CancerLifeline
STRENGTH. DIGNITY. HOPE. At

UW Medicine
VALLEY
MEDICAL CENTER

Free Classes & Support Groups for Cancer Patients, Survivors and Caregivers September-December 2015

Support Groups

These are all drop-in groups. No registration is necessary unless there is a presentation scheduled. If you have questions or would like to talk to someone before you attend, call (206) 297-27500.

LIVING WITH CANCER SUPPORT GROUP
Facilitated by: Melissa Hudson, MS
Feeling overwhelmed and uncertain about what lies ahead as you travel through the unfamiliar world of cancer? Come meet others who are just diagnosed, in treatment or post-treatment. Learn from educational presentations and open discussions. Family and friends are welcome!
Medical Arts Center, Breast Center Conference Room
1st & 3rd Mondays, Sept 21, Oct 5 & 19, Nov 2 & 16, Dec 7; 7-8:30pm
No group on Sept 7 & Dec 21
Presentations: Sept 21: Benefits of Exercise During & After Treatment by Ann Ford, Registered Yoga Teacher, CES
Oct 5: Chemo Brain: What It Is & How to Live With It by Ginny Concannon, RN, MN
Oct 19: What to Eat During & After Cancer Treatment by Carrie Dennett, MPH, RDN, CD
Nov 2: Caregiving: Support For You & Your Family When Someone You Love Has Cancer by Courtney Zier, MA Ed
Nov 16: Intro to Meditation by Michelle Guske, Certified Yoga & Meditation Instructor
Dec 7: Palliative Care: An Important Component of Cancer Treatment by Elizabeth Perry, MSW, Palliative Care Program Mgr

WOMEN'S CANCER SUPPORT GROUP
Facilitated by: Melissa Hudson, MS
Once you hear the words, "you have cancer," everything in your life shifts and changes. Women with any type of cancer diagnosis are welcome at this monthly group, whether you are newly diagnosed, working your way through treatment or just finishing treatment. Join other women in a safe, confidential and non-judgmental environment to talk and get support on all the different ways cancer impacts your life. Through educational speakers and open discussion learn ways to help manage your cancer and not be managed by your cancer.
Medical Arts Center, Breast Center Conference Room
3rd Wednesdays, Sept 16, Oct 21, Nov 18, Dec 16; 1-2:30pm
Presentations:
Sept 16: Intro to Meditation by Michelle Guske, Certified Yoga & Meditation Instructor
Oct 21: Hot Flashes & Related Symptom Management by Erica Joseph, ND, LAc
Nov 18: Chemo Brain: What It Is & How To Live With It by Ginny Concannon, RN, MN
Dec 16: Love Your Liver With A Gentle Detox by Erica Joseph, ND, LAc

Classes and Events

Please register for any of these classes or presentations by calling 206-297-2500 or visit www.cancerlifeline.org

GENTLE YOGA
Facilitated by: Ann Ford, Registered Yoga Teacher
Practice easy stretches, postures, guided meditation and breathing exercises in these gentle therapeutic yoga classes. Bring your own mat and plan to arrive five to ten minutes before scheduled class time.
Medical Arts Center, Room MAC-E & F
Session I: Thursdays, Sept 10-Oct 22; 6-7pm
Session II: Thursdays, Nov 5-Dec 10; 6-7pm **No class on Nov 26*

HEALTHY STEPS-MOVING YOU TO BETTER HEALTH
Facilitated by: CeCe Ryan, Certified Lebed Method Instructor
Healthy-Steps is a fun, gentle exercise program designed for cancer patients before, during and after treatment. This program is also helpful for survivors, caregivers and anyone with Lymphedema. Healthy-Steps combines easy stretches, low-impact aerobics and relaxation techniques with great music. Research has found that it can increase range of motion, strength, physical stability and quality of life. If this is your first time attending, arrive 10 minutes early to speak with the instructor. The routines can be done sitting or standing, so all ability levels are encouraged to attend. Fine to start anytime.
Medical Arts Center, Room MAC-D
Session I: Tuesdays, Sept 15-Oct 13; 6-7pm
Session II: Tuesdays, Nov 3-Dec 8; 6-7pm **No class Nov 24*

HEALING EXPRESSION THROUGH MIXED MEDIA COLLAGE
Facilitated by: Lisa Tsang
Learn simple collage techniques by layering images, paint, rubber stamps, and personal mementos (clippings from magazines, ticket stubs, decorative papers, stamps, letters, photos) to create a beautiful work of art. Each student will leave with an 8x10" collage.
Medical Arts Center, Room MAC-E & F
Thursday, Sept 10; 10am-12pm

DAIRY FREE MILK & CHEESES ****NEW***
Facilitated by: Katrina Gangsaas, BSN, Nutrition Educator
Creamy and delicious, plant-based milks and cheeses can be just as satisfying as dairy and without any cholesterol or hormones. In this class you will learn how easy it is to make alternatives to dairy and sample how tasty they are. **Merrill Gardens, 104 Burnett Ave S**
Saturday, Sept 19; 2-4pm

BENEFITS OF EXERCISE DURING & AFTER TREATMENT ****NEW***
Facilitated by: Ann Ford, Registered Yoga Teacher, CES
Evidence is showing that physical activity may be one of the best things you can do for yourself during cancer treatment. Learn how exercise can reduce side effects of treatment and possibly improve survivorship. *Open to all those affected by cancer including caregivers.*
Medical Arts Center, Breast Center Conference Rm
Monday, Sept 21; 7-8pm

INTRO TO MEDITATION ***NEW***
Facilitated by: Michelle Guske, Certified Yoga & Meditation Instructor
Meditation and health: what your mind is doing matters! This one hour presentation will be an introduction to meditation at its simplest; learning to still the mind. We will focus on discussion, questions & answers, techniques and practice. Wear comfortable clothes for sitting in chairs.
Medical Arts Center, Breast Center Conference Rm
Wednesday, Sept 16; 1-2pm *At the Women's Cancer Support Group*
Monday, Nov 16; 7-8pm *At the Living with Cancer Support Group*

FIVE WISHES
Facilitated by: Donna Oiland
Five Wishes is a living will that clearly and comprehensively addresses the personal, emotional, spiritual and medical wishes for you and your loved ones. It's a binding legal document in Washington State and can be completed without a lawyer or health care professional. All materials will be provided. **Medical Arts Center, Breast Center Conference Rm**
Thursday, Oct 1; 12-2pm

CHEMO BRAIN: WHAT IS IT & HOW TO LIVE WITH IT
Facilitated by: Ginny Concannon, RN MN
Are you frustrated by concentration and memory loss that seems to have gotten worse with treatment? Come learn ways to manage the cognitive changes associated with chemo therapy. *At the Women's Cancer Support Group; presentation open to those with any type of cancer.*
Medical Arts Center, Breast Center Conference Rm
Monday, Oct 5; 7-8pm *At the Women's Cancer Support Group*
Wednesday, Nov 18; 1-2pm *At the Living with Cancer Support Group*

QUICK & EASY CARD MAKING FOR FALL ***NEW***
Facilitated by: Stacia Polehonka
Get into the Fall spirit by making a variety of creative Autumn, Halloween, and Thanksgiving cards. Pick up some new tricks and tips for quick and simple card making. This is a great class for all skill levels and will touch on the easy basics of rubber stamping if you're a beginner.
Medical Arts Center, Room MAC-A
Thursday, Oct 8; 11am-1pm

HEART HEALTHY NUTRITION ***NEW***
Facilitated by: Katrina Gangsaas, BSN, Nutrition Educator
Cardiovascular health is essential for wellness throughout life and is especially important after cancer treatment. Learn to love these heart-healthy foods and receive tips on how to include more in your daily diet. Taste delicious samples and take home recipes to help you on your way.
Merrill Gardens, 104 Burnett Ave S
Saturday, Oct 10; 2-4pm

FOODS THAT FIGHT FATIGUE ***NEW***
Facilitated by: Katrina Gangsaas, BSN, Nutrition Educator
The foods we crave aren't always the most nutritious or supportive for sustained energy. The good news is we can re-train our bodies by eating nutrient-dense foods that will nourish and boost energy without the sugar crash afterwards. **Merrill Gardens, 104 Burnett Ave S**
Saturday, Oct 10; 2-4pm

LOVE YOUR LIVER WITH A GENTLE DETOX ***NEW***
Facilitated by: Erica Joseph, ND, LAc
Learn about the different detoxification systems in the body and how they affect well-being. We'll demystify the topic of holistic detoxing using nutrition, herbal therapies and mind-body approaches. You'll learn why detoxing can be beneficial and when it is indicated for energy, digestion and improving quality of life. *At the Women's Cancer Support Group; presentation open to those with any type of cancer.*
Medical Arts Center, Breast Center Conference Rm
Wednesday, Dec 16; 1-2pm

A HEALTHIER HOLIDAY ***NEW***
Facilitated by: Katrina Gangsaas, BSN, Nutrition Educator
Let the warmth and comfort of the holiday season be soothing for you and your body. Learn ways to make familiar foods healthier without losing out on taste as well as a few new recipes to enhance your food traditions.
Merrill Gardens, 104 Burnett Ave S; Saturday, Dec 12; 2-4pm

WHAT TO EAT DURING & AFTER CANCER TREATMENT
Facilitated by: Carrie Dennett, MPH, RDN, CD
Come discover the best foods to eat, and which foods to avoid, as you replenish and nourish your body after cancer treatment. In this class you receive some simple recipes to keep you going throughout the week. *Open to all those affected by any type of cancer, including caregivers.*
Medical Arts Center, Breast Center Conference Rm
Monday, Oct 19; 7-8pm

HOLIDAY CENTERPIECES
Facilitated by: Sheila Taft, HTR, Horticultural Therapist
Create a table centerpiece for your holiday table. Choose from a variety of cut greens, candles, ribbons and ornaments. All materials will be supplied, but bring any favorite items and your own container if you wish.
Medical Arts Center, Room MAC-E & F
Thursday, Nov 12; 10am-12pm

HOT FLASHES & RELATED SYMPTOM MANAGEMENT ***NEW***
Facilitated by: Erica Joseph, ND, LAc
Come learn what natural medicine offers to help manage hot flashes-without the use of hormone therapy. With simple, practical tips, you'll learn how to improve your sleep and feel better during the day. Diet, lifestyle tips and nutritional supplementation will be discussed. *At the Women's Cancer Support Group; presentation open to those with any type of cancer.*
Medical Arts Center, Breast Center Conference Rm
Wednesday, Oct 21; 1-2pm

CAREGIVING: SUPPORT FOR YOU & YOUR FAMILY WHEN SOMEONE YOU LOVE HAS CANCER ***NEW***
Facilitated by: Courtney Zier, MA Ed
What should I do? What should I say or not say? These are just a few of the questions that can create additional stress when cancer enters your life, whether you are the diagnosed patient, the friend or family member. Come join us for a discussion of ways to help yourself and your loved one as you navigate the unfamiliar territory created by a cancer diagnosis. *Open to all those affected by cancer including caregivers.*
Medical Arts Center, Breast Center Conference Rm
Monday, Nov 2; 7-8pm

HOLIDAY CARDS, TAGS & ORNAMENTS ***NEW***
Facilitated by: Lisa Tsang
In this class, we will create a variety of cards, tags and gift ornaments using angel themed papers, stamps, and images. You will leave with a treasure trove of ideas to jump start your next project during this holiday season. Please bring one dish or food item to share for our holiday potluck.
Medical Arts Center, Room MAC-E & F
Tuesday, Dec 1; 10am-1pm

PALLIATIVE CARE: AN IMPORTANT COMPONENT OF CANCER TREATMENT *Facilitated by: Elizabeth Perry, MSW*
Palliative care is specialized medical care for people with serious illnesses. It is focused on providing patients with relief from the symptoms, pain and stress whatever the diagnosis. In this presentation, you'll learn how this service can enhance your treatment. *Open to all those affected by cancer including caregivers.*
Medical Arts Center, Breast Center Conference Rm
Monday, Dec 7; 7-8pm