

Tuesday, October 1

- Movin On Exercise Group - 10:00am

Wednesday, October 2

- New Moms Monthly Support Group Meetings - 12:00pm
- Childbirth Express - 6:00pm

Tuesday, October 8

- Movin On Exercise Group - 10:00am

Tuesday, October 15

- Movin On Exercise Group - 10:00am

Tuesday, October 22

- Movin On Exercise Group - 10:00am

Wednesday, October 23

- Childbirth Express - 6:00pm

Tuesday, October 29

- Movin On Exercise Group - 10:00am

Movin On Exercise Group

Time: 10:00am



The Movin On Exercise Group is a free weekly exercise class for cancer patients and survivors based on current and emerging research linking exercise to better outcomes in cancer care. Each class is specifically tailored towards participants' fitness levels and needs. Physical therapists oversee the classes.

Classes are open to all who have been diagnosed with cancer regardless of treatment status, and are appropriate for all fitness levels. The exercise group also serves as an organic support group, bringing together people who have been diagnosed with cancer and may have similar experiences. For questions or to register, call 208.799.5219.

New Moms Monthly Support Group Meetings

Time: 12:00pm



Come together to discuss motherhood in a supportive and nurturing environment.

This **free** group provides a safe and non-judgmental space for pregnant women and women with children 0 to 12 months looking for answers to questions about:

- Breastfeeding
- Sleep patterns
- Infant development
- Returning to work
- Changes in your relationship with your partner and friends

Learn through group discussions, share experiences, exchange information, and gain support during an adjustment stage that can be a complex combination of excitement and anxiety. **Lunch provided. For questions, call 208.799.5430.**

Childbirth Express

Time: 6:00pm

One night class to introduce labor support skills, pain management for birth and tour the hospital. The class is **free** and limited to 6 mothers and their support person. For questions, please call 208.799.5430.