

## Saturday Stretch

**June 26, July 17, 10-10:45 a.m.**

Area residents are invited to join the Salem Regional Medical Center Foundation and Step by Step with Lisa for a free outdoor "Saturday Stretch." The series continues June 26 at 10 a.m. at Firestone Farms in Columbiana, with Body Weight Strength Training. Participants will be led through a series of contactless standing stretches. (Bring your own mat). For more information, contact Amy Reed, SRMC Director of Development, 330-337-2883.

## Cancer Support Group

**Wed., July 14, 3-4 p.m.**

**SRMC's Oncology Conference Room**

Community members facing the challenges of a cancer journey can gain encouragement and understanding of this disease during a free support group hosted by University Hospitals Seidman Cancer Center at Salem Regional Medical Center. SRMC's Cancer Support Group is open to anyone in the community in cancer treatment and cancer survivors. Sessions are led by SRMC's licensed oncology social worker, and offer education and emotional support for people with any type of cancer. There is no cost to participate; pre-registration is requested. Call June Semer, MSSA, LSW, at 330-332-7677.

## Red Cross Blood Drive

**Wed., July 14, 9 a.m. – 2 p.m.**

**SRMC's Tower Conference Rooms 1-2**

To schedule an appointment, please call 1-800-RED-CROSS or log on to [RedCrossBlood.org](http://RedCrossBlood.org).

## SRMC Foundation Golf Outing

**Friday, July 23, 9 a.m.**

**The Links Golf Course at Firestone Farms**

The 4-person shotgun scramble format will begin at 9 a.m. The cost of the event is \$600 per 4-person team and includes breakfast, the 18-hole scramble, golf cart, 2 complimentary drink tickets, player gifts, prizes for the top teams and lunch. For more information on registering a team and/or sponsorship opportunities, call Amy Reed at 330-337-2883.