Regions Hospital®
HealthPartners®

REHABILITATION

SPOHNC (ST. PAUL, MN) – Relish

For cancer survivors with eating or swallowing concerns

What is RELISH?

It's a support group for survivors of oral, head and neck cancer, especially those with eating, swallowing or nutritional concerns. It was founded in 2010 as RELISH. In 2013, it was reorganized as the St. Paul Chapter of Support for People with Oral, Head and Neck Cancer (SPOHNC).

The SPOHNC – St. Paul, MN RELISH holds monthly meetings where survivors, family members and friends are offered information, support and encouragement. Survivors also discuss their challenges, coping strategies and successes with others.

Who should join?

Any cancer survivor who struggles with swallowing or eating issues is welcome to join. Spouses, significant others or friends are also welcome.

Typical patients have had cancer of the head or neck and may have had a feeding tube. They've had to stop eating or change eating habits because of radiation, chemotherapy or surgery. After treatments, they often find it difficult to return to eating again, either because of diminished taste, feelings of fullness or swallowing difficulty.

What is SPOHNC?

Support for People with Oral, Head and Neck Cancer (SPOHNC) is a patient-directed, self-help organization founded in 1991 by an oral cancer survivor.

It is a non-profit organization dedicated to meeting the emotional and physical needs of oral, head and neck cancer patients and their caregivers.

Join us!

- Third Wednesday of each month
- Noon to 1 p.m.
- Check in at the Cancer Center, First Floor

It's easy to participate

The group is led by a speech-language pathologist and a registered dietitian, both of whom have experience working with cancer survivors. To learn more, call Regions Rehabilitation at **651-254-3200** and ask to speak with one of the facilitators.

There is no fee or registration for this program. Participants are welcome to join the group at any time. Please check in at Cancer Care Center on the First Floor. Parking vouchers will be given to participants.

Sponsored by Regions Hospital

SPOHNC (St. Paul) – Relish is sponsored by Regions Hospital's Cancer Care Center and Rehabilitation. Cancer Care Center provides the latest in medical care as well as support groups and classes. It also has one of the largest cancer resource libraries in the state. Regions Hospital is a full-service, award-winning hospital. It's the only hospital in the area that is certified as Level I Adult and Level I Pediatric Trauma Center.

Directions and parking

Regions Hospital is located at the intersection of Jackson Street and University Avenue, just a few blocks away from the State Capitol and the junction of Interstates 94 and 35E. There are two parking ramps and valet parking off of Jackson Street. For automated directions, call **651-254-2377**. Parking and directions are also available at **regionshospital.com**.

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