



2024 Monthly Guest Speaker Schedule

After the guest speaker, there is time available for sharing and support.

Powerful Together Breast Cancer Support Group

Second Wednesday of every month

10:30 a.m. - 12:30 p.m.

January 10

Art Journaling, Gail Hamm

February 14 - MELT and Wellness, Laura Hillyard

Introduction to the MELT method

March 13

Nutrition, Sue Delagrange

April 10

Acupuncture, Dr. Rose Wenrich

May 8 - Clarity Project, Marsha Haffner

Program designed to combat chemo brain

June 12

Tai Chi for Health, Alan Clayton

July 10

Journaling, Kathy Curtis

August 14 - Massage, Nateshia Thompson-Witte

Benefits of massage and services available

September 11 - MD Choice Medical Supply

Bras and breast prostheses

October 9 - Breast Cancer Awareness Month

Annual Celebration

November 13 - Kerri Zurbuch, Wellness Barn

Stress Management and General Wellness

December 11

No speaker

Conquering Breast Cancer Support Group

Third Tuesday of every month

6:30 - 8:30 p.m.

January 16 - None

February 20 - Radiation Oncologist Dr. Wesley Russell

Q&A regarding skin issues after radiation

March 19 - Ayurveda, Karla Alexander

Introduction to traditional medicine native to India

April 16 - Clarity Project, Tammy Silowsky

Program designed to combat chemo brain

May 21

Lymphedema Management, Gretchen Zartman-Espich

June 18

Healthy Choices and Weight Management, Molly Brennan

July 16

Healing Touch and Wellness, Sue Gatchell, RN

August 20

Parkview Survivorship Group, Lesa Crawford

September 17

Tai Chi for Health, Alan Clayton

October 15 - Breast Cancer Awareness Month

Annual Celebration

November 19

Acupuncture, Dr. Rose Wenrich

December 17

No speaker

Both support groups meet at Cancer Services of Northeast Indiana, 6316 Mutual Dr. in Fort Wayne. Virtual attendance is also available. Before you attend for the first time, please register with Lauren Richwine at 260.484.9560 or LRichwine@cancer-services.org.

