



# Cancer Care JANUARY 2026

Alexis Monks (right), an exercise physiologist who specializes in developing exercise routines for individuals undergoing cancer treatment, stands alongside Michelle Mosberger-Pearce, also an exercise physiologist with the Duke Center for Living.

## Exercise Consult Helped Man Reclaim Strength and Confidence

By D'Ann George

Jack Bryan had been active his whole life — taking walks, doing yard work, going to his local gym. So when he began a new therapy for his prostate cancer, the fatigue that he felt after exercising surprised and discouraged him. Frustrated, he asked for advice from Hannah McManus, MD, his oncologist at Duke Cancer Institute.

McManus recognized Bryan's need for specialized support and referred him to Alexis Monks, an exercise physiologist with the Supportive Care & Survivorship Center. Monks offers free, individualized exercise advice to any cancer patient treated at Duke. The consultations are virtual, an important feature since Bryan lives in West Columbia, South Carolina.

### Consultation Proves a Turning Point

On their initial Zoom call, Bryan summarized his current routine.

The four sets of each exercise that the trainer at this gym recommended seemed overwhelming, he told Monks. "Four? Holy Mary. Some of these are really tiring."

Monks helped him modify his program while intensifying his activity where he needed it most.

"She told me, 'it's okay for you to do only three sets. Yet we don't want you doing so little that you never get tired. We want you moving however much we can get you moving,'" he said.

In fact, Monks asked him to go to his gym three times a week, instead of two. And she added resistance and cardio exercises to his routine. "She told me that my yard work and walking wasn't the kind of training that I need to strengthen my bones and muscles," he said.

To his everyday activity, Monks and Bryan added medicine ball rotations, free motion rowing, leg presses, and steps.

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[dukehealth.org](http://dukehealth.org)



**Duke Cancer Institute**

# Cancer Support Services

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"She sent me an attachment to an email and gave me the sheets of exercises that she recommended, and sent me a short video as well," said Bryan.

And when Bryan felt discouraged by his fatigue, Monks pointed out that just by doing some exercise, he was ahead of many people. That made Bryan feel better.

"Lexi understood what the medicine was doing to me," Bryan said. "She gave me options of what to do and explained why I was doing it. How it was going to help me with my treatment side effects."

While Monks centered Bryan's treatment plan around gym work, she can also individualize exercise plans around simple, household items like soup cans or milk jugs. "Whether you currently have an exercise routine or not, these free consultations can provide support and ensure that you are making your movement count," said Monks.

To learn more about exercise consultations or other cancer support services available to you or your loved ones, visit [dukehealth.org/cancersupport](https://dukehealth.org/cancersupport) or call 919-684-4497.

Support services are offered both in-person and remotely. Please call 919.684.4497 for more information.

Duke Cancer Institute offers a variety of cancer support and survivorship services for patients and their loved ones to assist with navigating life during and after cancer treatment. Our goal is to shape the future of cancer survivorship and improve the quality of life throughout treatment.

## Patient and Nurse Navigation

Navigators support patients, families, and caregivers throughout cancer care — from diagnosis to the end of treatment. They provide information to guide decisions, advocate for your needs, identify barriers, and connect you with helpful resources. To learn more, ask your healthcare team about available Navigation services.

## Clinical Social Work

Oncology and palliative care social workers help patients and families manage emotional and practical challenges. They ease stress, address financial concerns, and connect you with resources like disability support, home health, hospice, and end-of-life planning. Ask your healthcare team about Clinical Social Work services.

## Cancer Nutrition

Our registered dietitians specialize in oncology and help to prevent and treat malnutrition, restore digestive health, and minimize the side effects of your cancer treatment. To learn more, contact your healthcare team and ask about cancer nutrition services.

## Chaplain Services & Education

Duke chaplains are on site seven days a week to offer spiritual support to you and your loved ones. When requested, they connect you with faith-specific representatives from the community. To learn more, contact Chaplain Services & Education at Duke Cancer Institute locations by visiting [dukehealth.org/support-services/pastoral-services](https://dukehealth.org/support-services/pastoral-services).

## Therapy and Counseling

Our medical family therapists provide individual, couples, and family therapy. They help you and your loved ones cope with the impact of cancer, all at no cost. Psychiatry and psychology services are also available and offered as part of our treatment for emotional, psychological, and relational issues associated with a cancer diagnosis. To learn more, visit [duke.is/c/b47z](https://duke.is/c/b47z).

## Sexual Health Services

Sexual health services explain the impact cancer treatments can have on sexual health and intimacy. They help you address concerns surrounding sexual function, sexual feelings, intimacy, and changes in sexual health. To learn more, contact your healthcare team and ask about sexual health services.

## Quit at Duke

Quit at Duke is a program designed to help people quit using tobacco products. Services are provided by tobacco treatment specialists and behavioral medicine clinicians. For more information or to schedule an appointment, please call 919.613.QUIT (7848). To learn more, visit [dukehealth.org/quit](http://dukehealth.org/quit).

## Survivorship Services

We partner with you and your loved ones to support healthy, fulfilling lives beyond cancer. Care includes physical and emotional assessments, screenings, and counseling for prevention and wellness. Learn more at [duke.is/survivorshipservices](http://duke.is/survivorshipservices) or call 919.668.2122.

## Teen and Young Adult Oncology Program

This program supports teens and young adults (ages 15–29) and their loved ones through cancer diagnosis, treatment, and survivorship. Services include specialized medical care, individual and family therapy, peer support, and activity-based groups in both clinical and community settings. Learn more at [dukehealth.org/TYAO](http://dukehealth.org/TYAO).

## Palliative Care

This team helps manage symptoms like pain, fatigue, nausea, anxiety, and more — improving your comfort and quality of life. They work with you, your loved ones, and your doctors to ensure care aligns with your goals. To schedule, call 919.668.6688 (option #7) or visit [dukehealth.org/treatments/palliative-care](http://dukehealth.org/treatments/palliative-care).

## Self-Image Services

Our self-image consultants offer a variety of services and products to assist individuals with changes in body-image experienced during cancer treatment and survivorship. If you are interested in a self-image consultation, at one of our three locations, call 919.613.1906 or email [cancersupport@duke.edu](mailto:cancersupport@duke.edu).

To learn more, visit [duke.is/self-image](http://duke.is/self-image).

## Child and Adolescent Life Services

They focus on supporting the emotional and developmental needs of children and teens in families who are facing cancer. They hold individual education sessions to support parents while they take the lead in helping their children understand a cancer diagnosis, treatment, side effects, and changes in their family life. To learn more, visit [duke.is/cals](http://duke.is/cals).

## Onco-Fertility Services

Cancer treatments can impact fertility. If you are interested in a fertility preservation consult, talk to your care team, and a nurse navigator will connect you with specialists — including fertility-trained providers, financial counselors, and therapists, and more. Services are available from diagnosis through survivorship, even if preservation wasn't completed. Call 919-613-4389 to speak with a nurse navigator. To learn more, visit [duke.is/fertpreservation](http://duke.is/fertpreservation).

Do you want to receive this newsletter monthly by email? Scan the QR code to [subscribe](#) today.

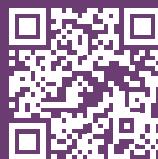


Scan to learn more or visit [duke.is/n8h92](http://duke.is/n8h92)

## Pets at Duke

Take a break, find some calm, and connect with a furry friend.

Check the calendar to plan your visit: [duke.is/PADCalendar](http://duke.is/PADCalendar)



# Support Gatherings

Duke Cancer Patient Support Program's virtual support groups are professionally facilitated. Attendees have an opportunity to meet people in a similar situation, share their experience and get support, tips, and ideas from those who understand what they are going through. Registration is required. To learn more, call 919.684.4497. Scan the QR code to register for support groups. All times listed are in Eastern Standard Time.



## Head and Neck Cancer Group

Monday :: January 12

4 to 5 p.m.

**Second Monday of the month**

This **group** is open to patients and caregivers and is located at Duke Physical Therapy and Sports Medicine in the Center for Living Campus. For more information and to register, visit [duke.is/g/utqh](http://duke.is/g/utqh).

## Art Therapy at Nasher

Wednesday :: January 14

2 to 3:30 p.m.

**Second Wednesday of the month**

This **group** is open to patients and caregivers and is located at the Nasher Museum of Art in Durham. No art experience is needed. For more information and to register, visit [duke.is/nn4gr](http://duke.is/nn4gr).

## Blood and Marrow Transplant Survivorship Support Group

Wednesday :: January 21

4 to 5:30 p.m.

**Third Wednesday of the month**

The **group** is for patients and caregivers. To register, visit [duke.is/mhc7m](http://duke.is/mhc7m).

## Breast & GYN Cancers Support Group

Tuesday :: January 13

5:30 to 7 p.m.

**Second Tuesday of the month**

The **group** is for patients only. To register, visit [duke.is/mhc7m](http://duke.is/mhc7m).

## Caregiver Support Group

Thursday :: January 15

6 to 7 p.m.

**Third Thursday of the month**

This **group** is for caregivers only. To register, visit [duke.is/mhc7m](http://duke.is/mhc7m).

## General Cancer Support Group

Thursday :: January 15, 5 to 6 p.m.

**Third Thursday of the month**

This **group** is for patients only. Topics include communicating, finding information, making decisions, solving problems negotiating, and standing up for your rights. To register, visit [duke.is/mhc7m](http://duke.is/mhc7m).

## LGBTQIA+ Cancer Support Group

Wednesday :: January 28

5:30 to 6:30 p.m.

**Fourth Wednesday of the month**

The group is for patients and caregivers. To register, visit [duke.is/mhc7m](http://duke.is/mhc7m).

## Metastatic Cancer Support Group for Women

Wednesday :: January 21

3 to 4:30 p.m.

**Third Wednesday of the month**

The **group** is for patients only. To register, visit [duke.is/mhc7m](http://duke.is/mhc7m).

## Parenting with Cancer Meetup

Tuesday :: January 20, 7:30 to 8:30 p.m.

**Third Tuesday of the month**

The **group** is for parents with cancer and their caregivers, who have young children and/or teens. To register, visit [duke.is/mhc7m](http://duke.is/mhc7m).

## Prostate Cancer Support Group

Monday :: January 26, 4 to 6 p.m.

**Fourth Monday of the month**

The **group** is for patients and caregivers. To register, visit [duke.is/mhc7m](http://duke.is/mhc7m).

# KidsCAN!

**KidsCAN!** is a program designed to support children and teens, ages 4 to 18, who have a parent or significant caregiver living with a diagnosis of cancer. Monthly meetups focus on issues such as understanding cancer, changes in the family life, feelings, self-care, memories, cooperation, love and family. KidsCAN! is a hybrid program that meets both virtually and in-person throughout the year. For the



month of January all ages (4 yo through middle school) will meet in person on Saturday, Jan 24 from 1 to 2:30 p.m.

Registration is required. For more information, contact us by visiting [duke.is/m/wv4y](http://duke.is/m/wv4y).

# TYAO

## Teen and Young Adult Oncology Program

Join us for a virtual meetup for young adults (18–29 years old) on Tuesday, January 27th from 6:30 – 7:30 p.m.

Email [TYAO@Duke.edu](mailto:TYAO@Duke.edu) for more information and to register.

Check out our Instagram for updates and upcoming events.



@duketyao

# Rest, Relax, Renew

**The Duke Cancer Patient Support Program provides services and resources to help support patients and their loved ones. For a list of complimentary services, visit [dukehealth.org/cancersupport](https://dukehealth.org/cancersupport) or call 919.684.4497.**



**Virtual Tai Chi**  
Fridays :: January 9 & 23, 2:30 to 3:15 p.m.

Typically on the First and Third Friday of the month  
Join Dr. Jay Dunbar, founder and director of The Magic Tortoise Taijiquan School, is a virtual [Tai Chi class](#) for cancer patients and survivors. Visit [duke.is/8mues](https://duke.is/8mues) to learn more and to register.

**Virtual Yoga**  
Tuesdays :: January 13 & 27, Noon to 1 p.m.

Second and Fourth Tuesday of the month  
Join certified Yoga for Cancer instructor Laura Woodall in a [class](#) designed specifically for cancer patients and survivors. Visit [duke.is/7jgt3](https://duke.is/7jgt3) to learn more and to register.

**Mind-Body Approaches to Coping with Cancer**  
Tuesdays :: January 13 & 27, Noon to 1 p.m.

Second and Fourth Tuesday of the month (Returning to the first and third Tuesday in January)

Mindfulness can be a powerful tool to manage the stress that can accompany living with and life after cancer. These [virtual sessions](#) teach mind and body approaches to coping with cancer. Through the focus on the breath and the present moment, patients and their caregivers will learn to discover how to

respond rather than react to life's stressors. For more information and to register, visit [duke.is/gzsvt](https://duke.is/gzsvt).

**Explore the Power of Your Voice for Healing**  
Tuesdays :: January 6 & 20, Noon to 1 p.m.

In this [workshop](#) you will explore breathing techniques, vocal toning, and chanting. These tools and techniques, when used daily, encourage mindful attention to one's heart and voice. Experience the health benefits of sound, vibration, and self-expression. Visit [duke.is/mn7m9](https://duke.is/mn7m9) to learn more and to register.

**Exercise Consultations**

**Mondays :: 2 to 4 p.m.**  
**Wednesdays :: 8:30 to 11:30 a.m.**

Supportive Care & Survivorship Center offers [exercise consultations](#)

by exercise physiologists. These personalized sessions are available to oncology patients and survivors at no cost. Video chat or phone sessions are available on Mondays between 2:00 and 4:00 p.m. and Wednesdays between 8:30 and 11:30 a.m. To learn more or to register email [DHCCancerExercise@dm.duke.edu](mailto:DHCCancerExercise@dm.duke.edu) or visit [duke.is/82cne](https://duke.is/82cne).

**Salon Services**

**Monday :: January 26 10 a.m. to 3 p.m.**

Typically the First and Fourth Monday of the month

Our volunteer team of expert hair stylists provide private consultations at the Belk Boutique in Durham at no cost. They offer dry cuts for your hair or a head shave. Our stylists can also assist with wig styling, cutting, and general wig care. To learn more, visit [duke.is/n/8mu6](https://duke.is/n/8mu6).

## MEDSCAPE SERIES

This series discusses how our innovative approach of providing onco-primary care, along with collaborative research efforts, has informed improvements in screening, treatment, and post-treatment oncology care.



[duke.is/4/qm9r](https://duke.is/4/qm9r)

Duke University Hospital  
**Cancer Center**



**Beyond Cancer:  
Confronting the Challenges of Survivorship**



**Duke Cancer Institute**

# JANUARY 2026

Duke Cancer Institute Virtual Support and Activity Groups

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For more information and to register, visit <a href="https://dukehealth.org/cancersupport">dukehealth.org/cancersupport</a> or call 919.684.4497</p> <p>To make a gift to support our no charge services, visit <a href="https://gifts.duke.edu/cancersupport">gifts.duke.edu/cancersupport</a></p>			1	2
5	6 <a href="#">Explore the Power of Voice</a>	7	8	9 <a href="#">Tai Chi</a>
12 <a href="#">Head and Neck Cancer Group</a>	13 <a href="#">Breast &amp; GYN Cancer Support</a> <a href="#">Yoga</a> <a href="#">Mind/Body Approaches   Coping with Cancer</a>	14 <a href="#">Art Therapy at Nasher</a>	15 <a href="#">Caregiver Support Group</a> <a href="#">General Cancer Support Group</a>	16
19 <b>Martin Luther King Jr. Day</b>	20 <a href="#">Parenting with Cancer Meetup</a> <a href="#">Explore the Power of Voice</a>	21 <a href="#">Women's Metastatic Cancer Support</a> <a href="#">BMT Survivorship Support</a>	22	23 <a href="#">Tai Chi</a>
26 <a href="#">Prostate Cancer Support</a>	27 <a href="#">TYAO Young Adult Meetup</a> <a href="#">Yoga</a> <a href="#">Mind/Body Approaches   Coping with Cancer</a>	28 <a href="#">LGBTQIA+ Cancer Support Group</a>	29	30