



# August 2010 Cancer Support Groups

Young Women's Breast  
Cancer Support Group

Topic: "Self-Relaxation"

Facilitator: Wings of Hope

Tuesday, August 3

6:00 - 7:30 p.m.

Hope for Tomorrow &  
Breast Cancer Support Group  
Monday, August 16  
6-7:30 p.m.

Facilitator & Speaker:  
Patti Higginbotham, ANP, AOCN

Topic:  
"Top 10 Changes in Oncology"

Healthy Moves

Monday, August 9 & 23

6:30 - 8 pm

Instructor: Wendy Buchholz, OT

The Senior Center

Men's Activity Group

Tuesday, August 24

7 - 8:30 pm

Wii games at The Senior Center

A TIME TO HEAL

Tuesday, August 31

5:30 - 8:30 pm

Facilitators: Marchell Benes &  
Carolyn Ettinger

Alegent Health - Mercy Hospital

There is still time to register by calling Wings of  
Hope 325-8970 by August 6.

BIKE RIDE/WALK  
Sunday, SEPTEMBER 26, 2010  
2 P.M.

Starting at Council Bluffs Trailhead,  
south of Lewis Central High School  
Register online: [www.wingsofhope.org](http://www.wingsofhope.org)

**REMEMBER:** The Men's Prostate Cancer will have an awareness event in September.

## Wings of Hope Cancer Support Center

Wings of Hope: 427 W. Kanesville Blvd. Suite 200, Council Bluffs

Entrance now through Dentist office

Call Carolyn Ettinger @ 325-8970 if you have questions or need directions.