

Free Classes & Support Groups for Cancer Patients, Survivors and Caregivers May-August 2017

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) 297-2500

LIVING WITH CANCER SUPPORT GROUP

Facilitated by Anna Charbonneau, PhD

Whether you are just diagnosed, in treatment or post-treatment, join us to get support and learn from educational presentations and discussion. Group is open to those with any type of cancer diagnosis and caregivers, family and friends are welcome.

Medical Arts Center, Breast Center Conference Room

2nd & 4th Mondays, May 8 & 22, June 12 & 26, July 10 & 24, Aug 14 & 28; 7-8:30pm

Presentations:

May 22; Addressing Fears Of Recurrence

July 10; Benefits Of Bone Broth

July 24; Palliative Care: An Important Component Of Cancer Treatment

Aug 14; Mindfulness For Everyday

WOMEN'S CANCER SUPPORT GROUP

Facilitated by Tbd

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. In a safe, confidential and non-judgmental environment talk and get support. 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, May 17, June 21, July 19, Aug 16; 1-2:30pm

Presentations:

May 17; Chemo Brain: What Is It & How To Live With It

June 21; What It Means To Be A Woman Post-Cancer Treatment

July 19; Post Menopause Nutritional Support

RECLAIMING YOUR LIFE IN SURVIVORSHIP *Facilitated by Anna Charbonneau, PhD*

Experiencing cancer can be life-changing and sometimes results in shifts in your priorities. This workshop is for survivors who are at least three months out from completion of treatment for any type of cancer. You will learn how to enhance coping strategies, re-examine life values, beliefs and priorities, and create a physically and mentally healthy lifestyle. Intake interview & registration are required. Please call (206) 832-1279 for more information. **Saturday, June 3; 9:30am-4:30pm**

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, CES

Practice easy stretches, postures, guided meditation and breathing exercises in these gentle therapeutic yoga classes. Bring your own mat and plan to arrive five minutes before scheduled class time.

Medical Arts Center, Room MAC-E & F

Session I: Thursdays, May 11-June 22; 6-7pm

Session II: Thursdays, July 6-Aug 17; 6-7pm *No Class July 13

HEALTHY STEPS-MOVING YOU TO BETTER HEALTH

Facilitated by Melanie Hendershot, Certified Healthy Steps Instructor

Come learn gentle, low impact exercises that can help manage lymphedema. Great for survivors, caregivers and anyone affected by lymphedema.

Medical Arts Center, Room MAC-D

Session I: Tuesdays, May 23-June 27; 6-7pm

***No Class May 30, June 13**

Session II: Tuesdays, July 11-Aug 22; 6-7pm

CHEMO BRAIN: WHAT IS IT & HOW TO LIVE WITH IT

Facilitated by Shari Bates, BSN, OCN, CCM

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.

Medical Arts Center, Breast Center Conference Rm

Wednesday, May 17; 1-2pm

ADDRESSING FEARS OF RECURRENCE

Facilitated by Norma Lee, MA, MD

Do the fear and anxiety of having a cancer recurrence hold you back from the life you wish to live? Join us in this class to learn simple strategies for managing the fear and uncertainty that come with having had a cancer diagnosis.

Medical Arts Center, Breast Center Conference Rm

Monday, May 22; 7-8pm

NUTRITION TO BOOST METABOLISM

Facilitated by Katrina Gangsaas, BSN, Nutrition Educator

Take advantage of the natural rhythm of spring and re-set your metabolism with food. In this 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.

Sponsored by Valley Medical Center.

Merrill Gardens, 104 Burnett Ave S

Saturday, May 20; 2-4pm

COLLAGE- UNLOCK YOUR CREATIVITY

Facilitated by Ginny Rohan

Magazine collage is a great place to begin experimenting with the exciting world of collage. With a wide variety of images and tools to choose from, give yourself permission to let go, explore, create and express your thoughts in a whole new way.

Medical Arts Center, Room MAC-A

Tuesday, May 23; 10am-12pm

JEWELRY MAKING: EARRINGS

Facilitated by Teresa Perry

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

Medical Arts Center, Room MAC-A

Tuesday, June 20; 10am-12pm

WHAT IT MEANS TO BE A WOMAN POST-CANCER TREATMENT

Facilitated by Mary Ellen Shands RN, MN

There are many factors that go into creating a woman's identity. Cancer bombards us with the reality that our bodies change and often our perceptions of identity along with it. Explore what it means to be a woman. We'll examine femininity, self-esteem, body image, and the roles we play in society.

Medical Arts Center, Breast Center Conference Rm

Wednesday, June 21; 1-2pm

BOUNTIFUL BREAKFASTS

Facilitated by Katrina Gangsaas, BSN, Nutrition Educator

In this class we will discuss healthy alternatives to the foods you are already making for breakfast. You'll learn how to make simple, filling, flavorful and nutritious foods to get your days started right. Sponsored by Valley Medical Center.

Merrill Gardens, 104 Burnett Ave S

Saturday, June 24; 2-4pm

BENEFITS OF BONE BROTH

Facilitated by Lisa Price, ND

Bone broths are extraordinarily rich in protein and can be a source of minerals as well. Learn how they're prepared and why they are the perfect food for building your strength while you are going through treatment and recovery.

Medical Arts Center, Breast Center Conference Rm

Monday, July 10, 7-8pm

CREATIVE CARDBAKING

Facilitated by Ginny Rohan

Explore stamping, embossing and 3-D image techniques in this fun filled card class. Handouts and all materials will be provided.

Medical Arts Center, Room MAC-A

Tuesday, July 18; 10am-12pm

POST MENOPAUSE NUTRITIONAL SUPPORT

Facilitated by Katrina Gangsaas, BSN, Nutrition Educator

The decline of estrogen can impact energy levels, memory, bone health, hormones, and more. Join us for a discussion on how proper nutrition and lifestyle changes can minimize the effects on our overall health.

Medical Arts Center, Breast Center Conference Rm

Wednesday, July 19; 1-2pm

PALLIATIVE CARE: AN IMPORTANT COMPONENT OF CANCER TREATMENT

Facilitated by Wendy Wank, MSN, ARNP, ACHPN

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.

Medical Arts Center, Breast Center Conference Rm

Monday, July 24; 7-8pm

SUBLIME SPICES: ADDING NUTRITION POWERHOUSES TO EVERY DAY MEALS

Facilitated by Katrina Gangsaas, BSN, Nutrition Educator

Herbs and spices are their own nutrient super heroes. Come learn how to add more to your everyday foods and taste recipes created during class in order to spice up your diet without adding heat. Sponsored by Valley Medical Center.

Merrill Gardens, 104 Burnett Ave S

Saturday, July 29; 2-4pm

MINDFULNESS FOR EVERYDAY

Facilitated by Anna Charbonneau, PhD

Learn about the benefits of a mindfulness practice and experience simple routines that can easily become a part of your daily life.

Medical Arts Center, Breast Center Conference Rm

Monday, Aug 14; 7-8pm

TABLE TOP SUMMER GARDENS

Facilitated by Sheila Taft, HTR, Horticultural Therapist

Make a mini-garden for summer filled with tiny plants. We will have tiny items, rocks and shells to add to it or bring a treasure or two from home.

Medical Arts Center, Room MAC-A

Tuesday, Aug 22; 11am-1pm

HEALTHY BBQ ALTERNATIVES

Facilitated by Katrina Gangsaas, BSN, Nutrition Educator

Create your own veggie burgers using simple, wholesome ingredients for the grill or stovetop. We'll also demonstrate great side dishes to make summer eating deliciously healthy. Sponsored by Valley Medical Center.

Merrill Gardens, 104 Burnett Ave S

Saturday, Aug 26; 2-4pm