

September — December 2019

CancerLifeline

UW Medicine
VALLEY
MEDICAL CENTER

Valley Medical Center
400 South 43rd Street
Renton, WA 98055

Classes

ARTISTIC EXPRESSION

Glass Painting

Sept 19 | 11am-1pm

Medical Arts Center: Room D

Card Making Made Easy

Oct 1 | 11am-1pm

Medical Arts Center: Room C

Inspirational Word Art

Nov 14 | 11am-1pm

Medical Arts Center: Room C

Mixed Media Collage & Holiday Potluck

Dec 10 | 11am-1pm

Medical Arts Center: Room B

EXERCISE & GENTLE MOVEMENT

Gentle Yoga

Bring your own mat and
arrive 5 minutes early.

Session I - Thursdays

Sept 12-Oct 24 | 6-7pm

Session II - Thursdays

Nov 7-Dec 19 | 6-7pm

No Class Nov 28

Medical Arts Center:
Room E&F

Healthy Steps

Session I - Tuesdays

Sept 17-Oct 15 | 6-7pm

Session II - Tuesdays

Nov 5-Dec 3 | 6-7pm

Medical Arts Center: Room D

NUTRITION

Nutrition classes are held at
Merrill Gardens
104 Burnett Ave S
Renton, WA 98057

Immune Boosting Foods

Sept 7 | 2-4pm

Nutrition Basics for Wellness

Oct 12 | 2-4pm

Energizing Foods

Nov 2 | 2-4pm

Healthier Holiday Sweets

Dec 7 | 2-4pm

PRESENTATIONS

Presentations are held in the
Breast Center Conference
Room unless otherwise
noted.

Anti-Inflammatory Foods

Oct 14 | 6:30-7:30pm

Managing Stress Through Nutrition

Oct 16 | 1-2pm

Mindfulness for Decreased Anxiety

Nov 11 | 6:30-7:30pm

Meditative Art Journaling

Nov 20 | 1-2pm

Vitamins & Supplements During & After Treatment

Dec 9 | 6:30-7:30pm

Support Groups

These are drop-in groups that provide educational presentations, group discussion & emotional support.

Living with Cancer Support Group

2nd Monday | Sept 9, Oct 14, Nov 11, Dec 9 | 6:30-8pm

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

Breast Cancer Conference Room

Women's Cancer Support Group

3rd Wednesday | Sept 18, Oct 16, Nov 20, Dec 18 | 1-2:30pm

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

Breast Cancer Conference Room

HOPE in Your Heart Cancer Support Group

4th Monday | Sept 23, Oct 28, Nov 25, Dec 16* | 7-8:30pm

"The Den" building on the Maple Valley Community
Center Campus

22010 SE 248th St | Maple Valley, WA 98038

*Group meets on 3rd Monday in December

Metastatic Workshop

Nov 16 | 10am-2pm

Join Cancer Lifeline and Valley Medical Center for a free
workshop focused on education and support for patients
and caregivers living with metastatic cancers.

Registration Required.

For questions or to register call 206-832-1277 or
email bdriver@cancerlifeline.org.

For more information or to register for classes, call our Lifeline at (206) 297-2500 or go to cancerlifeline.org

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