

Our classes and support groups are free and open to cancer patients, survivors, friends & family.

Support Groups If you have any questions about any of these groups, please call 206-297-2500

SPECIAL WOMEN BREAST CANCER NETWORKING GROUP

This group is for breast cancer patients, survivors and their family members or friends. The primary focus of this group is to provide professional education and the opportunity to be with other women who are surviving and thriving.

Breast Center Conference Room

3rd Thursdays; 7-8:30pm: My 17, June 21, July 19, August 16

Presentations:

May 17: "Learn to Thrive After Cancer with Healthy Steps"

June 21: "Hot Flashes & Related Symptom Management"

LIVING WITH CANCER SUPPORT GROUP

Kenyacktie Hartshorn, PsyD

This group is for patients and survivors with all types of cancer, their family members and friends. The group will provide professional education and support to participants living with cancer.

Breast Center Conference Room

2nd & 4th Mondays; 7-8:30pm: May 7 & 21, July 9 & 23, August 13 & 27

Presentations:

June 11: "Nutrition During & After Treatment"

Classes and Events To register for any of these classes, please call 206-297-2500 or visit www.cancerlifeline.org

THE LEBED METHOD: HEALTHY STEPS; MOVING YOU TO BETTER HEALTH

Amber Dunn, 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. If this is your first time attending, please arrive 10 minutes early to speak to the instructor. Drop-ins welcome!

Room MAC-D

Session I: Tuesdays, May 15-June 19; 6-7pm

Session II: Tuesdays, July 10-August 14; 6-7pm

GENTLE YOGA

Michelle Guske, Certified Yoga Instructor

Practice easy stretches, postures, guided meditation and breathing exercises in this gentle therapeutic yoga class. Bring your own mat & arrive ten minutes before class. Due to the popularity of these classes, please register only if you believe you can commit to the majority of classes in each session. *Room MAC-A*

Session I: Thursday, May 17-June 28; 6-7pm

Session II: Thursday, July 12-August 23; 6-7pm

LEARN TO THRIVE AFTER CANCER WITH HEALTHY STEPS

Amber Dunn, Certified Lebed Method Instructor

In this presentation, offered at the Special Women Breast Cancer Support Group, we will provide information about Lymphedema: what can cause, aggravate and decrease the symptoms. We will also provide the group with a fun and gentle demonstration of a Healthy Steps class.

Breast Center Conference Room

Thursday, May 17; 7-8pm

HEALTHY TRADITIONAL CHINESE COOKING

Ami Karnosh, MS, CN

New Class

Learn the basics of healthy Chinese cuisine and how to incorporate these interesting ingredients into your everyday life. We will discuss Five Element Cooking, a theory combining elements and color associated with healing the body. Enjoy samples and take home recipes.

Merrill Gardens, 104 Burnett Ave S, Renton

Saturday, May 19; 2-4pm

INSPIRATIONAL BLOCKS

Teresa Perry

Starting with pre-cut sanded blocks, we will paint, attach papers and seal with decoupage. We will then embellish the blocks with charms, ribbons, buttons, die cuts and more to personalize them to your taste. When you finish this class you will have a set of inspirational blocks that you will be proud to display at home or as a gift. All materials provided.

Room MAC-A

Tuesday, May 22; 10am-1pm

ORGANIC GARDENING

New Class

Sheila Taft, HRT, Horticulture Therapist

Gardening without chemicals is safer for you, your garden and the environment. Join us for this presentation to get ideas and share your experiences. Get fatigued easily? Hear tips on making gardening easier. You will go home with many hints and handouts.

Room MAC-E & F

Tuesday, May 29; 11am-1pm

BEGINNING & CONTINUING MEDITATION

Michelle Guske, Certified Yoga Instructor

Meditation has been practiced for thousands of years in countless cultures as a method for supporting physical and mental health and vitality. Learn simple yet profound techniques for focusing one's attention in order to calm the mind and strengthen awareness. This practice can be done seated in a chair or on the floor.

Room MAC-B

Tuesday, June 5; 11am-1pm

CARD MAKING; THE IRIS FOLDING METHOD

Teresa Perry

In this class, you will learn how to make gorgeous one-of-a-kind cards with the Iris Folding Method. This simple process for creating cards only takes a few minutes but will look like you spent hours. This decorative technique can be used to make cards, scrapbook pages, journals and more. Come join the fun! All materials provided.

Room MAC-A

Tuesday, June 19; 10am-1pm

NUTRITION DURING & AFTER TREATMENT

Heidi Lucas, ND

Have you been wondering if food will ever taste good again? Join us at the Living With Cancer Support Group to learn how to get your taste back for food, while improving your nutritional vitality. We will focus on healing your digestive system so you can have optimal health during and after treatment. Handouts will be provided, offering nutrition, herbal and mind-body medicine tools for getting you back to your healthy self.

Breast Center Conference Room

Monday, June 11; 7-8pm

HOT FLASHES & RELATED SYMPTOM MANAGEMENT

Kathleen Pratt, ND

Join us at the Special Women Breast Cancer Support Group to learn how natural medicine offers safer ways to 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 supplements will be discussed.

Breast Cancer Conference Room

Thursday, June 21; 7-8pm

JEWELRY MAKING: EARRINGS

New Class

Teresa Perry

After selecting from our gorgeous assortment of beads, you will be given guidance on how to make your own earrings. Feel free to bring your own to add. All materials provided.

Room MAC-A

Tuesday, August 21; 10am-1pm

SURVIVORSHIP SERIES: HEALTH CARE AFTER TREATMENT

Chad Aschtgen, ND

Join us for this class where we will discuss ways to return to optimal health after treatment and improve long term well-being. This class will focus on the immune, gastrointestinal, cardiovascular and nervous systems, highlighting the importance of healing treatment-related side effects and managing long term risk factors. Learn specific tools to maintain your vitality and prevent future disease using nutrition, botanical medicine and mind-body therapy. Handouts will be provided.

Room MAC-B

Tuesday, June 26; 6-8pm

FIVE WISHES

Rev. Gwendolyn Coates

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 provided.

Breast Center Conference Room

Saturday, June 30; 10am-12pm

SENSATIONAL SUMMER SMOOTHIES *New Facilitator*

Erin Dudley, MS, RD

Cool down and stay healthy with simple summer smoothies. Learn to make a quick, healthy meal in minutes with nothing but your blender. Come ready to sample smoothies and take home a recipe packet.

Merrill Gardens, 104 Burnett Ave S, Renton

Saturday, June 30; 2-4pm

HOW TO BUILD IMMUNITY THROUGH DIET

Erin Dudley, MS, RD

This class will help you learn how to eat for vital health. Our bodies are made up of nutrients from our diet that allows our immune system to function properly and provide the energy that we need. Come learn how to support these needs with great tasting foods.

Merrill Gardens, 104 Burnett Ave S, Renton

Saturday, July 21; 2-4pm

LET'S GET CRAFTY

Teresa Perry

This is an open craft class to come and explore several fun crafting tools. You can start a new project or finish one that you started in another class. We will have numerous punches, embossing folders, die cut machines, papers and lots of bling to have fun with. All materials provided.

Room MAC-A

Tuesday, July 24; 10am-1pm

MANAGING DIGESTIVE ISSUES

New Class

Ami Karnosh, MS, CN

We will discuss general digestive issues associated with cancer treatments; techniques for dealing with them and healthy recipes to incorporate into your healing regimen for overall digestive wellness.

Merrill Gardens, 104 Burnett Ave S, Renton

Saturday, August 18; 2-4pm