

Dartmouth
Cancer Center



Dartmouth
Health



Dartmouth
GEISEL SCHOOL OF
MEDICINE

Complementary Care Program

**Whole-person support for body, mind and
spirit—from time of diagnosis and beyond.**

PROGRAM CALENDAR / MAY-AUGUST 2026



Complementary Care Program

PROGRAM CALENDAR | MAY-AUGUST 2026

Supporting the whole person-body, mind and spirit-from time of diagnosis and beyond.

MISSION

To enhance the well-being of Dartmouth Cancer Center patients and care partners by offering evidence-based complementary care services that support the whole person-body, mind and spirit-from time of diagnosis and beyond.

VISION

To offer whole-person wellness services where every cancer patient and care partner has access to personalized supports that build community, enhance quality of life and help manage symptoms.

WELCOME

At Dartmouth Cancer Center, we believe healing extends beyond medical treatment. Our Complementary Care Program provides a compassionate, supportive experience where patients and care partners can find comfort, connection and strength.

Whether you're seeking relaxation, community or creative expression, our offerings are designed to support your journey toward greater well-being—wherever you are in your care experience.

Our wellness classes, services, and support groups, most connecting virtually, are available to Dartmouth Cancer Center patients and care partners from the moment of diagnosis and beyond.



Please visit us at:

go.d-h.org/complementary



MAY 2026 Classes & Support Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(*) Registration required. (■) Virtual option.				1	2
TO REGISTER: cancersupport@hitchcock.org or 603-650-7751				Guided Meditation & Mindfulness *■ 3-4 pm	Art Outlet *■ 2-4 pm
4	5	6	7	8	9
	Writing Circle *■ 5-6:30 pm	Gentle Chair Yoga *■ 10-11 am Healthy Steps for Women *■ 1-2 pm Metastatic Breast Cancer Group *■ 2:30-4:30 pm Caring for Someone with Serious Illness *■ 5-6 pm			
11	12	13	14	15	16
	Stronger You with FitFunCarly *■ 11 am-12 pm Writing Circle *■ 5-6:30 pm	Gentle Chair Yoga *■ 10-11 am Healthy Steps for Women *■ 1-2 pm	Living with Cancer Group *■ 5:30-6:45 pm		Art Outlet *■ 2-4 pm
18	19	20	21	22	23
Self-Hypnosis for Pain Management *■ 2-3:30 pm Care Partners In-Person Group * 2:30-3:30 pm Prostate Cancer Group *■ 6-7 pm	Stronger You with FitFunCarly *■ 11 am-12 pm Writing Circle *■ 5-6:30 pm	Gentle Chair Yoga *■ 10-11 am Healthy Steps for Women *■ 1-2 pm Thriving After Breast Cancer *■ 5-6 pm	Blood Cancer Group *■ 5-6:30 pm		
25	26	27	28	29	30
Clinics Closed	Stronger You with FitFunCarly *■ 11 am-12 pm Writing Circle *■ 5-6:30 pm	Gentle Chair Yoga *■ 10-11 am Healthy Steps for Women *■ 1-2 pm	Living with Cancer Group *■ 5:30-6:45 pm		Art Outlet *■ 2-4 pm

JUNE 2026 Classes & Support Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Stronger You with FitFunCarly * (V) 11 am-12 pm	3 Gentle Chair Yoga * (V) 10-11 am Healthy Steps for Women * (V) 1-2 pm Metastatic Breast Cancer Group * (V) 2:30-4:30 pm Caring for Someone with Serious Illness * (V) 5-6 pm	4	5 Guided Meditation & Mindfulness * (V) 3-4 pm	6 Art Outlet * (V) 2-4 pm
8	9 Stronger You with FitFunCarly * (V) 11 am-12 pm	10 Gentle Chair Yoga * (V) 10-11 am Healthy Steps for Women * (V) 1-2 pm	11 Living with Cancer Group * (V) 5:30-6:45 pm	12	13
15 Care Partners In-Person Group * 2:30-3:30 pm Prostate Cancer Group * (V) 6-7 pm	16 Stronger You with FitFunCarly * (V) 11 am-12 pm	17 Gentle Chair Yoga * (V) 10-11 am Healthy Steps for Women * (V) 1-2 pm Thriving After Breast Cancer * (V) 5-6 pm	18 Blood Cancer Group * (V) 5-6:30 pm	19	20 Art Outlet * (V) 2-4 pm
22 Soma & Song * (V) 12-1 pm	23 Stronger You with FitFunCarly * (V) 11 am-12 pm	24 Healthy Steps for Women * (V) 1-2 pm	25 Living with Cancer Group * (V) 5:30-6:45 pm	26	27 Connect & Restore: A Virtual Nature Journey * (V) 11 am-12 pm
29	30 Stronger You with FitFunCarly * (V) 11 am-12 pm	(*) Registration required. (V) Virtual option. TO REGISTER: cancersupport@hitchcock.org or 603-650-7751			

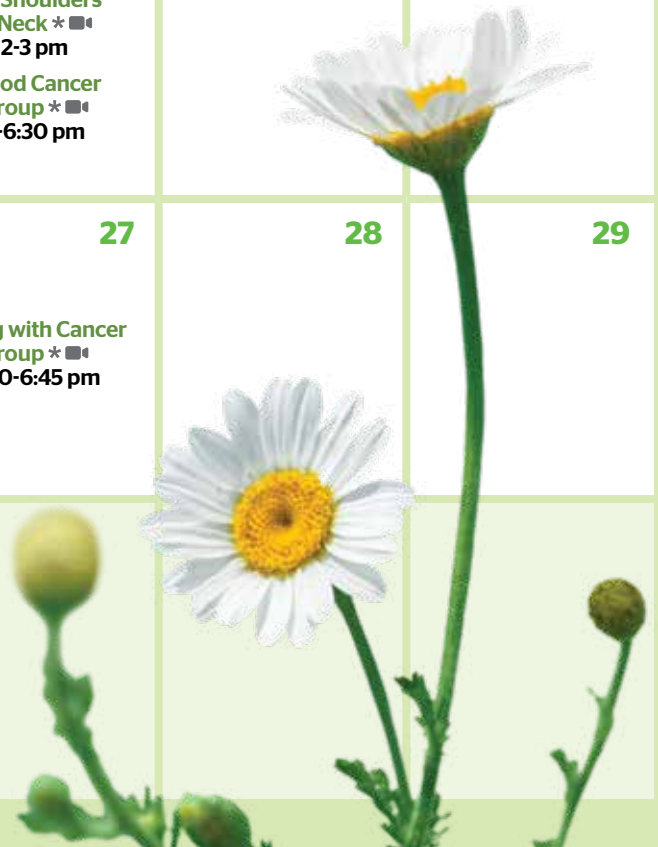


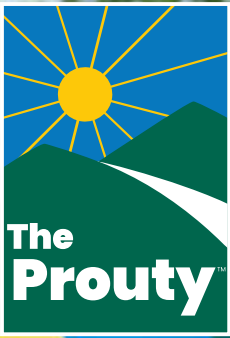
JULY 2026 Classes & Support Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(*) Registration required. (■) Virtual option. TO REGISTER: cancersupport@hitchcock.org or 603-650-7751		1 Healthy Steps for Women *■ 1-2 pm Metastatic Breast Cancer Group *■ 2:30-4:30 pm Caring for Someone with Serious Illness *■ 5-6 pm	2	3 Clinics Closed	4
6	7 Writing Circle *■ 5-6:30 pm	8 Healthy Steps for Women *■ 1-2 pm	9 Living with Cancer Group *■ 5:30-6:45 pm	10 Guided Meditation & Mindfulness *■ 3-4 pm	11 The Prouty
13 Understanding Stress, A Self- Hypnosis Class *■ 2-3:30 pm Advance Care Planning *■ 5-6 pm	14 Writing Circle *■ 5-6:30 pm	15 Healthy Steps for Women *■ 1-2 pm Thriving After Breast Cancer *■ 5-6 pm	16 Blood Cancer Group *■ 5-6:30 pm	17	18 Art Outlet *■ 2-4 pm
20 Mindful Breathing & Calm Centering *■ 1-2 pm Care Partners In-Person Group * 2:30-3:30 pm	21 Be Your Own Health & Wellness Coach: Empowering Change from Within *■ 12-1 pm Writing Circle *■ 5-6:30 pm	22 Healthy Steps for Women *■ 1-2 pm	23 Acupressure for Self-Care *■ 2:30-3:30 pm Living with Cancer Group *■ 5:30-6:45 pm	24	25
27 Prostate Cancer Group *■ 6-7 pm	28 Writing Circle *■ 5-6:30 pm	29	30	31	

AUGUST 2026 Classes & Support Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(*) Registration required. (■) Virtual option. TO REGISTER: cancersupport@hitchcock.org or 603-650-7751					1 Art Outlet *■ 2-4 pm
3 Discover Comfort & Relief with Essential Oils *■ 1-2 pm	4	5 Metastatic Breast Cancer Group *■ 2:30-4:30 pm Caring for Someone with Serious Illness *■ 5-6 pm	6	7 Guided Meditation & Mindfulness *■ 3-4 pm	8
10	11	12	13 Living with Cancer Group *■ 5:30-6:45 pm	14	15 Art Outlet *■ 2-4 pm
17 Yoga Nidra *■ 1-2 pm Care Partners In-Person Group * 2:30-3:30 pm	18	19 Thriving After Breast Cancer *■ 5-6 pm	20 Self-Massage for Shoulders & Neck *■ 2-3 pm Blood Cancer Group *■ 5-6:30 pm	21	22
24 Prostate Cancer Group *■ 6-7 pm	25	26	27 Living with Cancer Group *■ 5:30-6:45 pm	28	29
31					





Hope starts **HERE.**

The Prouty

Benefiting Friends of Dartmouth Cancer Center



Join us on the BIKE July 11



Register today to end cancer:

TheProuty.org

Friends of
Dartmouth
Cancer Center



To request more information about our programs, receive a Program Guide and Calendar by mail, receive class and event invitations by email, or learn how to make a donation, please contact us at cancersupport@hitchcock.org or 603-650-7751.



Dartmouth Health is committed to a clean and healthy world. We choose environmentally responsible printing companies, and paper that is recycled or produced from sustainably forested resources.

Dartmouth Cancer Center



Complementary Care Program

Schedule of In-Person Services*

DCC - Lebanon

Chair Massage

Monday, Wednesday, Thursday
9 am to 1 pm
Waiting Area-2K

Tuesday, Friday

9 am to 1 pm
The Reeder Room-3K

Healing Harp

Monday, Wednesday
9:30 am to 1:30 pm
Waiting Areas-2K/3K
& Infusion Suite-3K

Thursday

9:30 am to 12 pm
Waiting Areas-2K/3K
& Infusion Suite-3K

Reiki

Monday, Wednesday
1 to 4 pm
Infusion Suite-3K

Visual Art Cart

Friday
10:30 am to 11:30 am & 1 to 2 pm
Waiting Area-3K
& Infusion Suite-3K

For more information about Lebanon services, contact us at cancersupport@hitchcock.org or 603-650-7751.

DCC - Keene

Chair Massage

Monday, Wednesday, Thursday
9 am to 1 pm

DCC - Manchester

Chair Massage

Monday
10 am - 2 pm, RadOnc

Hand/Foot Massage

Tuesday, Thursday
10 am to 2 pm, HemOnc

Reiki

Wednesday
10 am to 2 pm

DCC - Nashua

Hand/Foot Massage

Wednesday
10 am to 2 pm

DCC - St. Johnsbury

Chair Massage

Monday, Thursday
9 am to 1 pm

Healing Harp

Tuesday, Wednesday
10 am to 2 pm

For more information about Keene, Manchester, Nashua or St. Johnsbury services, please inquire when you check in for your next appointment.

*Schedule is subject to change based on staffing availability.