



CANCER SUPPORT GROUP

Join us for a **free support and discussion group** for anyone affected by cancer led by members of the Reading Hospital Oncology team. Joining a support group can help you reduce stress by discussing questions or concerns related to cancer treatment, share difficult feelings, work through grief, anger, or confusion, obtain information about community resources, and talk with others who can relate.



**McGlenn
Cancer Institute**

READING HOSPITAL

Advancing Health. Transforming Lives.

WHEN **First and third Tuesdays starting January 7, 2020**
3 to 4 p.m.

January 7

Topic: Introductions - Building Your Support Team

January 21

Topic: Self Care - Symptom and Stress Management

WHERE McGlenn Cancer Institute
Medical Oncology Conference Room
420 S. Fifth Avenue, West Reading

- Enter at the 5th Ave entrance
- Follow 'Teal Path' and pass 'Legacy of Care' display
- Door will be marked on your right prior to 'Protocol' offices

INFO For more information or to register, call Amy Beddow at **484-628-5979** or Lauren Farace at **484-628-8304**.

[TowerHealth.org](https://www.towerhealth.org)