

# ONLINE Calendar of Events

[umuch.org/calendar](http://umuch.org/calendar)



COVID-19 has us all living differently than we ever have before. Please be assured that the Kaufman Cancer Center care team and the Cancer LifeNet Program is here for you and your loved ones. The Cancer Center remains open and our doctors, nurses, navigators and support teams continue to evaluate your needs and provide the essential care and support you need.

February 2021

Telehealth, virtual care from your computer, tablet or smartphone, can be an option for many people. During the COVID-19 pandemic, Cancer LifeNet is offering support groups, integrative therapies and wellness programs online, including:

• **Virtual Prostate Cancer Support Group**

1<sup>st</sup> Wednesday of each month  
“Coping through COVID fatigue”  
2/3/21 at 6 pm

• **Virtual In the Know:** “Questions & Answers about COVID-19 Vaccine for those Impacted by Cancer”

Presented by: **V. Dixon King Jr., MD, Chair, Dept. of Pathology, Co-Medical Director of Kaufman Cancer Center and Megan Thacker, RN, Manager Nurse Navigation and Clinical Programs**  
2/4/21 at 4 pm

• **Virtual Blood Cancer Support Group**

2<sup>nd</sup> Tuesday of each month  
“Open discussion:”  
2/9/21 at 11 am

• **Virtual Head and Neck Educational Group**

2<sup>nd</sup> Wednesday of each month  
“Open discussion”  
2/10/21 at 6 pm

• **Virtual Breast Cancer Support**

“Nutrition for Cancer Survivorship: Kelly O’Connor, RD”  
2/17/21 at 1:30

• **Virtual Healing through Support**

3<sup>rd</sup> Thursday of each month  
“Open discussion”  
1/21/21 at 4 pm

• **Virtual Gentle Yoga I for Cancer**  
Wednesdays at 11 am

Leslie Sauter, RY200  
Pre-registration required

• **Virtual Guided Meditation**  
Wednesdays at 12:30 pm

Leslie Sauter, RY200  
Pre-registration required

• **Virtual Gentle Yoga II for Cancer**  
Thursdays at 6:30 pm (new time)

Jessica Hensley, RY200  
Pre-registration required

• Please call Cancer LifeNet at 443-643-3350 for online meeting information and to register for groups.

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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