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FOR IMMEDIATE RELEASE

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SUPPORT GROUPS OFFERED AT COTTAGE HOSPITAL

Woodsville, NH - Cottage Hospital offers Support Groups for people and their families, living with such diseases as Diabetes or Cancer. Cottage Hospital is committed to offering services to our community that provide support, instruction, comfort, and peace of mind. It is important to remember that you are not alone. Attending a support group along with other people living with these diseases, is the best kind of support there is. The Diabetes Support Group meets the second Monday of every month (March – December) at Cottage Hospital, at 7:00 p.m., in the Rehab Waiting Room. This support group provides members with various types of help. The help may take the form of providing relevant information, relating personal experiences, listening to and accepting others' experiences, inviting guest speakers on some aspect of diabetes care, providing sympathetic understanding, and establishing social networks. For more information regarding this group, please contact Sue Montague, RD at (603) 747-9313.

The Cancer Support Group meets the third Wednesday of each month at Cottage Hospital, at 6:00 p.m., in the Outpatient Conference Room. This support group provides patients coping with a cancer diagnosis, or undergoing cancer treatment, with emotional support and information about solving their cancer related problems. The group offers a way to connect with professionals and other patients who truly understand how cancer can change our lives forever. Patients have shared their poems, journals, and paintings with the group, and encourage each other to ask questions of their providers and keep journals about their experiences. For more information regarding this group, please contact Pat Thayer at (603) 747-9156.

As one of our Cancer Support Group members describes his experience. “The Cottage Hospital Cancer Support Group has given me my life back. I started to come to the monthly meetings which gave me an outlet to discuss my cancer and related problems. I made a few acquaintances and joined the Relay for Life team. This has given me a sense of “giving back to the American Cancer Society” for all they have given to him.

Please visit our website at www.cottagehospital.org for more information about these support groups and other community services in our area.

Cottage Hospital, located in Woodsville, New Hampshire is a 25 bed, critical access hospital serving the beautiful Upper Connecticut River Valley.

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