

Classes

Exercise & Movement

Gentle Yoga

Bring your own mat and arrive 5 minutes early.

Session I

Thursdays, May 10-June 14
6:00-7:00pm

Session II

Thursdays, July 5-Aug 16
6:00-7:00pm

**No Class July 19*

Medical Arts Center: Rm E&F

Healthy Steps: Session I

Tuesdays, May 22-June 19
6:00-7:00pm
Medical Arts Center: Rm D

Healthy Steps: Session II

Tuesdays, July 3-31
6:00-7:00pm
Medical Arts Center: Rm D

Nutrition

Healthy Snacks

Saturday, May 5
2:00-4:00pm

What to Eat During & After Cancer Treatment

Saturday, June 9
2:00-4:00pm

Healthy Seasonal Foods for Summer

Saturday, July 7
2:00-4:00pm

The Importance of Proteins in a Healthy Diet

Saturday, Aug 25
2:00-4:00pm

**Nutrition classes are held at Merrill Gardens
104 Burnett Ave S
Renton, WA 98055*

Artistic Expression

Let's Get Crafty & Summer Potluck

Tuesday, May 22
11:00am-1:00pm
Medical Arts Center: Rm E&F

Fabric Garlands

Tuesday, June 12
10:00am-12:00pm
Medical Arts Center: Rm E&F

Creative Cardmaking

Tuesday, July 19
11:00am-1:00pm
Medical Arts Center: Rm E&F

Tabletop Zen Gardens

Tuesday, Aug 14
11:00am-1:00pm
Medical Arts Center: Rm B

Presentations

Physical Therapy After Cancer Treatment

Wednesday, May 16
1:00-2:00pm

Meditation for Stress Management

Wednesday, June 20
1:00-2:00pm

Strategies for Better Sleep

Monday, June 25
7:00-8:00pm

Eating to Improve Energy

Monday, July 9
7:00-8:00pm

Benefits of Bone Broth

Monday, July 23
7:00-8:00pm

Advance Health Directives

Monday, Aug 13
7:00-8:00pm

Practicing Mindfulness Through Easy Drawing

Wednesday, Aug 15
1:00-2:00pm

**All presentations will be held in the Breast Center Conference Room*

Support Groups

Support Groups are drop-in groups that provide educational presentations, group discussion and emotional support.

Living with Cancer Support Group

Open to those living with any type of cancer from diagnosis through post-treatment and their family and friends.

2nd & 4th Mondays

May 14, June 11 & 25, July 9 & 23, Aug 13 & 27

7:00-8:30pm

**No Group May 28*

Women's Cancer Support Group

Open to women living with any type of cancer from diagnosis through post-treatment.

3rd Wednesdays

May 16, June 20, July 18, Aug 15

1:00-2:30pm