

Gynecological Cancer Connection Support Group

This support group is open to any woman whose life has been affected by gynecologic cancer, providing an opportunity to share common concerns, fears, solutions and inspiration in a supportive environment. Guest speakers are occasionally scheduled to educate women on subjects of interest.

6 to 7 p.m. | Second Tuesday of Every Month

- January 10** Support Session
- February 21** **Speaker:** Karen Schnaekel, RCC Dietician: *Nutrition Q&A*
**Group will take place in the Courtyard Conference Room and will be held on the 3rd Tuesday of the month*
- March 14** Support Session
- April 11** **Speaker:** Debbie Deangelo RNC, BSN
Health Coach, Author of Sudden Menopause, Women's Health Speaker
- May 9** Support Session
- June 13** **Speaker:** Julia Hamilton, Certified Yoga Therapist, RYT 500
The Benefits of Yoga Therapy and Meditation
- July 11** Support Session
- August 8** **Speaker:** Cheryl Curtis, St. Vincent's Rehabilitation Services;
Pelvic Floor Issues, Part 3
- September 12** Support Session
- October 10** **Speaker:** Mary Riddle & Olivia Kruszynski, RCC Radiology
CT/PET Scans - What Do They Tell Us?
- November 14** Support Session
- December** No Support Group



RSVP Required 24hrs in advance:



Sarah Humphrey RN, BSN
Survivorship Navigator/Wellness &
Community Education Coordinator
(814) 836-2643 or shumphrey@trcc.org



www.trcc.org | 2500 W. 12th St.

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