

Thursdays at



March 15 - Skin Care During Cancer Treatment, 4 - 5:30 PM

with Rebekah Markham Are you experiencing thin, dry, fragile skin due to your cancer treatments? Is your skin overly sensitive? Join Rebekah Markham, who provides Therapeutic Facials for Cancer Connection, to learn about appropriate skin care routines, sunscreen and protective care during treatment and after.

March 29 - Star-Making, 2:30 - 5:00 PM

with Sally O'Shea We will provide all the materials for you to learn how to make the wonderful fabric stars that Sally has been creating and sharing with the Cancer Connection community for many years. Because of Sally, more than 11,000 stars are now traveling the world! No prior sewing or craft experience needed.

April 12 - Collage Journey Books, 2:30 - 5:30 PM

with Sus Wilkinson Using kids' accordion-style board books, magazine images, and even personal photos, we will create personal collaged journey books from our hearts. Feel free to bring text, paper, photographs or other images that have special meaning for you. No prior art or craft experience needed.

***April 26 - Introduction to Archery, 2:30 - 4:30 PM**

*One of Amherst Archery's experienced coaches will help you discover how much fun archery can be. We start by using stretch bands to learn the basic movements and warm up, then graduate to using bows, then shooting arrows—and balloons! Find your center. Workshop will take place indoors at Amherst Archery in Florence. *Doctor's note required.*

May 10 - Silk Fairies and Fairy Houses, 2:30 - 5:30 PM

with Christine Southworth Create, play . . . relax. Fairy Houses are bird houses transformed with interesting materials to inspire your creative energy. Whimsical fairies are created from wire, deconstructed silk flowers, beads and more. We provide all materials; no prior art or craft experience needed.

May 17 - Medical Marijuana and How It Can Help You Cope With Cancer, 2:30 - 4:00 PM

with Beth Marchand and Emily Hoffnagle of Patriot Care, Greenfield This informative workshop on the Medical Marijuana program will address symptom management, provide an overview of the science and provide information about the Massachusetts program. Bring your questions!

Want to register for any of these programs? Call Cancer Connection: (413) 586-1642.