckendgust@logan.org).



**Look Good Feel Better®**  
Helping Women with Cancer

Receive live instruction and tips 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, 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.



**The next 6-week  
Art Therapy Group  
starts February 25!**

Save your spot  
by calling  
(406) 752-0130  
or email [css@logan.org](mailto:css@logan.org)

No previous art experience  
is required.

**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
<p>Virtual support groups by CSCMT require a brief orientation prior to joining. Visit <a href="http://cancersupportmontana.org">cancersupportmontana.org</a></p>				<b>1</b>	<b>2</b> PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	<b>3</b>
<b>4</b>	<b>5</b> Water Tai Chi 9-10 am PiYo 9-10 am SELF 4-5:30 pm Yin & Yang Yoga 5:15-6:15 pm Metastatic Cancer Support 12-1 pm	<b>6</b> J-Walking 11 am-12 pm Bosom Buddies 5:30-7:30 pm	<b>7</b> Tai Chi 12-1:30 pm Art Therapy Group 12-2 pm SELF 4-5:30 pm Nicotine Support 5:45-6:45 pm Pediatric Parent Support 12-1 pm	<b>8</b> PiYo 5:30-6:30 am Water Tai Chi 9-10 am J-Walking 11 am-12 pm Aqua Zumba 5:30-6:30 pm Caregiver Lunch Hour 12-1 pm	<b>9</b> PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	<b>10</b>
<b>11</b>	<b>12</b> Water Tai Chi 9-10 am PiYo 9-10 am SELF 4-5:30 pm Yin & Yang Yoga 5:15-6:15 pm GYN Cancer Support 12-1:30 pm	<b>13</b> J-Walking 11 am-12 pm Blood Cancer Connection 12-1 pm	<b>14</b> Tai Chi 12-1:30 pm Art Therapy Group 12-2 pm SELF 4-5:30 pm Nicotine Support Group 5:45-6:45 pm	<b>15</b> PiYo 5:30-6:30 am Water Tai Chi 9-10 am J-Walking 11 am-12 pm Aqua Zumba 5:30-6:30 pm	<b>16</b> PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	<b>17</b>
<b>18</b>	<b>19</b> H2O Tai Chi 9-10 am PiYo 9-10 am SELF 4-5:30 pm Yin & Yang Yoga 5:15-6:15 pm Metastatic Cancer Support 12-1 pm Cancer Support Group 5:30-7 pm	<b>20</b> J-Walking 11 am-12 pm Bosom Buddies 5:30-7:30 pm	<b>21</b> Tai Chi 12-1:30 pm Art Therapy Group 12-2 pm SELF 4-5:30 pm Nicotine Support Group 5:45-6:45 pm Pediatric Parent Support 12-1 pm Grief & Beyond 5:30-7 pm	<b>22</b> PiYo 5:30-6:30 am Water Tai Chi 9-10 am J-Walking 11 am-12 pm Aqua Zumba 5:30-6:30 pm Caregiver Lunch Hour 12-1 pm	<b>23</b> PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	<b>24</b>
<b>25</b>	<b>26</b> Water Tai Chi 9-10 am PiYo 9-10 am SELF 4-5:30 pm Yin & Yang Yoga 5:15-6:15 pm GYN Cancer Support 12-1:30 pm	<b>27</b> J-Walking 11 am-12 pm Blood Cancer Connection 12-1 pm CSS Book Club 230 E. Idaho St., Suite B 5:15-6:45 pm	<b>28</b> Tai Chi 12-1:30 pm SELF 4-5:30 pm Nicotine Support Group 5:45-6:45 pm Prostate Connection 6-7 pm	<b>29</b> PiYo 5:30-6:30 am Water Tai Chi 9-10 am J-Walking 11 am-12 pm Aqua Zumba 5:30-6:30 pm	<b>30</b> PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	<b>31</b>

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b> Water Tai Chi 9-10 am PiYo 9-10 am SELF 4-5:30 pm Yin & Yang Yoga 5:15-6:15 pm Metastatic Cancer Support 12-1 pm	<b>3</b> J-Walking 11 am-12 pm Bosom Buddies 5:30-7:30 pm	<b>4</b> Tai Chi 12-1:30 pm Art Therapy Group 12-2 pm SELF 4-5:30 pm Nicotine Support Group 5:45-6:45 pm Pediatric Parent Support 12-1 pm	<b>5</b> PiYo 5:30-6:30 am Water Tai Chi 9-10 am J-Walking 11 am-12 pm Aqua Zumba 5:30-6:30 pm Caregiver Lunch Hour 12-1 pm	<b>6</b> PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	<b>7</b>
<b>8</b>	<b>9</b> Water Tai Chi 9-10 am PiYo 9-10 am SELF 4-5:30 pm Yin & Yang Yoga 5:15-6:15 pm GYN Cancer Support 12-1:30 pm	<b>10</b> J-Walking 11 am-12 pm Blood Cancer Connection 12-1 pm	<b>11</b> Tai Chi 12-1:30 pm Art Therapy Group 12-2 pm SELF 4-5:30 pm Nicotine Support Group 5:45-6:45 pm	<b>12</b> PiYo (pilates & yoga) 5:30-6:30 am Water Tai Chi 9-10 am J-Walking 11 am-12 pm Aqua Zumba 5:30-6:30 pm	<b>13</b> PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	<b>14</b>
<b>15</b>	<b>16</b> H2O Tai Chi 9-10 am PiYo 9-10 am SELF 4-5:30 pm Yin & Yang Yoga 5:15-6:15 pm Metastatic Cancer Support 12-1 pm Cancer Support Group 5:30-7 pm	<b>17</b> J-Walking 11 am-12 pm Bosom Buddies 5:30-7:30 pm	<b>18</b> Tai Chi 12-1:30 pm SELF 4-5:30 pm Nicotine Support Group 5:45-6:45 pm Pediatric Parent Support 12-1 pm Grief & Beyond 5:30-7 pm	<b>19</b> PiYo 5:30-6:30 am Water Tai Chi 9-10 am J-Walking 11 am-12 pm Aqua Zumba 5:30-6:30 pm Caregiver Lunch Hour 12-1 pm	<b>20</b> PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm	<b>21</b>
<b>22</b>	<b>23</b> Water Tai Chi 9-10 am PiYo 9-10 am SELF 4-5:30 pm Yin & Yang Yoga 5:15-6:15 pm GYN Cancer Support 12-1:30 pm	<b>24</b> J-Walking 11 am-12 pm Blood Cancer Connection 12-1 pm CSS Book Club 230 E. Idaho St., Suite B 5:15-6:45 pm	<b>25</b> Tai Chi 12-1:30 pm Art Therapy Group 12-2 pm SELF 4-5:30 pm Nicotine Support 5:45-6:45 pm Prostate Connection 6-7 pm	<b>26</b> PiYo (pilates & yoga) 5:30-6:30 am Water Tai Chi 9-10 am J-Walking 11 am-12 pm Aqua Zumba 5:30-6:30 pm	<b>27</b> PiYo (pilates & yoga) 9-10 am Nicotine Support Group 1-2 pm Look Good Feel Better at Radiation Oncology 10 am-12:30 pm	<b>28</b>
 <p>CSCMT offers additional support and programs. See following pages for their calendar. <a href="http://cancersupportmontana.org">cancersupportmontana.org</a></p>						



# 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**

## Calendar Making

Let's get creative together! Join us for a hands-on workshop where you'll decorate a personalized 2026 calendar. All materials are provided, and you're welcome to bring your own photos if you'd like to make it extra personal. Come enjoy good company, creative expression, and a relaxing afternoon.

**January 6th | 3-5pm**  
Missoula, MT

**January 6th | 5:30-7pm**  
Bozeman, 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.

# JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1  <b>OFFICE CLOSED</b>	2	3
5	6	7	8	9	10
<p><b>Yoga for Healthy Aging</b> 9:15-10:45am Missoula  </p> <p><b>Strength Training</b> 10:45-11:30am Bozeman  </p> <p><b>Personal Training with Brooke Florence</b> 11-12pm Missoula  </p> <p><b>Metastatic Cancer Support</b> 12-1pm </p> <p><b>Gentle Yoga</b> 5:30-6:30pm Bozeman  </p>	<p><b>Restorative Fitness</b> 1:15-2:30pm Helena </p> <p><b>Creative Connections: Calendar Making</b> 3-5pm Missoula  </p> <p><b>Creative Connections: Calendar Making</b> 5:30-7pm Bozeman  </p> <p><b>Bosom Buddies</b> 5:30-7:30pm </p>	<p><b>Yoga for Healthy Aging</b> 9:15-10:45am Missoula  </p> <p><b>Strength Training</b> 10:45-11:30am Bozeman  </p> <p><b>Pediatric Parent Support Group</b> 12-1pm </p> <p><b>In-Person Prostate Connection</b> 5:30pm Bozeman </p>	<p><b>Gentle Yoga 9-10am</b> Bozeman  </p> <p><b>New Participation Orientation</b> 12-1pm Bozeman   </p> <p><b>Restorative Fitness</b> 1:15-2:30pm Helena </p> <p><b>Goal Setting Workshop</b> 5:30-6:30pm Missoula  </p> <p><b>Women's Dinner</b> 5:30-7pm Bozeman  </p>	<p><b>Yoga for Healthy Aging</b> 9:15-10:45am Missoula  </p>	
12	13	14	15	16	17
<p><b>Yoga for Healthy Aging</b> 9:15-10:45am Missoula  </p> <p><b>Strength Training</b> 10:45-11:30am Bozeman  </p> <p><b>GYN Cancer Support</b> 12-1:30pm </p> <p><b>Gentle Yoga</b> 5:30-6:30pm Bozeman  </p>	<p><b>Blood Cancer Connection</b> 12-1pm </p> <p><b>Restorative Fitness</b> 1:15-2:30pm Helena </p>	<p><b>Yoga for Healthy Aging</b> 9:15-10:45am Missoula  </p> <p><b>Strength Training</b> 10:45-11:30am Bozeman  </p> <p><b>Naturopathic Medicine: Naturopathic Oncology</b> 12pm  </p> <p><b>New Participation Orientation</b> 12-1pm Missoula   </p> <p><b>Living With Loss</b> 5:30-7pm Bozeman </p> <p><b>Men's Dinner</b> 5:30-7pm Bozeman  </p>	<p><b>Gentle Yoga 9-10am</b> Bozeman  </p> <p><b>Caregiver Lunch Hour</b> 12-1pm  </p> <p><b>Restorative Fitness</b> 1:15-2:30pm Helena </p>	<p><b>Yoga for Healthy Aging</b> 9:15-10:45am Missoula  </p>	
19	20	21	22	23	24
<p><b>OFFICE CLOSED</b></p>	<p><b>Restorative Fitness</b> 1:15-2:30pm Helena </p> <p><b>Bosom Buddies</b> 5:30-7:30pm </p>	<p><b>Yoga for Healthy Aging</b> 9:15-10:45am Missoula  </p> <p><b>Strength Training</b> 10:45-11:30am Bozeman  </p> <p><b>Personal Training with Brooke Florence</b> 11-12pm Missoula  </p> <p><b>Pediatric Parent Support Group</b> 12-1pm </p> <p><b>Grief &amp; Beyond</b> 5:30-7pm </p> <p><b>Prostate Connection</b> 6-7pm </p>	<p><b>Gentle Yoga 9-10am</b> Bozeman  </p> <p><b>New Participation Orientation</b> 12-1pm Bozeman   </p> <p><b>Restorative Fitness</b> 1:15-2:30pm Helena </p>	<p><b>Yoga for Healthy Aging</b> 9:15-10:45am Missoula  </p>	
26	27	28	29	30	31
<p><b>Yoga for Healthy Aging</b> 9:15-10:45am Missoula  </p> <p><b>Strength Training</b> 10:45-11:30am Bozeman  </p> <p><b>GYN Cancer Support</b> 12-1:30pm </p> <p><b>Gentle Yoga</b> 5:30-6:30pm Bozeman  </p>	<p><b>Blood Cancer Connection</b> 12-1pm </p> <p><b>Restorative Fitness</b> 1:15-2:30pm Helena </p>	<p><b>Yoga for Healthy Aging</b> 9:15-10:45am Missoula  </p> <p><b>Strength Training</b> 10:45-11:30am Bozeman  </p> <p><b>New Participation Orientation</b> 12-1pm Missoula   </p> <p><b>Living With Loss</b> 5:30-7pm Bozeman </p>	<p><b>Gentle Yoga 9-10am</b> Bozeman  </p> <p><b>Restorative Fitness</b> 1:15-2:30pm Helena </p>	<p><b>Yoga for Healthy Aging</b> 9:15-10:45am Missoula  </p>	

# FEBRUARY

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7
<p>Yoga for Healthy Aging 9:15-10:45am Missoula </p> <p>Strength Training 10:45-11:30am Bozeman </p> <p>Metastatic Cancer Support 12-1pm </p> <p>Gentle Yoga 5:30-6:30pm Bozeman </p>	<p>Restorative Fitness 1:15-2:30pm Helena </p> <p>Bosom Buddies 5:30-7:30pm </p>	<p>Yoga for Healthy Aging 9:15-10:45am Missoula </p> <p>Strength Training 10:45-11:30am Bozeman </p> <p>Pediatric Parent Support Group 12-1pm </p> <p>In-Person Prostate Connection 5:30pm Bozeman </p>	<p>Gentle Yoga 9-10am Bozeman </p> <p>Caregiver Lunch Hour 12-1pm </p> <p>Restorative Fitness 1:15-2:30pm Helena </p>	<p>Yoga for Healthy Aging 9:15-10:45am Missoula </p>	
<p>Yoga for Healthy Aging 9:15-10:45am Missoula </p> <p>Strength Training 10:45-11:30am Bozeman </p> <p>Personal Training with Brooke Florence 11-12pm Missoula </p> <p>GYN Cancer Support 12-1:30pm </p> <p>Gentle Yoga 5:30-6:30pm Bozeman </p>	<p>Blood Cancer Connection 12-1pm </p> <p>Restorative Fitness 1:15-2:30pm Helena </p> <p>Creative Connections: Valentines Card Making 3-5pm Missoula </p>	<p>Yoga for Healthy Aging 9:15-10:45am Missoula </p> <p>Strength Training 10:45-11:30am Bozeman </p> <p>Personal Training with Brooke Florence 11-12pm Missoula </p> <p>Naturopathic Medicine: Nutritional Deficiencies 12pm </p> <p>New Participation Orientation 12-1pm Missoula </p> <p>Living With Loss 5:30-7pm Bozeman </p> <p>Men's Dinner 5:30-7pm Bozeman </p>	<p>Gentle Yoga 9-10am Bozeman </p> <p>New Participation Orientation 12-1pm Bozeman </p> <p>Restorative Fitness 1:15-2:30pm Helena </p> <p>Self Love Workshop 4-5pm </p> <p>Women's Dinner 5:30-7pm Bozeman </p>	<p>Yoga for Healthy Aging 9:15-10:45am Missoula </p> <p>Couples Yoga 12-1pm Missoula </p>	
<p style="text-align: center;">16</p> <p style="text-align: center; background-color: #f08080; color: white; padding: 5px;">OFFICE CLOSED</p>	<p>Cooking Class 12pm Bozeman </p> <p>Restorative Fitness 1:15-2:30pm Helena </p> <p>Bosom Buddies 5:30-7:30pm </p>	<p>Yoga for Healthy Aging 9:15-10:45am Missoula </p> <p>Strength Training 10:45-11:30am Bozeman </p> <p>Pediatric Parent Support Group 12-1pm </p> <p>Grief &amp; Beyond 5:30-7pm </p> <p>Sound Bath 6-7pm Bozeman </p>	<p>Gentle Yoga 9-10am Bozeman </p> <p>Caregiver Lunch Hour 12-1pm </p> <p>Restorative Fitness 1:15-2:30pm Helena </p>	<p>Coffee &amp; Donuts 9-11am Missoula </p> <p>Yoga for Healthy Aging 9:15-10:45am Missoula </p>	<p style="text-align: center;">21</p>
<p style="text-align: center;">23</p> <p>Yoga for Healthy Aging 9:15-10:45am Missoula </p> <p>Strength Training 10:45-11:30am Bozeman </p> <p>Personal Training with Brooke Florence 11-12pm Missoula </p> <p>GYN Cancer Support 12-1:30pm </p> <p>Gentle Yoga 5:30-6:30pm Bozeman </p>	<p>Blood Cancer Connection 12-1pm </p> <p>Restorative Fitness 1:15-2:30pm Helena </p>	<p>Yoga for Healthy Aging 9:15-10:45am Missoula </p> <p>Strength Training 10:45-11:30am Bozeman </p> <p>Personal Training with Brooke Florence 11-12pm Missoula </p> <p>New Participation Orientation 12-1pm Missoula </p> <p>Living With Loss 5:30-7pm Bozeman </p> <p>Prostate Connection 6-7pm </p>	<p>Gentle Yoga 9-10am Bozeman </p> <p>New Participation Orientation 12-1pm Bozeman </p> <p>Restorative Fitness 1:15-2:30pm Helena </p>	<p>Yoga for Healthy Aging 9:15-10:45am Missoula </p>	<p style="text-align: center;">28</p>
				<p>A brief orientation meeting is <b>required</b> prior to joining any of our support groups.</p> <p><b>Please call 406.582.1600 to schedule.</b></p>	



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 Jan/Feb:**

- Jan 1<sup>st</sup> – New Years Day
- Jan 19<sup>th</sup> – Office Closed
- Feb 16<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