

Cancer & Friends Support Group



*Welcoming and assisting cancer patients, survivors, spouses, friends,
family members, and professional and unpaid caregivers.*

2025-2026 Meetings

(Last Tuesday of Each Month, 3:30 p.m. to 5:00 p.m.)

Otsego County Commission on Aging

Upper Level—Board Room
1165 Elkview Avenue, Gaylord

October 28th

*Listen To Your Heart When You Talk
To Someone With Cancer*

December 30th

*Round Table—What Can We Learn
From Your Experience?*

February 24th

*Eating Well For
Cancer Survivors*

April 28th

*Stay In Charge—
Take Control Of Your Health!*

June 30th

*Updates on
Clinical Trials*

August 25th

Getting Fit Again

November 25th

*Where To Turn To
When You Have Cancer*

January 27th

*Relieving Stress—
Meditation, Art, and Music*

March 31st

*Financial Toxicity—
Cancer Is Expensive!*

May 26th

*Lifestyle Changes
After Cancer Treatments*

July 28th

*Person and Patient—
Palliative Care*

September 29th

Understanding Metastatic Cancers

For more information, contact Elaine Raschke at (989) 732-1122 or email her at elainer@occoaonline.org

Program developed through consultation with



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The Cancer & Friends Support Group is funded in part from the T.A.C.K.L.E. Fund through the Otsego Community Foundation.