

LOGAN HEALTH

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.

Please join us!



Healthy Living



Art Therapy



Active Outings



Support Groups



The next 6-week Art Therapy Group starts September 2!

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

No previous art experience
is required.

Casting for Recovery Western Montana

This unique program combines breast cancer education and peer support along with fly fishing while enhancing the lives of women, at no cost to participants.

The 2026 retreat is set for August 21-23 at
Lubrecht Experimental Forest, east of Missoula.



scan to apply

★★★★★★ july ★★★★★★

cscmt virtual program highlights

July 8th
July 9th
July 22nd
July 28th

New Participant
Orientation*
12-1 pm

This informal session is the first
step for all cancer survivors and
caregivers interested in learning
more about our community!

Monday
and
Wednesday
every week

Strength Training**
10:45-11:30 am

Maintain your energy, regain your
strength, or work towards a new
fitness level with fellow cancer
survivors, using hand weights,
resistance bands, and the body's
weight. All levels are welcome!

Monday,
Wednesday
and Friday
every week

Yoga for
Healthy Aging**
9:15-10:45 am

Join us for a 1.5 hour class designed to
practice yoga in a safe and
encouraging environment. Expect
meditation and breath work as a part
of each session. All levels are
welcome!



CANCER SUPPORT
COMMUNITY
MONTANA

Scan Here to Visit
our Online
Program Calendar



406.582.1600

info@cancersupportmontana.org

*Registration is required for our New Participant Orientation

**Program links can be found at our online program calendar ↑

July 2026

Cancer Support Services Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Tai Chi 12-1 pm SELF 4-5:30 pm Nicotine Support 5:45-6:45 pm	2 SAIL 12-1 pm Aqua Zumba 5:30-6:30 pm	3	4
			Camp Mak-A-Dream Teen Siblings Camp July 1-6			
5	6 SELF 4-5:30 pm Yin & Yang Yoga 5:20-6:20 pm	7	8 Tai Chi 12-1 pm SELF 4-5:30 pm Nicotine Support 5:45-6:45 pm	9 SAIL 12-1 pm Aqua Zumba 5:30-6:30 pm	10 PiYo 9-10 am SAIL 12-1 pm Nicotine Support Group 1-2 pm	11
					Camp Mak-A-Dream Teen Camp July 10-15	
12	13 Tai Chi 12-1:30 pm	14	15 Tai Chi 12-1 pm SELF 4-5:30 pm Nicotine Support 5:45-6:45 pm	16 SAIL 12-1 pm Aqua Zumba 5:30-6:30 pm	17 PiYo 9-10 am SAIL 12-1 pm Nicotine Support Group 1-2 pm	18
19	20 Tai Chi 12-1:30 pm	21	22 Tai Chi 12-1 pm SELF 4-5:30 pm Nicotine Support 5:45-6:45 pm	23 SAIL 12-1 pm Aqua Zumba 5:30-6:30 pm	24 PiYo 9-10 am SAIL 12-1 pm Nicotine Support Group 1-2 pm	25
	Camp Mak-A-Dream Teen Brain Tumor Survivor Camp July 18-23					
26	27	28	29 Tai Chi 12-1 pm SELF 4-5:30 pm Nicotine Support 5:45-6:45 pm	30 SAIL 12-1 pm Aqua Zumba 5:30-6:30 pm	31 PiYo 9-10 am SAIL 12-1 pm Nicotine Support Group 1-2 pm	
	Camp Mak-A-Dream Kids & Young Siblings Camp July 27-August 1					

Activities in purple take place at Logan Health Fitness Center.
 SELF: Senior Exercise with a Life Focus | SAIL: Stay Active and Independent for Life

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
		 CSCMT offers additional support and programs. See following pages for their calendar. cancersupportmontana.org				
2	3 SELF 4-5:30 pm Yin & Yang Yoga 5:20-6:20 pm	4	5 Tai Chi 12-1 pm SELF 4-5:30 pm Nicotine Support 5:45-6:45 pm	6 SAIL 12-1 pm Aqua Zumba 5:30-6:30 pm	7 PiYo 9-10 am SAIL 12-1 pm Nicotine Support Group 1-2 pm	8
			Camp Mak-A-Dream Family Camp August 5-9			
9	10 SELF 4-5:30 pm Yin & Yang Yoga 5:20-6:20 pm	11	12 Tai Chi 12-1 pm SELF 4-5:30 pm Nicotine Support 5:45-6:45 pm	13 SAIL 12-1 pm Aqua Zumba 5:30-6:30 pm	14 PiYo 9-10 am SAIL 12-1 pm Nicotine Support Group 1-2 pm	15
			Camp Mak-A-Dream Young Adult Conference August 12-16			
16	17 SELF 4-5:30 pm Yin & Yang Yoga 5:20-6:20 pm	18	19 Tai Chi 12-1 pm SELF 4-5:30 pm Nicotine Support 5:45-6:45 pm	20 SAIL 12-1 pm Aqua Zumba 5:30-6:30 pm	21 PiYo 9-10 am SAIL 12-1 pm Nicotine Support Group 1-2 pm	22
23 /30	24 /31 SELF 4-5:30 pm Yin & Yang Yoga 5:20-6:20 pm	25	26 Tai Chi 12-1 pm SELF 4-5:30 pm Nicotine Support 5:45-6:45 pm	27 SAIL 12-1 pm Aqua Zumba 5:30-6:30 pm	28 PiYo 9-10 am SAIL 12-1 pm Nicotine Support Group 1-2 pm	29
				Camp Mak-A-Dream Caregivers Retreat August 27-31		



Program Calendar | July - August 2026

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

Stronger than Cancer BBQ

Join us for a special community BBQ as we bring together individuals and families impacted by cancer and recognize that our community is stronger than cancer.

This event is open to everyone, whether you've been directly impacted by cancer, want to support a loved one, or simply wish to connect with others. It's a time to share stories, make new connections, and enjoy meaningful time together in a supportive environment.

HELENA

July 9th | 5-7pm

Centennial Park Pavilion
1200 N Last Chance Gulch,
Helena, MT 59601

BOZEMAN

July 15th | 5-7pm

CSCMT
102 S. 11th Ave.,
Bozeman, MT 59715

MISSOULA

July 22nd | 5-7pm

Bonner Park
1600 Ronald Ave.,
Missoula, MT 59801



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

MEN'S RETREAT

Renewal in the Rockies Coming Soon!

Keep your eyes peeled this July for applications opening for the one and only men's retreat – Renewal in the Rockies. Don't miss your opportunity to apply and join us for this rejuvenating event!

JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4
		Yoga for Healthy Aging 9:15-10:45am Missoula 	Gentle Yoga 9-10am Bozeman  Caregiver Lunch Hour 12-1pm 	 OFFICE CLOSED	
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 	Restorative Fitness 1:15-2:30pm Helena  Bosom Buddies 5:30-7:30pm 	Yoga for Healthy Aging 9:15-10:45am Missoula  Strength Training 10:45-11:30am Bozeman  Naturopathic Medicine: Health Benefits of Hydration 12-1pm   New Participation Orientation 12-1pm 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   Stronger than Cancer BBQ 5-7pm Helena  Women's Dinner 5:30-7pm Bozeman 	Hike the M 9-10am Missoula  Yoga for Healthy Aging 9:15-10:45am Missoula  Pickleball Club 10-12pm Bozeman  Restorative Fitness 1:15-2:30pm Helena 	
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 	Blood Cancer Connection 12-1pm  Restorative Fitness 1:15-2:30pm Helena  Plant & Grow 4-6pm Missoula  	Yoga for Healthy Aging 9:15-10:45am Missoula  Strength Training 10:45-11:30am Bozeman  Pediatric Parent Support Group 12-1pm  Stronger than Cancer BBQ 5-7pm 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  Pickleball Club 10-12pm Bozeman  	Potential schedule and location change coming end of July. Stay tuned. Water Aerobics Classes (Mon - Fri) At The Springs 2632 Catron St. Water Aerobics 10-10:45am Bozeman  Water Aerobics 11-11:45pm Bozeman  Aquatics Independent Exercise 12-12:45pm Bozeman  Aquatics Independent Exercise 1-1:45pm Bozeman 
20	21	22	23	24	
Yoga for Healthy Aging 9:15-10:45am Missoula  Strength Training 10:45-11:30am Bozeman  Metastatic Cancer Support 12-1pm  Cancer Support Group 5:30-7pm 	Restorative Fitness 1:15-2:30pm Helena  Bosom Buddies 5:30-7:30pm 	Yoga for Healthy Aging 9:15-10:45am Missoula  Strength Training 10:45-11:30am Bozeman  New Participation Orientation 12-1pm Missoula   Stronger than Cancer BBQ 5-7pm Missoula   Living With Loss 5:30-7pm Bozeman  Prostate Connection 6-7pm 	Gentle Yoga 9-10am Bozeman  Restorative Fitness 1:15-2:30pm Helena 	Yoga for Healthy Aging 9:15-10:45am Missoula  Pickleball Club 10-12pm Bozeman  	
27	28	29	30	31	
Yoga for Healthy Aging 9:15-10:45am Missoula  Strength Training 10:45-11:30am Bozeman  GYN Cancer Support 12-1:30pm 	New Participation Orientation 12-1pm Bozeman   Blood Cancer Connection 12-1pm  Restorative Fitness 1:15-2:30pm Helena 	Yoga for Healthy Aging 9:15-10:45am Missoula  Strength Training 10:45-11:30am Bozeman  Cancer Support Group 12-1pm Helena  Will's Noods Semolina Pasta Class 5:30-7:30pm Missoula 	Gentle Yoga 9-10am Bozeman  Restorative Fitness 1:15-2:30pm Helena  Creative Connections- Flower Pressing 5-7pm Bozeman  	Yoga for Healthy Aging 9:15-10:45am Missoula  Pickleball Club 10-12pm Bozeman  	In Partnership with 



AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1
3	4	5	6	7	8
Yoga for Healthy Aging 9:15-10:45am Missoula Strength Training 10:45-11:30am Bozeman Metastatic Cancer Support 12-1pm	Restorative Fitness 1:15-2:30pm Helena Bosom Buddies 5:30-7:30pm	Yoga for Healthy Aging 9:15-10:45am Missoula Strength Training 10:45-11:30am Bozeman Creative Connections - Watercolor & Lemonade 4:30-5:30pm Missoula	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 Pickleball Club 10-12pm Bozeman	Sweet Pea 5K 7am Bozeman
10	11	12	13	14	15
Yoga for Healthy Aging 9:15-10:45am Missoula Strength Training 10:45-11:30am Bozeman GYN Cancer Support 12-1:30pm	Blood Cancer Connection 12-1pm Restorative Fitness 1:15-2:30pm Helena	Yoga for Healthy Aging 9:15-10:45am Missoula Strength Training 10:45-11:30am Bozeman Naturopathic Medicine: Sleep Issues Before and After Treatment 12-1pm New Participation Orientation 12-1pm Missoula Men's Dinner 5:30-7pm Bozeman Living With Loss 5:30-7pm Bozeman	Gentle Yoga 9-10am Bozeman Cooking Class: Brunch 10:30am 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 Pickleball Club 10-12pm Bozeman	
17	18	19	20	21	22
Yoga for Healthy Aging 9:15-10:45am Missoula Strength Training 10:45-11:30am Bozeman Metastatic Cancer Support 12-1pm Cancer Support Group 5:30-7pm	Restorative Fitness 1:15-2:30pm Helena 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 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	 Mending in the Mountains Women's Retreat August 21st - 23rd
24	25	26	27	28	
Yoga for Healthy Aging 9:15-10:45am Missoula Strength Training 10:45-11:30am Bozeman GYN Cancer Support 12-1:30pm	New Participation Orientation 12-1pm Bozeman Blood Cancer Connection 12-1pm Restorative Fitness 1:15-2:30pm Helena	Yoga for Healthy Aging 9:15-10:45am Missoula Strength Training 10:45-11:30am Bozeman New Participation Orientation 12-1pm Missoula Cancer Support Group 12-1pm Helena Living With Loss 5:30-7pm Bozeman Prostate Connection 6-7pm	Gentle Yoga 9-10am Bozeman Restorative Fitness 1:15-2:30pm Helena	Yoga for Healthy Aging 9:15-10:45am Missoula	29
30	31			A brief orientation meeting is required prior to joining any of our support groups. Please call 406.582.1600 to schedule.	
Yoga for Healthy Aging 9:15-10:45am Missoula Strength Training 10:45-11:30am Bozeman	Restorative Fitness 1:15-2:30pm 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.

**CSCMT Office Closures for
July/August:**

July 3rd – Independence Day

Visit our website for more info!
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 • By appointment: Monday to Friday