

**You are not alone on this journey.**

Logan Health Cancer Support Services provide emotional support, education, and hope for people with cancer and their loved ones – free of charge.

**Please join us!**



Join us at Logan Health's  
2nd Annual  
Cancer Survivors Day!

Save the Date!  
**Sunday, June 7 | 1 - 3 p.m.**

Glacier Bank Park | 125 McDermott Lane, 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.

Enjoy activities for all ages, along with helpful cancer resources.

**LOGAN**  
HEALTH



**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 April 22!**

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

No previous art experience is required.



**FAMILY CAMP APPLICATIONS  
NOW OPEN!**

.....  
**JUNE 25 - 28, 2026**  
GOLD CREEK, MONTANA  
.....

**APPLICATION WINDOW  
MARCH 3- MAY 15**  
.....





**Bozeman Health**

For more information contact:  
406.582.1600 or  
[drew@cancersupportmontana.org](mailto:drew@cancersupportmontana.org)

**Apply Today**

# March 2026

# Cancer Support Services Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Tai Chi 12-1:30 pm	3	4 Tai Chi 12-1:30 pm Art Therapy Group 12-2 pm Nicotine Support 5:45-6:45 pm	5 PiYo 5:30-6:30 am Aqua Zumba 5:30-6:30 pm	6 Nicotine Support Group 1-2 pm	7
8	9 Tai Chi 12-1:30 pm	10	11 Tai Chi 12-1:30 pm Art Therapy Group 12-2 pm Nicotine Support 5:45-6:45 pm Naturopathic Medicine: Side-Effect Management 12-1 pm	12 PiYo 5:30-6:30 am Aqua Zumba 5:30-6:30 pm	13 Nicotine Support Group 1-2 pm	14
15	16 Tai Chi 12-1:30 pm	17 New Participant Orientation 12-1 pm	18 Tai Chi 12-1:30 pm Art Therapy Group 12-2 pm Nicotine Support 5:45-6:45 pm	19 PiYo 5:30-6:30 am Aqua Zumba 5:30-6:30 pm	20 Nicotine Support Group 1-2 pm	21
22	23 Tai Chi 12-1:30 pm	24 MSU Nutrition: Inflammation & Immune Support 5:30-6:30 pm	25 Tai Chi 12-1:30 pm Art Therapy Group 12-2 pm Nicotine Support 5:45-6:45 pm	26 Aqua Zumba 5:30-6:30 pm Palliative Care 12-1 pm	27 Nicotine Support Group 1-2 pm	28
29	30 Tai Chi 12-1:30 pm	31 MSU Nutrition: Inflammation & Immune Support 5:30-6:30 pm				

Virtual support groups by CSCMT require a brief orientation prior to joining. Visit [cancersupportmontana.org](https://cancersupportmontana.org)

Activities in purple take place at Logan Health Fitness Center.  
Activities in red are CSCMT virtual programs.

# April 2026

## Cancer Support Services Activities

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

CSS Art Therapy Group is held at Radiation Oncology. **The next Art Therapy group begins April 22.**  
 To register, please contact Logan Health Cancer Support Services at (406) 752-0130 or [css@logan.org](mailto:css@logan.org).



# 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**

### MISSOULA'S GRAND RE-OPENING!

The Missoula Chapter of Cancer Support Community Montana has a new home! Come celebrate this amazing space with us as we continue supporting people in the Greater Missoula area impacted by cancer. We can't wait to share this beautiful home-like setting with our community!

**THURSDAY, APRIL 9TH | 5:30-7:30PM**

**2307 STEPHENS AVE**

**Please RSVP online or by calling our office at 406-582-1600**

Unable to attend our celebration? Come see us during our regular business hours (Monday - Friday, 9am-4pm), we would love to see you and give you a tour!



Scan with your phone to learn more about our programs and find the support that fits YOU best.

*Save the date*

**FOR ONE ANOTHER  
FAMILY CAMP 2026**

**JUNE 25<sup>TH</sup> - 28<sup>TH</sup>**

Applications open  
March 3rd, 2026

**DEADLINE IS MAY 15TH!**

# MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>2</b></p> <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>Acupuncture 1-2pm Missoula </p>	<p><b>3</b></p> <p>Compassionate Companions 12-1pm Missoula </p> <p>Restorative Fitness 1:15-2:30pm Helena </p> <p>Bosom Buddies 5:30-7:30pm </p>	<p><b>4</b></p> <p>Yoga for Healthy Aging 9:15-10:45am Missoula </p> <p>Strength Training 10:45-11:30am Bozeman </p> <p>In-Person Prostate Connection 5:30pm Bozeman </p>	<p><b>5</b></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><b>6</b></p> <p>Yoga for Healthy Aging 9:15-10:45am Missoula </p>	<p><b>7</b></p> <p><b>Water Aerobics Classes</b> (Mon, Wed &amp; Fri) At The Springs 2632 Catron St.</p> <p>Water Aerobics 11-11:45am Bozeman </p> <p>Water Aerobics 12-12:45pm Bozeman </p> <p>Aquatics Independent Exercise 2-2:45pm Bozeman </p> <p>Aquatics Independent Exercise 2-2:45pm Bozeman </p>
<p><b>9</b></p> <p>Yoga for Healthy Aging 9:15-10:45am Missoula </p> <p>Strength Training 10:45-11:30am Bozeman </p> <p>GYN Cancer Support 12-1:30pm </p> <p>Gentle Yoga 5:30-6:30pm Bozeman </p>	<p><b>10</b></p> <p>Blood Cancer Connection 12-1pm </p> <p>Restorative Fitness 1:15-2:30pm Helena </p>	<p><b>11</b></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 11am-12pm Missoula </p> <p>Naturopathic Medicine: Side-Effect Management 12pm </p> <p>New Participation Orientation 12-1pm Missoula </p> <p>Men's Dinner 5:30-7pm Bozeman </p> <p>Living With Loss 5:30-7pm Bozeman </p>	<p><b>12</b></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>Women's Dinner 5:30-7pm Bozeman </p>	<p><b>13</b></p> <p>Yoga for Healthy Aging 9:15-10:45am Missoula </p> <p>Painting Your Soul Signature Workshop 5-8pm Bozeman </p>	
<p><b>16</b></p> <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>Cancer Support Group 5:30-7pm </p>	<p><b>17</b></p> <p>Restorative Fitness 1:15-2:30pm Helena </p> <p>Pelvic Floor Yoga 5:30-6:30pm Bozeman </p> <p>Bosom Buddies 5:30-7:30pm </p>	<p><b>18</b></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>Cooking Class 12pm Bozeman </p> <p>Grief &amp; Beyond 5:30-7pm </p>	<p><b>19</b></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><b>20</b></p> <p>Yoga for Healthy Aging 9:15-10:45am Missoula </p>	<p><b>In Partnership with</b></p>
<p><b>23</b></p> <p>Yoga for Healthy Aging 9:15-10:45am Missoula </p> <p>Strength Training 10:45-11:30am Bozeman </p> <p>GYN Cancer Support 12-1:30pm </p> <p>Gentle Yoga 5:30-6:30pm Bozeman </p>	<p><b>24</b></p> <p>Blood Cancer Connection 12-1pm </p> <p>Restorative Fitness 1:15-2:30pm Helena </p> <p>MSU Nutrition: Inflammation 5:30-6:30pm Bozeman </p>	<p><b>25</b></p> <p>Yoga for Healthy Aging 9:15-10:45am Missoula </p> <p>Personal Training with Brooke Florence 11am-12pm Missoula </p> <p>Strength Training 10:45-11:30am Bozeman </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><b>26</b></p> <p>Gentle Yoga 9-10am Bozeman </p> <p>Palliative Care: Supporting Your Cancer Journey 12pm Bozeman </p> <p>Restorative Fitness 1:15-2:30pm Helena </p> <p>Creative Connections: Watercolor 3-5pm Missoula </p>	<p><b>27</b></p> <p>Coffee &amp; Donuts 9-11am Missoula </p> <p>Yoga for Healthy Aging 9:15-10:45am Missoula </p>	
<p><b>30</b></p> <p>Yoga for Healthy Aging 9:15-10:45am Missoula </p> <p>Strength Training 10:45-11:30am Bozeman </p> <p>Gentle Yoga 5:30-6:30pm Bozeman </p>	<p><b>31</b></p> <p>Restorative Fitness 1:15-2:30pm Helena </p> <p>MSU Nutrition: Immune Support 5:30-6:30pm Bozeman </p>				<p><b>NEW GROUP!</b></p> <p><b>Compassionate Companions</b> First Tuesday of the Month 12-1pm </p> <p><i>Hope to see you there!</i></p>

# APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4
		Yoga for Healthy Aging 9:15-10:45am Missoula Strength Training 10:45-11:30am Bozeman In-Person Prostate Connection 5:30pm Bozeman	Gentle Yoga 9-10am Bozeman Caregiver Lunch Hour 12-1pm Gentle Restorative Fitness 1:15-2pm Helena Restorative Fitness 2:30-3:30pm Helena Creative Connections: Collaging/Vision Boarding 5-7pm Bozeman	Yoga for Healthy Aging 9:15-10:45am Missoula Cooking Class 12pm Bozeman	
6	7	8	9	10	11
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	Compassionate Companions 12-1pm Missoula Gentle Restorative Fitness 1:15-2pm Helena Restorative Fitness 2:30-3:30pm Helena MSU Nutrition: Meal Planning 5:30-6:30pm Bozeman Bosom Buddies 5:30-7:30pm	Yoga for Healthy Aging 9:15-10:45am Missoula Strength Training 10:45-11:30am Bozeman Personal Training with Brooke Florence 11am-12pm Missoula Naturopathic Medicine: Supplements 12pm New Participation Orientation 12-1pm Missoula Living With Loss 5:30-7pm Bozeman Men's Dinner 5:30-7pm Bozeman	Gentle Yoga 9-10am Bozeman New Participation Orientation 12-1pm Bozeman Gentle Restorative Fitness 1:15-2pm Helena Restorative Fitness 2:30-3:30pm Helena Women's Dinner 5:30-7pm Bozeman	Yoga for Healthy Aging 9:15-10:45am Missoula	
13	14	15	16	17	18
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 Gentle Restorative Fitness 1:15-2pm Helena Restorative Fitness 2:30-3:30pm Helena MSU Nutrition: Grocery Shopping on a Budget 5:30-6:30pm Bozeman	Yoga for Healthy Aging 9:15-10:45am Missoula Strength Training 10:45-11:30am Bozeman Pediatric Parent Support Group 12-1pm Honoring Your Goals & Wishes: The Value of Advance Healthcare Directives 5:30pm Bozeman Grief & Beyond 5:30-7pm	Gentle Yoga 9-10am Bozeman Caregiver Lunch Hour 12-1pm Physical Therapy Ed: Pelvic Floor 12-1pm Bozeman Gentle Restorative Fitness 1:15-2pm Helena Restorative Fitness 2:30-3:30pm Helena	Yoga for Healthy Aging 9:15-10:45am Missoula	
20	21	22	23	24	25
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	Gentle Restorative Fitness 1:15-2pm Helena Restorative Fitness 2:30-3:30pm Helena Bosom Buddies 5:30-7:30pm	Yoga for Healthy Aging 9:15-10:45am Missoula Strength Training 10:45-11:30am Bozeman Personal Training with Brooke Florence 11am-12pm Missoula New Participation Orientation 12-1pm Missoula Living With Loss 5:30-7pm Bozeman Prostate Connection 6-7pm	Gentle Yoga 9-10am Bozeman Gentle Restorative Fitness 1:15-2pm Helena Restorative Fitness 2:30-3:30pm Helena Breathing Easy 5:30-6:30pm Bozeman	Yoga for Healthy Aging 9:15-10:45am Missoula	
27	28	29	30	<div style="border: 1px solid gray; padding: 10px; background-color: #f0f0f0;">                         A brief orientation meeting is <b>required</b> prior to joining any of our support groups.  <b>Please call 406.582.1600 to schedule.</b> </div>	
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 New Participation Orientation 12-1pm Bozeman Gentle Restorative Fitness 1:15-2pm Helena Restorative Fitness 2:30-3:30pm Helena	Yoga for Healthy Aging 9:15-10:45am Missoula Strength Training 10:45-11:30am Bozeman	Gentle Yoga 9-10am Bozeman Gentle Restorative Fitness 1:15-2pm Helena Restorative Fitness 2:30-3:30pm Helena		



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.

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