



-at-



## Free Support Groups & Classes January-April 2010

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

### Support Groups

---

#### **SPECIAL WOMEN BREAST CANCER SUPPORT GROUP**

*Anna Charbonneau, MA; Kali Kuwada, MA*

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. If you are interested in attending this group, please call 206-832-1297. *Breast Center Conference Room*

**3rd Thursdays; 7-8:30pm: Jan 21; Feb 18; Mar 18; Apr 15**

Speaker, Feb 18: Kali Kuwada, MA, "Exploration Through Collage"  
Speaker, Apr 15: Lauren Shelly, MA "Chemo Brain: What Is It and How to Live With It"

#### **LIVING WITH CANCER SUPPORT GROUP**

*Kenyacktie Hartshorn, MA, Kali Kuwada, MA*

This group is for patients and survivors with any type of cancer diagnosis, and their family members or friends. This group will provide support to help participants express emotions and thoughts that come up in the cancer experience. If you are interested in attending this group, please call 206-832-1297.

*Breast Center Conference Room*

**2nd & 4th Mondays; 7-8:30pm**

**Jan 11 & 25; Feb 8 & 22; Mar 8 & 22; Apr 12 & 26**

Speaker, Feb 8<sup>th</sup>: Anita Von Oppenfeld, Certified Qigong Instructor, "Meditation and Self-Massage":

Speaker, Apr 26: Kali Kuwada, MA, "Exploration Through Collage"

### Classes and Events

---

#### **GENTLE YOGA**

*Michelle Guske, Certified Yoga Instructor*

Practice easy stretches, postures, guided meditation and breathing exercises in this gentle therapeutic yoga class. Please 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, Jan 14-Feb 18; 6-7pm**

**Session II: Thursdays, Mar 4- Apr 15; 6-7pm**

**No Class Mar 25**

#### **QIGONG SITTING MEDITATION**

*Anita Von Oppenfeld, Certified Qigong Instructor*

This form of Qigong meditation begins with self-massage to relax your body and calm your mind. You will also learn hand movements designed to work with your body's healing energies. Come learn some helpful techniques you can use anywhere. This class is done seated, either on the floor or in a chair. If you have taken this class before, come back and practice your technique.

*Medical Arts Center, Room MAC-E & F*

**Session I: Saturday, Jan 23; 10am-12pm**

*Medical Arts Center, Room MAC-A*

**Session II: Saturday, Feb 13; 10am-12pm**

**Session III: Thursday, Apr 8; 11am-1pm**

#### **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. Research has found that Healthy-Steps can increase range of motion, strength, physical stability, and quality of life. Take a class and see why it is so popular! If this is your first time attending, please arrive 10 minutes early. *Medical Arts Center, Room MAC-E & F*

**Session I: Tuesdays, Jan 12 - Feb 16; 6-7pm**

**Session II: Tuesdays, Mar 9 - Apr 13; 6-7pm**

#### **SMALL STEPS TO MANAGING STRESS**

*Megan Swan, MA, PhD Candidate*

In this class you will be introduced to some simple ways to feel less anxious, stressed and overwhelmed. Come learn the best approaches to becoming more focused, relaxed and better able to cope with daily stresses.

*Medical Arts Center, Room MAC-A*

**Friday, Mar 12; 10am-1pm**

To register for any class by phone, please call 206-297-2500, or 1-800-255-5505. Or register online at [www.cancerlifeline.org](http://www.cancerlifeline.org)

## MAKING MINI ALBUMS

*Teresa Perry*

Come learn how to create an album by simply folding and fashioning paper. Bring a few photos and you will leave with a treasured keepsake and new skills you can use on future projects. All materials provided. No experience necessary.

*Medical Arts Center, Room MAC-A*

**Tuesday, Jan 19; 10am–1pm**

## COMFORT FOODS

**New Class!**

*Jennifer Adler, MS, CN*

Come learn how to prepare wholesome comfort foods that are fun to eat and beneficial. During this class we will create and enjoy a delicious variation of traditional macaroni and cheese, savory mashed parsnips, and braised kale. We'll finish this meal with a warming hot chocolate that is sure to be a crowd pleaser. In addition to sampling these dishes we will discuss their nutritional benefits, so you can enjoy these comfort foods without guilt.

*Merrill Gardens, 104 Burnett Ave S*

**Saturday, Jan 23; 2-4pm**

## SCRAP BOOKING

**New Class!**

*Constance Perenyi*

Whether you're experienced at scrap booking or looking for guidance on how to get started, this is the class for you! We'll supply instruction and a large assortment of papers from around the world. You bring a blank journal or full-sized scrapbook, your photos and other memorabilia. This class will help you organize your project and encourage inspiration for a unique collection of your favorite memories. All materials provided.

*Medical Arts Center, Room MAC-A*

**Thursday, Feb 25; 10am-1pm**

## MANAGING YOUR BLOOD SUGAR

**New Class!**

*Ami Karnosh, MS, CN*

Empower yourself with food choices that will enable you to balance your blood sugar naturally. Learn how to manage your highs and lows. We'll provide you with simple recipes and ideas for food combinations that will help you to sustain energy and maintain a healthful balance for your body.

*Merrill Gardens, 104 Burnett Ave S*

**Saturday, Mar 6; 2-4pm**

## DECORATED PHOTO FRAMES

*Teresa Perry*

Come create a one-of-a-kind frame for that special photo. In this class, you will use decorative tissues, wrapping paper and other trinkets to transform a plain wooden frame into one that is unique & personalized. Feel free to bring any special decorative paper or small ornaments you would like to include as well as a 4X6 photo. All materials provided.

*Medical Arts Center, Room MAC-A*

**Tuesday, Mar 16; 10am-1pm**

## CARD MAKING MADE EASY

*Teresa Perry*

Explore your creative side by punching, stamping, embossing, and layering paper to make beautiful and unique cards for all occasions. Making great looking cards in this class is easy and fun! Our focus in this class will be making Gratitude and Holiday cards. All materials provided.

*Medical Arts Center, Room MAC-A*

**Tuesday, Feb 9; 10am-1pm**

## NUTRITION TO BOOST METABOLISM

**New Class!**

*Jennifer Adler, MS, CN*

Take advantage of the darker, cooler months to focus on your nutrition in ways that will help you boost your metabolism. In this thought provoking class we will explore the importance of what you eat and how you can eat to enhance pleasure and energy while promoting weight loss through nutrition for balanced hormones.

*Merrill Gardens, 104 Burnett Ave S*

**Saturday, Feb 13; 2-4pm**

## COLLAGE FOR BEGINNERS

**New Class!**

*Susan Olds, Artist & Art Historian*

Learn how much fun it can be to create an original collage. Selecting from an abundance of materials, you will be guided with an easy step-by-step process of designing your composition, cutting and pasting. Bring some copies of special photographs or magazine clippings to add to your collage. Other supplies such as decorative papers, text, found objects, embellishments and assorted materials will be provided. No experience necessary.

*Medical Arts Center, Room MAC-E & F*

**Saturday, Mar 6; 10am-1pm**

## CARD MAKING: THE IRIS FOLDING METHOD

*Teresa Perry*

Come 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. All materials provided.

*Medical Arts Center, Room MAC-A*

**Tuesday, April 13; 10am-1pm**

## PRESSURE COOKING

**New Class!**

*Jennifer Adler, MS, CN*

The modern pressure cooker is easy, fast and turns out incredibly delicious and nutritious food in almost no time at all. It's a wonderful tool to help you eat healthier during and after recovery. Join this class where we will explore modern pressure cooking while making delicious dishes such as rosemary red soup & one-minute quinoa!

*Merrill Gardens, 104 Burnett Ave S*

**Saturday, Apr 17; 2-4pm**