

# Calendar of Events

umuch.org/calendar December 2022



Due to the rate of Covid19 infections in our community, the University of Maryland Medical System's current visitation policy is at level Yellow. This means the majority of our support groups and programs can continue in person. Our medical leadership strongly encourages those in attendance to be fully vaccinated and boosted. Masks will be required for all in attendance. For more details go to: [www.umms.org/uch/patients-visitors/visitation](http://www.umms.org/uch/patients-visitors/visitation)

Cancer LifeNet is offering a private Facebook group to provide up to the minute details about events and programs, to share helpful information related to cancer, and to allow fellow cancer survivors to provide support to one another. Call us to learn how to join or search Cancer LifeNet in groups on Facebook and submit a request to join!

**facebook**

### **Prostate Cancer Support Group (New Time)**

First Wednesday of each month  
"Prostate Cancer Survivorship and Updates in Treatment" **Rosemarie Hudson, CRNP**  
12/7/22 at 4 pm Streett Conference Room

### **Healing through Support**

Third Thursday of each month  
"Laughter is good medicine"  
Presented by: **Patricia Smith, LCSW-C, OSW-C**  
12/15/22 at 4 pm Streett Conference Room

### **Virtual Blood Cancer Support Group**

Second Tuesday of each month **online**  
"Open Discussion"  
12/13/22 at 11 am online via Zoom

### **Virtual Gentle Yoga**

**New class date and time!**  
**Mondays at 6 pm weekly**  
Please call for information and to register!

### **Head and Neck Cancer Educational Group**

Second Wednesday of each month  
"Integrative Oncology: Benefits of Acupuncture/Acupressure"  
Presented by: **Sally Novak, L.Ac**  
12/14/22 at 6 pm Streett Conference Room

### **Virtual Guided Meditation**

**Wednesdays at 12:30 pm**  
Call Cancer LifeNet to obtain Zoom link or number to join by phone.

### **Breast Cancer Support Group**

Third Wednesday of each month  
"Sexual Health/Self Confidence"  
Presented by: **Deb Asbury, RN, BSN**  
12/21/22 at 1:30pm Streett Conference Room

### **Quit Smoking Classes**

**Tuesdays, 6-7:30 pm**  
Every four weeks a new series starts. Register by calling: 800-515-0044. Get the support you need to be tobacco free. Assistance with obtaining free nicotine replacement therapy too!

Visit [umuch.org/cancersupport](http://umuch.org/cancersupport) for more information on each support group.

Visit [umuch.org/cancersupport](http://umuch.org/cancersupport) to learn more; or call 866-393-4355 for information and a schedule of online support groups.



UNIVERSITY of MARYLAND  
UPPER CHESAPEAKE HEALTH

**Kaufman Cancer Center**

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