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 / SEPTEMBER–DECEMBER 2026



Complementary Care Program

PROGRAM CALENDAR | SEPTEMBER–DECEMBER 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

SEPTEMBER 2026 Classes & Support Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Writing Circle * 📹 5-6:30 pm	**2** Metastatic Breast Cancer Group * 📹 2:30-4:30 pm Caring for Someone with Serious Illness * 📹 5-6 pm	**3**	**4** Guided Meditation & Mindfulness * 📹 1-2 pm	**5** Art Outlet * 📹 2-4 pm
7 Clinics Closed	**8** Writing Circle * 📹 5-6:30 pm	**9**	**10** Qigong: Experienced Level * 📹 1:30-2:30 pm Qigong: Beginner Level * 📹 2:45-3:45 pm Living with Cancer Group * 📹 5:30-6:45 pm	**11**	**12** Connect & Restore: A Virtual Nature Journey * 📹 11 am-12 pm
14 Gentle Chair Yoga * 📹 11 am-12 pm Lung Cancer Group * 📹 5-6 pm	**15** Stronger You with FitFunCarly * 📹 11 am-12 pm Movement & Exercise * 📹 1:30-2:30 pm Writing Circle * 📹 5-6:30 pm	**16**	**17** Qigong: Experienced Level * 📹 1:30-2:30 pm Qigong: Beginner Level * 📹 2:45-3:45 pm Blood Cancer Group * 📹 5-6:30 pm	**18** Soma & Song * 📹 12-1 pm	**19** Survivorship Symposium: Life After a Cancer Diagnosis * 10 am-2 pm
21 Gentle Chair Yoga * 📹 11 am-12 pm Care Partners In-Person Group * 2:30-3:30 pm	**22** Stronger You with FitFunCarly * 📹 11 am-12 pm Movement & Exercise * 📹 1:30-2:30 pm Writing Circle * 📹 5-6:30 pm	**23** Healthy Steps for Women * 📹 1-2 pm Thriving After Breast Cancer * 📹 5-6 pm	**24** Qigong: Experienced Level * 📹 1:30-2:30 pm Qigong: Beginner Level * 📹 2:45-3:45 pm Living with Cancer Group * 📹 5:30-6:45 pm	**25**	**26** Art Outlet * 📹 2-4 pm
28 Gentle Chair Yoga * 📹 11 am-12 pm Self-Hypnosis for Pain Management * 📹 2-3:30 pm Prostate Cancer Group * 📹 6-7 pm	**29** Stronger You with FitFunCarly * 📹 11 am-12 pm Movement & Exercise * 📹 1:30-2:30 pm	**30** Healthy Steps for Women * 📹 1-2 pm			

(*) Registration required.

(📹) Virtual option.

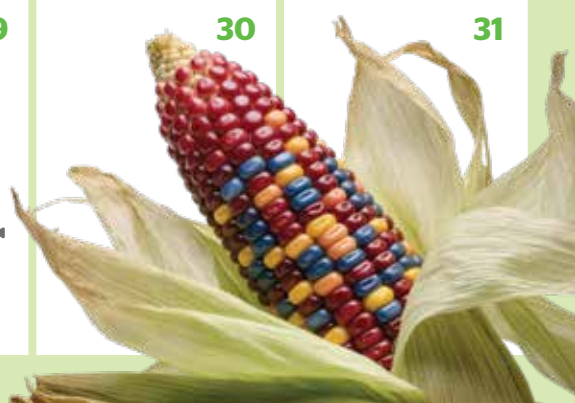
TO REGISTER:

cancersupport@hitchcock.org
or **603-650-7751**



OCTOBER 2026 Classes & Support Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(*) Registration required. (■) Virtual option. **TO REGISTER:** cancersupport@hitchcock.org or 603-650-7751			**1** Qigong: Experienced Level * ■ 1:30-2:30 pm Qigong: Beginner Level * ■ 2:45-3:45 pm Living with Cancer Group * ■ 5:30-6:45 pm	**2** Guided Meditation & Mindfulness * ■ 1-2 pm	**3** Art Outlet * ■ 2-4 pm
5 Gentle Chair Yoga * ■ 11-12 am EFT 101 for Stress Relief * ■ 1-2 pm	**6** Stronger You with FitFunCarly * ■ 11 am-12 pm Movement & Exercise * ■ 1:30-2:30 pm	**7** 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	**8** Qigong: Experienced Level * ■ 1:30-2:30 pm Qigong: Beginner Level * ■ 2:45-3:45 pm	**9**	**10**
12 Gentle Chair Yoga * ■ 11-12 am Lung Cancer Group * ■ 5-6 pm	**13** Stronger You with FitFunCarly * ■ 11 am-12 pm Movement & Exercise * ■ 1:30-2:30 pm	**14** Healthy Steps for Women * ■ 1-2 pm	**15** Qigong: Experienced Level * ■ 1:30-2:30 pm Qigong: Beginner Level * ■ 2:45-3:45 pm Blood Cancer Group * ■ 5-6:30 pm	**16**	**17** Art Outlet * ■ 2-4 pm
19 Gentle Chair Yoga * ■ 11-12 am Care Partners In-Person Group * 2:30-3:30 pm Advance Care Planning * ■ 5-6 pm	**20** Stronger You with FitFunCarly * ■ 11 am-12 pm Movement & Exercise * ■ 1:30-2:30 pm	**21** Healthy Steps for Women * ■ 1-2 pm Thriving After Breast Cancer * ■ 5-6 pm	**22** Qigong: Experienced Level * ■ 1:30-2:30 pm Qigong: Beginner Level * ■ 2:45-3:45 pm Living with Cancer Group * ■ 5:30-6:45 pm	**23**	**24**
26 Gentle Chair Yoga * ■ 11-12 am Prostate Cancer Group * ■ 6-7 pm	**27** Stronger You with FitFunCarly * ■ 11 am-12 pm Movement & Exercise * ■ 1:30-2:30 pm	**28** Healthy Steps for Women * ■ 1-2 pm	**29** Qigong: Experienced Level * ■ 1:30-2:30 pm Qigong: Beginner Level * ■ 2:45-3:45 pm	**30**	**31**



NOVEMBER 2026 Classes & Support Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Gentle Chair Yoga * 📹 11-12 am Understanding Stress, A Self-Hypnosis Class * 📹 2-3:30 pm	**3** Stronger You with FitFunCarly * 📹 11 am-12 pm Movement & Exercise * 📹 1:30-2:30 pm Writing Circle * 📹 5-6:30 pm	**4** 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	**5** Qigong: Experienced Level * 📹 1:30-2:30 pm Qigong: Beginner Level * 📹 2:45-3:45 pm Living with Cancer Group * 📹 5:30-6:45 pm Thriving Thursday: Caring for Yourself while Caring for Others * 📹 6-7 pm	**6** Guided Meditation & Mindfulness * 📹 1-2 pm	**7** Art Outlet * 📹 2-4 pm
9 Gentle Chair Yoga * 📹 11-12 am Lung Cancer Group * 📹 5-6 pm	**10** Stronger You with FitFunCarly * 📹 11 am-12 pm Movement & Exercise * 📹 1:30-2:30 pm Writing Circle * 📹 5-6:30 pm	**11** Healthy Steps for Women * 📹 1-2 pm	**12** Qigong: Experienced Level * 📹 1:30-2:30 pm Qigong: Beginner Level * 📹 2:45-3:45 pm	**13**	**14**
16 Gentle Chair Yoga * 📹 11-12 am Care Partners In-Person Group * 2:30-3:30 pm	**17** Stronger You with FitFunCarly * 📹 11 am-12 pm Movement & Exercise * 📹 1:30-2:30 pm Writing Circle * 📹 5-6:30 pm	**18** Healthy Steps for Women * 📹 1-2 pm Thriving After Breast Cancer * 📹 5-6 pm	**19** Blood Cancer Group * 📹 5-6:30 pm Living with Cancer Group * 📹 5:30-6:45 pm	**20**	**21** Art Outlet * 📹 2-4 pm
23 Prostate Cancer Group * 📹 6-7 pm	**24** Writing Circle * 📹 5-6:30 pm	**25** Healthy Steps for Women * 📹 1-2 pm	**26**	**27** Clinics Closed	**28**
30					

(*) Registration required.

(📹) Virtual option.

TO REGISTER:

cancersupport@hitchcock.org
or **603-650-7751**

DECEMBER 2026 Classes & Support Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Metastatic Breast Cancer Group * 📹 2:30-4:30 pm Caring for Someone with Serious Illness * 📹 5-6 pm	3 Self-Massage for Shoulders & Neck * 📹 2-3 pm	4 Guided Meditation & Mindfulness * 📹 1-2 pm	5 Art Outlet * 📹 2-4 pm
7 Discover Comfort & Relief with Essential Oils * 📹 1-2 pm	8 Acupressure for Self-Care * 📹 2:30-3:30 pm	9	10 Living with Cancer Group * 📹 5:30-6:45 pm Thriving Thursday: Clinical Trials and You * 📹 6-7 pm	11	12 Art Outlet * 📹 2-4 pm
14 Mindful Breathing & Calm Centering * 📹 1-2 pm Lung Cancer Group * 📹 5-6 pm	15	16 Thriving After Breast Cancer * 📹 5-6 pm	17	18	19
21 Care Partners In-Person Group * 2:30-3:30 pm	22	23	24	25 Clinics Closed	26
28	29	30	31		

(*) Registration required.

(📹) Virtual option.

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cancersupport@hitchcock.org
or **603-650-7751**

Complementary Care Program
Schedule of In-person Services*

DCC – Lebanon, NH

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

Tuesday, Friday
9 am to 1 pm
The Reeder Room-3K

Thursday
11 am to 3 pm
Waiting Area-2K

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

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

DCC – Keene, NH

Chair Massage
Monday, Wednesday, Thursday
9 am to 1 pm

DCC – Manchester, NH

Chair Massage
Monday
10 am to 2 pm, RadOnc

Hand/Foot Massage
Tuesday, Thursday
10 am to 2 pm, HemOnc

Reiki
Wednesday
10 am to 2 pm

DCC – Nashua, NH

Hand/Foot Massage
Wednesday
10 am to 2 pm

DCC – St. Johnsbury, VT

Chair Massage
Monday, Thursday
9 am to 1 pm

Healing Harp
Tuesday, Wednesday
10 am to 2 pm

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

*Schedule is subject to staffing availability.

Support Friends of Dartmouth Cancer Center

Create Your Own Fundraiser



Every August, high school field hockey players all over New Hampshire come together for Playing for a Purpose.



Every October, Alpine Club NH hosts a spaghetti dinner for breast cancer awareness month.



Pink in the Parking Lot is hosted by Fit Body Boot Camp every year in honor of Breast Cancer Awareness Month.



Set up a lemonade stand, host a bake sale or any idea of your choosing! Sell items you've made and donate the proceeds.



Create camaraderie across campus while raising important funds during events like Dress Down Day.



Turn your birthday, anniversary, or other special day into a Friends Fighting Cancer fundraiser to mark the occasion.

FRIENDS FIGHTING CANCER

Be a Friend.
Make a Difference.
Fight Cancer.

Learn more: **FriendsFightingCancer.org**

All Friends Fighting Cancer fundraisers receive our comprehensive toolkit including:

- A poster template you can customize for your fundraiser
- Friends of Dartmouth Cancer Center banners
- Offline fundraising forms
- Online fundraising page
- Friends of Dartmouth Cancer Center brochures
- Donation boxes
- Fundraising How-To's

Feel free to reach out to our friendly staff with questions or advice! Contact Dominic Lord at Dominic.Lord@Hitchcock.org or 603-646-5905.

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**.

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