

Hours
 M,T,Th 8am-4pm
 W 8am-7pm
 F 8am-3pm
 S—once monthly

The Victory Center

January 2010

Reaching out to cancer patients and their families



5532 W. Central Ave.
 Suite B
 Toledo, OH 43615

419-531-7600

Fax 419-531-7687

www.thevictorycenter.org

3rd Annual Signature Luncheon and Fashion Show

Friday, February 5, 2010

11:30-1:30pm

The Hilton Garden Inn

Come enjoy an afternoon with plenty of food, fun and fashion! Celebrate as survivors from The Victory Center take the runway in style! Raffle baskets, too. Tickets \$35 for general admission, \$50 for Patron tickets "in memory" or "in honor" of someone special. Contact the office at 419-531-7600 for tickets or for more information.



BACK BY POPULAR DEMAND!

Belly Dancing for Cancer Survivors!

Ladies Only!

Monday, January 11th

6:00-7:00pm

Belly Dancing is a low impact dance technique that can help you achieve a more joyful body image. Dress comfortably and plan on dancing barefoot or with socks or soft sole shoes. A scarf may be tied around the hips to show off movement. Class facilitator is Racheal Wallace, who has taught belly dancing since 2006. Class size is limited, so register early!



Kroger Community Rewards

Did you know that The Victory Center can get a donation simply when you scan your Kroger card and shop? Sign up by going to our website and following the link, or stop in to TVC for a form to take to customer service. It takes so little time to make such a big difference!

Yoga Nights!

Every Thursday
 From 5:30 to 7:00pm

WOW!

The Victory Center closes for services when Toledo Public Schools closes for the day.

GROUP notes

January Kick Off!

...New Support Group Programs!

Cancer Support Group

This **Weekly** group is for all participants and survivors with any type of cancer. Every Wednesday at 6.

Family/Caregiver Support Group

Weekly support! Attend this group on the 1st and 3rd Wednesday of each month, then join the Cancer Support Group on opposite weeks with your cancer survivor.

Advanced Cancer Support Group

The 1st Tuesday of each month will provide a unique opportunity to meet others with metastatic or recurrent cancer who share similar concerns.

Please Welcome:

Kim Wilburn, our new Events and Volunteer Coordinator. A BGSU graduate, she joins TVC after being a volunteer herself and having recently worked for United Way. We know she'll be bringing enthusiasm and energy into everything she does!

"Tuesdays with Jen"

Paint'n Pretty Words!

January 19th 2-3:30pm

Have a bit of fun this month and come to The Victory Center on January 19th. We have a craft project that is simple and easy to do. Paint bold, pretty colors on standing word designs. Featuring words like "DANCE", and "WELCOME", you'll sure find a use for home décor or gift giving! Registration limited to 12

Register Today!

Group Schedule



Cancer Support Group

Every Wednesday

6-7:30pm

For anyone with any type of cancer

Family/Caregiver

Wed, January 6th and 20th

6-7:30pm

On opposite weeks attend the Cancer Support Group with your cancer survivor

Blood Cancer

Mon, January 18th

6-7:30pm

Advanced Cancer

Tues, January 5th

6-7:30pm

Breast Cancer

Tues, January 12th and 26th

6-7:30pm

Breast Cancer Caregiver

Tues, January 12th and 26th

6-7:30pm

Peer Group for Ladies

Tuesdays



This full color newsletter was made possible by the kind people at Maritz Research. Thank you!