Classes

ARTISTIC EXPRESSION
Simple Hand Embroidery
May 21 | 11am-1pm
Medical Arts Center: Rm B

Herb Gardening
June 13 | 11am-1pm
Medical Arts Center: Rm D

Mixed Media Collage
June 18 | 11am-1pm
Medical Arts Center: Rm B

Creative Card Making
July 16 | 11am-1pm
Medical Arts Center: Rm B

Simple Accordion Books
Aug 22 | 10am-12pm
Medical Arts Center: Rm D

EXERCISE & GENTLE MOVEMENT
Gentle Yoga
Bring your own mat and arrive 5 minutes early.
Session I: Thursdays
May 16-June 27 | 6-7pm
No Class June 6
Session II: Thursdays
July 11-Aug 22 | 6-7pm
No Class July 18
Medical Arts Center: Rm E&F

Healthy Steps
Session I: Tuesdays
May 14-June 18 | 2-3pm
Room varies; see website for details.
Session II: Tuesdays
July 9-Aug 7 | 6-7pm
Medical Arts Center: Rm D

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

Herbs & Spices
May 18 | 2-4pm

Nutrient Packed Smoothies
June 8 | 2-4pm

Managing Digestive Issues
July 6 | 2-4pm

Mediterranean Foods
Aug 10 | 2-4pm

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

Advance Care Planning
May 15 | 1-2pm

Immunotherapy Cancer Treatment
June 10 | 7-8pm

The Importance of Self-Compassion
June 19 | 1-2pm

Grief & Loss
July 8 | 7-8pm

Strategies for Better Sleep
July 17 | 1-2pm

Managing Symptoms of Neuropathy
Aug 12 | 7-8pm

Navigating Difficult Conversations
Aug 26 | 7-8pm
At the HOPE in Your Heart group. All welcome.
Vine Maple Place
22815 SE 216th Way
Maple Valley, WA 98038

Support Groups

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

Living with Cancer Support Group
2nd Monday | May 13, June 10, July 8, Aug 12 | 7-8:30pm
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 | May 15, June 19, July 17, Aug 21 | 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 | June 24, July 22, Aug 26 | 7-8:30pm
No Group May 27
Vine Maple Place | 22815 SE 216th Way | Maple Valley, WA 98038