

For Immediate Release
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SMITH CENTER
FOR HEALING AND THE ARTS
community. creativity. cancer support

Smith Center for Healing and the Arts Announces Expanded Cancer Support Programs

Local health, education and arts nonprofit expands programs to provide healing experiences for those living with cancer

September 23, 2014 - WASHINGTON, DC – [Smith Center for Healing and the Arts](http://www.smithcenter.org) today announced its expanded schedule of cancer support programs held at its 1632 U Street community center in Northwest DC. Starting in October, Smith Center’s programs will include a weekly cancer support group, a knitting circle, a creative open art studio, a breathing workshop and an ayurvedic cooking class among many others. These new programs join Smith Center’s regular schedule of therapeutic yoga, meditation and qigong, DC young adult cancer community meet up, creative movement, integrative patient navigation, and cancer retreats. All of Smith Center’s integrative health and mind-body programs are designed to empower cancer patients, caregivers, and the community in enhancing their overall well-being.

“We are in our 19th year of providing experiential programs that help create the conditions for healing,” says Shanti Norris, Executive Director at Smith Center. “Our cancer support programs are designed to complement medical treatment and help patients become active participants in their own care and healing. Our expanded schedule reflects our continued efforts to provide nurturing opportunities for support and community among those affected by cancer.”

Schedule highlights include:

- Three-Day Cancer Retreat with Charles Leighton, Shanti Norris, and Carole O’Toole, October 10-12
- Redefining Breath with Bob Sima, October 23
- The Ayurvedic Kitchen: Balance and Bliss with Cathryn Gunnerson, November 8
- Frankly Speaking About Cancer: Treatments and Side Effects with Laura Pole, RN, MSN, OCNS, December 12

For a comprehensive listing of all Smith Center programs, visit www.smithcenter.org/calendar.

Smith Center programs are led by a renowned collection of highly regarded facilitators, medical professionals, physicians, nutritionists, certified yoga and meditation instructors, artists, and more. Smith Center is committed to making all of its programs affordable and accessible to anyone who could benefit from them. Many programs are free and others have a modest suggested donation to help cover costs of materials. Everyone is welcome regardless of ability to donate.

About Smith Center for Healing and the Arts

In its 19th year of service, Smith Center for Healing and the Arts (www.smithcenter.org) is the only independent Washington, DC-based nonprofit cancer support center serving the entire DC Community. Smith Center programs are based on the simple but profound belief that every individual has the ability and right to thrive, find meaning, and maintain hope even in the face of life’s most difficult challenges. Smith Center offers transformative cancer retreats, support groups, integrative patient navigation, nutrition classes, stress reduction workshops, and arts experiences to adults living with cancer, their caregivers and the community. As a leading nonprofit health, education, and arts organization, Smith Center also promotes the use of the arts in healing through programs and exhibitions at the Joan Hisaoka Healing Arts Gallery.

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