

### ***Survivorship Programs Overview***

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| DEFEATcancer                                | Monthly survivorship empowerment program focusing on nutrition, physical activity, education and inspiration. A nutritious light supper is served and topics are chosen to inspire healthy living with and beyond cancer – for survivors and their caregivers/family members.                                |
| Support Sisters & Support Brothers          | One-on-one peer support program matching trained volunteers (at least one year out of treatment) with newly-diagnosed patients to provide support and hope. Serving men and women of central and eastern Oregon with all types of cancer.  |
| Young Adult Survivor Network                | Designed to meet the needs of survivors diagnosed before their 46 <sup>th</sup> birthdays. Meets quarterly for an educational presentation and monthly for social activities – bowling, hiking, stand-up paddle boarding.  |
| Physical Activity Outings                   | Weekend activities to encourage survivors/caregivers to increase their level of physical activity – hiking, snowshoeing, kayaking.   |
| Nutritional Foodies Activities              | “Field trips” to businesses, restaurants, and farms that feature healthful foods to encourage survivors/caregivers to incorporate more fruits, veggies, whole grains and legumes into their diets.   |
| Soaring Spirits Cancer Survivor Family Camp | Annual family camp held at Suttle Lake with emphasis on nutrition, physical activities, and relaxation. Offered: hiking, kayaking, canoeing, swimming, geo-caching, horse rides, bird watching, massage, reflexology therapy, crafts, face-painting, manicures, guest oncologist Q&A, and campfire activity. |
| Men’s and Women’s Support Groups            | Traditional support groups designed to meet the psycho-social needs of cancer patients.  |
| Cancer & the Arts                           | A series of programs designed to allow the survivor to process his/her experience through creating. Offered: journal-making, writing, knitting, sculpting.   |
| Community Education                         | No-cost presentations on cancer screening and early detection for breast, skin, colorectal, testicular and prostate cancers.   |
| Assistance Programs                         | Provides assistance with gas cards, groceries, utilities and/or rent for cancer patients while in treatment.   |