This monthly cancer support group offers fun, educational activities to help patients, survivors and caregivers learn how to handle everyday life during and after treatment.

All activities are free and open to all cancer patients, survivors and caregivers regardless of treatment location. Activities are held in the first floor Luther Building Cancer Center Meditation Room, unless noted. Call 715-464-8140 to register.

**Cancer-related Fatigue**
Fatigue is a common concern during and after treatment. Learn what causes fatigue and how to treat it.

**Tuesday, Feb. 12, 5:30 p.m.**
Facilitated by Sarah James, M.D.

**Coping with a Fear of Cancer Recurrence**
Fear of cancer recurrence is a concern for many patients. Learn how to cope with the fear and what to do to lower your risk of recurrence.

**Tuesday, March 12, 5:30 p.m.**
Facilitated by Kaye Holt, C.N.P.

**Cancer Staging: What Does it Mean?**
Staging is the process of determining how much cancer is in the body. Learn about the different stages of cancer and how they are determined.

**Tuesday, April 9, 5:30 p.m.**
Facilitated by Melissa Hart, M.D.

**Fitness After Treatment**
Learn how exercise during and after treatment improves energy levels, builds strength and increases flexibility and endurance.

**Tuesday, May 14, 5:30 p.m.**
Facilitated by Carrie Malicki, YMCA trainer

**Lymphedema**
Learn how to reduce lymphedema symptoms or reduce the risk of developing lymphedema.

**Tuesday, Sept. 10, 5:30 p.m.**
Facilitated by Courtney Fedie, occupational therapist and lymphedema therapist

**Unraveling the Mystery of Medical Imaging**
Learn about the differences between CT, MRI and PET scans, and how these tests are helpful in the diagnosis of cancer and follow-up care.

**Tuesday, Oct. 8, 5:30 p.m.**
Facilitated by Megan Meyers, M.D.

**Recent Updates in Cancer Research**
Hear about the advancements in research and cancer treatment. Cancer-related questions are welcome.

**Tuesday, Nov. 12, 5:30 p.m.**
Facilitated by Zachary Wilson, M.D.