



CANCER SUPPORT PROGRAMS

at Smith Center for Healing and the Arts

2017 OCTOBER | NOVEMBER | DECEMBER

Dear Friends,

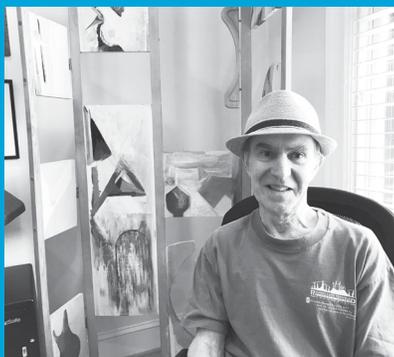
After almost a decade of oncology social work at the George Washington University Cancer Center, I have joined Smith Center as the new Executive Director. I am not new to Smith Center, as I have facilitated the young adult group for a number of years and more recently facilitated a support group for people who have been diagnosed with cancer. My work in these two groups has certainly been a highlight of the past couple of years. The openness, depth, and community of sharing, as well as the compassion for fellow group members, have been something I look forward to seeing week after week.

I cannot sufficiently underscore my enthusiasm in joining this dynamic team. In my short time here I have already witnessed such dedication to serving and honoring those who come through our front door. I have long referred to the Smith Center because I understand the deep healing that takes place within these beautiful walls. I am now excited to be a part of this place that so many people come to for community. After all, it is our community that supports us in times of need and multiplies our celebrations.

As I settle in, I look forward to getting to know the many people who join us for our programs and in our gallery. Please stop in and say hello. I'm delighted to be a part of this community.

With gratitude,

Jennifer Bires, LICSW, OSW-C
Executive Director



Bob, Retreat Alumni & Program Participant

Meet Bob: Cancer Support Group Resident Poet

Bob joined Smith Center's Cancer Support Group two years ago and has been a regular participant ever since. "You don't make that many new, good friends at 66-years-old and you can do that here. You can do that in group."

The encouragement and support of the group inspired Bob to reconnect with something that has always been a great source of comfort for him: poetry. "It's a sort of sanctuary place for me," he explains, "two years ago I'd never think I'd be discussing openly the things I discuss now." As the group's resident poet, Bob regularly ends the night by sharing his latest work.

"I recommend to anyone who is dealing with cancer to get into a support group as soon as possible," he says, "the more you get involved, the less barriers you build during the week. You can become more of the person you're trying to be and you need to try something after a diagnosis like I have. I use the support group a lot for that." To read Bob's full interview and to hear a reading of his poem "Dogs Barking" visit our website.

Your gift supports programs like the Cancer Support Group for people facing cancer in our community.
Please consider making an end-of-year gift today by visiting:
www.smithcenter.org/give

Recurring Programs

Family members and support persons are welcome to attend programs. Most programs are free of charge or have a suggested donation for materials. Everyone is welcome regardless of ability to donate.

Cancer Support Group

Bi-monthly on Mondays
6:00-7:30pm
with Jennifer Bires, LICSW

October 16 & 30; November 13 & 27;
December 11

This support group provides participants with the opportunity to explore their experience with cancer with a trained social worker and to connect with others. Please RSVP to us at 202.483.8600 prior to your first visit.

DC Young Adult Cancer Meet Up and Support Group

Monthly on Sundays 5:00-6:30pm
with Jennifer Bires, LICSW &
Cheryl Hughes, LICSW, OSW-C

October 15; November 5; December 3

Meet other young adult cancer survivors in a monthly support group session, a collaborative initiative of local hospitals, health organizations and cancer support groups.* A healthy meal is provided.

**In collaboration with the Cancer Support Community; The GWU Medical Faculty Associates; Bella Warrior; First Descents; Hope Connections for Cancer Support; Howard University Hospital; The Leukemia & Lymphoma Society; Life with Cancer; MedStar Georgetown University Hospital; Nueva Vida; Sibley Memorial Hospital; Stupid Cancer; Ulman Cancer Fund for Young Adults; Virginia Hospital Center; Washington Cancer Institute at MedStar Washington Hospital Center; Young Survival Coalition*

Nueva Vida Grupos de Apoyo para la comunidad Latino

Sábados 8:30am-12:00pm
No Clase: 28 de octubre, 11 y 25 de
noviembre, 2, 23 y 30 de diciembre

En colaboración con Nueva Vida, ven a compartir experiencias con otras sobrevivientes Latinas de cáncer en nuestros Grupos de Apoyo cada sábado del mes. Nuestra grupo está en español y se enfoca en manejar el trauma asociado con el diagnóstico de cáncer. También pueden disfrutar de una clase de reducción de estrés de Yoga o Zumba. Nuestras actividades están abiertas a todos los diagnósticos de cáncer.

*NEW Healing Circle for Widow and Widowers

Bi-monthly on Thursdays 4:30-6:00pm
October 12 & 26; November 2 & 16;
December 7 & 21
with Wendy Miller & Larry Kanter

Healing Circles is a peer-led process by which people support each other through deep listening and shared learning. This collaborative conversation model leads to authentic and deep connectivity. Please RSVP to Kiersten at 202.483.8600.

Weekly Gentle Yoga

Mondays 10:30-11:45am
with Beth Lawrence, RYT 500

Tuesdays 6:15-7:30pm
with Yael Flusberg, C-IAYT, ERYT500

Thursdays 10:15-11:30am
with Kiersten Gallagher, RYT 200

No class: October 9, November 23, &
December 7, 25, 26, 28

Suggested donation:
\$10/session or \$25/month

Our yoga classes are specifically designed for adults facing stress, cancer, or other illness, and use various yoga postures and techniques to help you reduce stress and encourage wellbeing.

All levels are welcome.

Weekly Chair Yoga

Tuesdays 12:00-1:00pm
with Beth Lawrence, RYT 500

Suggested donation:
\$10/session or \$25/month

No class: December 26

You are invited to relax deeply as we move through a series of gentle, supported and seated poses that promote self-care.

All levels are welcome.

Individual Navigation

Trained patient navigators at Smith Center are available to offer individual assistance and support in finding and using integrative cancer care resources.

Our navigators strive to empower each person to take a more active role in their healing and well-being through education, information, complementary resources, and emotional support.

We meet each individual wherever they are in dealing with their cancer, and work alongside them to make the experience less stressful and more in alignment with their lives.

We now offer patient navigation in Spanish thanks to our partnership with Nueva Vida.

Call us at 202.483.8600 to request a confidential appointment.

*NEW Kids Club

Wednesdays October 18 & November 29,
6:00-7:30pm
in Partnership with George Washington University, Georgetown University and Washington Hospital Center

Kids Club is designed for children ages 6 to 12 years old with a parent who has been diagnosed with cancer. The group is a safe space for both kids and parents to come together to explore emotions, resilience, and coping with cancer in the family through art activities. Pizza will be provided.



Knitting in the Nook (2017)

Weekly Knitting in the Nook

Wednesdays 3:00-4:30pm
with Project Knitwell & Friends
No session: December 27

In this weekly knitting session, trained volunteers will provide knitting instruction and quality materials in an effort to foster wellness, comfort, and community among participants.

*NEW Weekly Knit Night for Young Adults

Tuesdays 5:00-7:00pm
with our Young Adult Community
No session: December 26

We'll be hanging out in the nook, and we'll have supplies on hand to teach anyone who wants to learn!

Weekly Move, Learn, Create

Fridays 11:00am-12:00pm
with Kelly King
No class: November 11, 24; December 22, 29
Suggested donation:
\$15/session or \$25/month

Class will include group warm-up, stretching, improvisation, and gentle choreographed sequences from a variety of dance influences.

Outside the Lines: A Creative Art Studio

Bi-monthly on 1st & 3rd Wednesdays
10:30am-12:30pm
October 4 & 18; November 1 & 15;
December 6 & 20
with Kiersten Gallagher

Suggested Donation: \$10

Reclaim art-making as a healing tool through guided creative projects. Participants who feel comfortable working on their own projects are also welcome to do so.

Featured Programs

October

Vitamin D with Cancer: Prevention & Therapy

Wednesday, October 4, 6:30-8:00pm
with *Dr. Trump*

Dr. Trump will discuss research on vitamin D and what it might mean for cancer patients, care providers and the general population. Donald "Skip" Trump, MD, is Inova Schar Cancer Institute's (ISCI) Chief Executive Officer and previously served as president and CEO of Roswell Park Cancer Institute (RPCI) in Buffalo, NY, one of the first nationally designated cancer centers.

Finding Your Way Through Cancer: The Power of Navigation

Wednesday, October 4, 1:30-2:30pm
with *Carole O'Toole*

Our Integrative Cancer Care Navigation empowers people living with cancer to become more engaged in their healing through education, information and assistance with identifying supportive resources. Navigators can provide caring, compassionate support from diagnosis through treatment and survivorship. No matter where you find yourself on the cancer journey, navigation can be a powerful tool in your healing. RSVP's are encouraged.

An Evening for Caregivers and their Loved Ones with Cancer

Wednesday, October 25, 6:30-8:00pm
with *Julia Rowland, Ph.D. and Jonathan Gilbert, L. Ac.*

Cancer caregivers are 'hidden' survivors in the cancer journey, and many wonder if the help they provide is useful; yet research tells us that caregivers are vital to the wellbeing of their care recipient. Come learn how caregivers make a difference, discuss the common challenges that caregivers confront, and learn tools and techniques to take good care of yourself.

While the caregivers explore together, Jonathan Gilbert will speak to those living with cancer about how Chinese Medicine can address and aid the pain and fatigue associated with cancer treatments. Caregivers and their loved ones are welcome to attend together or individually.

Finding Our Voices, Telling Our Stories: Poetry as a Resource for Healing

Saturday, October 21, 1:00-4:00pm
with *Kathy Staudt*

Suggested donation: \$25

In this workshop, we will listen to the voices of poets who have lived through the cancer experience, and reflect on how their stories speak to our own stories, practicing the art of listening through guided meditation and a poetry workshop.

Easy Meal Prep: Nourish Your Loved Ones Who Have Cancer

Saturday, October 28, 11:00am-2:00pm
With *Chef Laura Pole*

Suggested donation: \$35

Help your loved one by preparing healing, nourishing, delicious meals for them. Join Chef Laura Pole and learn how to make nutritious snacks as well as make-ahead dishes that are ready to reheat or freeze. Your presence during food preparation and at mealtimes is a healing gift for your loved one.

November

Exploring Self with the Enneagram

Wednesday, November 1, 6:30-8:30pm
with *Mary Christie, PhD*

Suggested donation: \$20

In the last century, an encoded system called the enneagram was rediscovered as a powerful teaching tool that conveys a clear vision of how we humans function. It allows us to learn about how we see the world and make decisions, and shows us how to understand ourselves on a deeper level. This class will be an introductory/review session and we will plan a follow-up program for those who wish to pursue continued study of the Enneagram.

Artful Healing Series

Thursdays November 2 & 16,
2:00-3:30pm
with *Kiersten Gallagher & Rex Delafkaran*

Suggested donation: \$15

Join Kiersten and Rex for a two-part art workshop that will include a peaceful meditation, and you will learn techniques to help allow your own inner creativity to flow. You will work collaboratively with others while exploring how the act of art making can be healing. You are welcome to attend one or both sessions.

Moving Dialogues: How Do I Forgive?

Saturday, November 4, 1:00-2:30pm
with *Kelly King*

Suggested donation: \$15

Come discover what your body has to tell you about forgiveness, and move towards an embodied healing practice. Your words and movement will add to the development of a new performance, with Kelly's Contradiction Dance Company.

YACS - Flipping the Script

Sunday, November 5, 3:30-5:00pm
with *Jenn McRobbie*

Join life coach and breast cancer survivor Jenn McRobbie in a creative workshop using vision boards to flip the script on all the negative self talk that often comes along with being diagnosed with cancer. Unfamiliar emotions coupled with the demands of treatment can leave YACs feeling like they don't know who they are or where they belong. Join us in learning to change how you think so you can open the door to more joy and satisfaction in your life.



Stephanee, Batik Pillow Workshop

Writing Out the Storm

Monday, November 6, 6:00-8:00pm
with *Susi Wyss*

Writing is a wonderful tool for self-inquiry and reflection, thereby promoting true wellness, healing, and a greater sense of wholeness. Maintaining a creative journaling practice is one way to tap into the healing effects of writing. This workshop is designed to jumpstart a journaling practice using a freewriting approach. Join others to explore and use writing as a resource during the workshop and beyond. Journals will be provided.

Flip the page

for

December Programs!

Visit www.smithcenter.org/calendar or call 202.483.8600 to register.

December

Mandalas for Managing Stress and Increasing Wellbeing

Saturday, December 2, 11:00am-4:00pm
with Rebecca Wilkinson, MA, ATR-BC,
LCPAT

The Mandala serves to move us towards psychological growth, expressing the idea of a safe refuge, inner reconciliation and wholeness. We will use mandala imagery, writing, and meditative practice to bring creativity, healing, and an increased sense of grounding and balance into our lives, and will create our own mandalas using painting, collaging, and more.

Previous art experience is not needed.

Felted Power Animals Workshop

Saturday, December 9, 1:00-5:00pm
with Erika Cleveland
Suggested donation: \$25

Come discover your power animal and then create your animal in the form of a needle-felted pin. In the Shamanic tradition, power animals help to clarify our vision and give us courage on our life path. We will meditate, journal and go on a guided visualization together as a way to discover your animal guide(s). All materials are provided and no prior felting experience is necessary.

Critical Mass Town Hall: Family Building After Cancer

Thursday, December 13, 7:00-8:30pm
Presented by Critical Mass: The Young Adult
Cancer Alliance with support from Shire

The National Cancer Institute estimates that each year nearly 133,000 new cancer diagnoses impact men and women of reproductive age, and only half are told by their doctors that their treatments can affect fertility. Join Critical Mass for an interactive discussion about barriers to fertility preservation and adoptions, new research and technology, and ideas to share with providers and policymakers.

Thank you Elise Wiarda, you mean the world to us!



Elise Wiarda, Retreat Staff
& Poetry Facilitator

Elise, dearest one, thank you for sharing your peaceful spirit and endless love with our program and retreat participants, and with our staff. You have a beautiful gift for holding a safe and healing space for everyone and for showing all of us the light when we are in the darkness.

We love you!

The Joan Hisaoka Healing Arts Gallery



APPARITIONS

Artist & Curator Talk
Saturday, October 7th, 3:30-5:30pm

BEST MEDICINE: Art-Humor-Healing

A group exhibition curated by
Cory Oberndorfer
Opening Friday, November 3rd, 7:00-9:00pm
Artist & Curator Talk
Saturday, November 18th, 3:30-5:30pm

Residential Cancer Retreat at Dayspring Retreat Center December 8-10 2017

Smith Center is pleased to announce our winter retreat for people with cancer will be held at Dayspring Retreat Center, set on over 200 acres in Gemantown, Maryland. For 20 years, our retreats have demonstrated profound and lasting positive effects. Our three-day retreats provide a safe, caring environment for exploring the physical, emotional and spiritual aspects of healing, and the opportunity to experience authentic community with others facing cancer. We offer a powerful integrative program that includes daily support groups, yoga, meditation, creative expression, complementary resources, and nourishing, gourmet vegetarian meals, all in a setting that fosters deep relaxation, reflection and healing.

We welcome adults with any type of cancer at any stage, along with significant others and caregivers. Space is limited to 9 participants.
Email Erin@smithcenter.org or call 202.483.8600 to inquire.





*“Remember the emphasis on the heart.
The mind lives in doubt and the heart
lives in trust. When you trust, suddenly
you become centered.” - Osho*

October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:30-11:45am Gentle Yoga	3 12:00-1:00pm Chair Yoga 5:00-7:00pm Knit Night for Young Adults 6:15-7:30pm Gentle Yoga	4 10:30am-12:30pm Outside the Lines 1:30-2:30pm Navigation Intro 3:00-4:30pm Knitting 6:30-8:00pm Cancer/vitamin D	5 10:15-11:30am Gentle Yoga 5:30-8:00pm Leadership Welcome Reception	6 11:00am-12:00pm Move, Learn, Create	7 8:30am-12:00pm Nueva Vida Grupo de apoyo (<i>en español</i>) 3:30-5:30pm Apparitions Artist & Curator Talk**
8	9 <i>CLOSED FOR THE HOLIDAY</i>	10 12:00-1:00pm Chair Yoga 5:00-7:00pm Knit Night for Young Adults 6:15-7:30pm Gentle Yoga	11 1:30-3:30pm Living with Grief and Loss 3:00-4:30pm Knitting in the Nook	12 10:15-11:30am Gentle Yoga 4:30-6:00pm Healing Circle for Widow & Widowers	13 11:00am-12:00pm Move, Learn, Create	14 8:30am-12:00pm Nueva Vida Grupo de apoyo (<i>en español</i>)
15 5:00-6:30pm Young Adult Cancer Meet Up and Support Group	16 10:30-11:45am Gentle Yoga 6:00-7:30pm Support Group	17 12:00-1:00pm Chair Yoga 5:00-7:00pm Knit Night for Young Adults 6:15-7:30pm Gentle Yoga	18 10:30am-12:30pm Outside the Lines 3:00-4:30pm Knitting in the Nook 6:00-7:30pm Kid's Club	19 10:15-11:30am Gentle Yoga	20 11:00am-12:00pm Move, Learn, Create	21 8:30am-12:00pm Nueva Vida Grupo de apoyo (<i>en español</i>) 1:00-4:00pm Finding our Voices, Telling our Stories
22	23 10:30-11:45am Gentle Yoga	24 12:00-1:00pm Chair Yoga 5:00-7:00pm Knit Night for Young Adults 6:15-7:30pm Gentle Yoga	25 3:00-4:30pm Knitting in the Nook 6:30-8:00pm An Evening for Caregivers	26 10:15-11:30am Gentle Yoga 4:30-6:00pm Healing Circle for Widow & Widowers	27 11:00am-12:00pm Move, Learn, Create	28 11:00am-2:00pm Easy Meal Prep: Nourish Your Loved Ones who have Cancer
29	30 10:30-11:45am Gentle Yoga 6:00-7:30pm Support Group	31 12:00-1:00pm Chair Yoga 5:00-7:00pm Knit Night for Young Adults 6:15-7:30pm Gentle Yoga	<i>“Evocative. The most empowering event I’ve participated in to date.” –Young Adult Creativity workshop participant</i>			

**The Joan Hisaoka Healing Arts Gallery is a nonprofit art space dedicated to exhibiting works that explore the innate connection between healing and creativity. All of the artwork on display is available for sale, with proceeds supporting Smith Center’s work.

Learn more at www.smithcenter.org/gallery

Visit www.smithcenter.org/calendar or call 202.483.8600 to register.



“Our breath, like our heartbeat, is the most reliable rhythm in our lives. When we become attuned to this constant rhythm, our breath can gradually teach us to come back to the original silence of the mind.”

– Donna Farhi

November 2017

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			1 10:30am-12:30pm Outside the Lines 3:00-4:30pm Knitting in the Nook 6:30-8:30pm Exploring Self with the Enneagram	2 10:15-11:30am Gentle Yoga 2:00-3:30pm Artful Healing 4:30-6:00pm Healing Circle for Widow & Widowers	3 11:00am-12:00pm Move, Dance, Create 7:00-9:00pm BEST MEDICINE: Art-Humor-Healing Gallery Opening**	4 8:30am-12:00pm Nueva Vida Grupo de apoyo (en español) 1:00-2:30pm Moving Dialogues
5 3:30-5pm YACS Flipping the Script 5:00-6:30pm Young Adult Cancer Meet Up and Support Group	6 10:30-11:45am Gentle Yoga 6:00-8:00pm Writing Out the Storm	7 12:00-1:00pm Chair Yoga 5:00-7:00pm Knit Night for Young Adults 6:15-7:30pm Gentle Yoga	8 3:00-4:30pm Knitting in the Nook	9 10:15-11:30am Gentle Yoga	10 CLOSED FOR THE HOLIDAY	11
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19	20 10:30-11:45am Gentle Yoga	21 12:00-1:00pm Chair Yoga 5:00-7:00pm Knit Night for Young Adults 6:15-7:30pm Gentle Yoga	22 3:00-4:30pm Knitting in the Nook	23 24 CLOSED FOR THE HOLIDAY		25
26	27 10:30-11:45am Gentle Yoga 6:00-7:30pm Support Group	28 12:00-1:00pm Chair Yoga 5:00-7:00pm Knit Night for Young Adults 6:15-7:30pm Gentle Yoga	29 3:00-4:30pm Knitting in the Nook 6:00-7:30pm Kids Club	30 10:15-11:30am Gentle Yoga		

**The Joan Hisaoka Healing Arts Gallery



*“Be patient toward all that is unsolved
 in your heart and try to learn to love
 the questions themselves.”*
 – Ranier Maria Rilke

December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>The yoga experience at the Smith Center has improved my physical and emotional well-being beyond measure.</i> – Yoga class participant</p>					<p>1 11:00am-12:00pm Move, Dance, Create</p>	<p>2 11am-4:00pm Mandalas for Managing Stress & Increasing Wellbeing</p>
<p>3 5:00-6:30pm Young Adult Cancer Meet Up and Support Group</p>	<p>4 10:30-11:45am Gentle Yoga</p>	<p>5 12:00-1:00pm Chair Yoga 5:00-7:00pm Knit Night for Young Adults 6:15-7:30pm Gentle Yoga</p>	<p>6 10:30am-12:30pm Outside the Lines 3:00-4:30pm Knitting in the Nook</p>	<p>7 4:30-6:00pm Healing Circle for Widow & Widowers</p>	<p>8 11:00am-12:00pm Move, Dance, Create</p>	<p>9 8:30am-12:00pm Nueva Vida Grupo de apoyo <i>(en español)</i> 1:00-5:00pm Felted Power Animals</p>
THREE DAY RETREAT						
<p>10 THREE DAY RETREAT</p>	<p>11 10:30-11:45am Gentle Yoga 6:00-7:30pm Support Group</p>	<p>12 12:00-1:00pm Chair Yoga 5:00-7:00pm Knit Night for Young Adults 6:15-7:30pm Gentle Yoga</p>	<p>13 3:00-4:30pm Knitting in the Nook 7:00-8:30pm Critical Mass Town Hall: Family Building After Cancer</p>	<p>14 10:15-11:30am Gentle Yoga</p>	<p>15 11:00am-12:00pm Move, Dance, Create</p>	<p>16 8:30am-12:00pm Nueva Vida Grupo de apoyo <i>(en español)</i></p>
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<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	CLOSED FOR THE HOLIDAYS	
CLOSED FOR THE HOLIDAYS						<p>31</p>

You're Invited

Please join us to welcome
Smith Center's new leadership:
Executive Director Jennifer Bires
& Senior Advisor to the Executive
Director, Julia Rowland.

Date: Thursday, October 5th
Time: 5:30 pm – 8:00 pm

*Light refreshments
will be served.*

About Smith Center for Healing and the Arts

Smith Center programs are based on the simple but profound belief that everyone harbors innate capacities for healing, and that healing is always possible. We believe that every individual has the ability and right to thrive, find meaning, and maintain hope in the face of life's challenges.

Smith Center offers transformative cancer retreats, support groups, patient navigation, nutrition sessions, stress reduction classes, and arts experiences to adults living with cancer and their caregivers. Founded in 1996, Smith Center for Healing and the Arts is the only Washington, DC-based independent cancer support center serving the entire DC Community.

"One of the best small charities in the Greater Washington region." - 2016-2017 Catalogue for Philanthropy



**SMITH CENTER
FOR HEALING AND THE ARTS**

community. creativity. cancer support.

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CANCER SUPPORT PROGRAMS

October | November | December
2017



Yoga
Meditation
Creativity Workshops
Nutrition
Kids Club
Support Groups
Patient Navigation
Retreats
Young Adult Cancer Programs