



# 2025 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 8

Art Journaling, Gail Hamm

### February 12 - Cheryl Hayes, Client Advocate

Simple and Meaningful Spiritual Practices

### March 12 - Clarity Project, Marsha Haffner

Program designed to combat chemo brain

### April 9

Massage Therapy, Nateshia Witte

### May 14 - Jen Fecher, Empowering Intimacy

Sexual health during cancer and beyond

### June 11

Tai Chi for Health, Alan Clayton

### July 9

Mindfulness Practice, Dr. Jonathan Walker

### August 13

Sound Healing, Jenny Young

### September 10

Reiki, Laura Hillyard

### October 8 - Breast Cancer Awareness Month

Annual Celebration

### November 12

Exploring Musical Instruments, Denise Deeds

### December 10

No speaker

## Conquering Breast Cancer Support Group

Third Tuesday of every month

6:30 - 8:30 p.m.

### January 21

Integrative Medicine, Dee Sipe, NP

### February 18 - Artistic Expression, Gail Hamm

### March 18

Prosthetics and Bras, M-D Choice Medical

### April 15

Reiki, Laura Hillyard

### May 20 - Ciersten Deardorf, RD

Healthy choices for eating out and snacks

### June 17 - Jen Fecher, Empowering Intimacy

Sexual health during cancer and beyond

### July 15 - Dr. Paula Newman, Neuropsychologist

### August 19 - Jane Patton

Importance of exercise during and after cancer

### September 16

Tai Chi for Health, Alan Clayton

### October 14 - Breast Cancer Awareness Month

Annual Celebration

### November 18 - Cheryl Hayes, Client Advocate

Simple and Meaningful Spiritual Practices

### December 16

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](mailto:LRichwine@cancer-services.org).

