



January-March 2019 Survivorship & Support
calendar

 MARY BIRD PERKINS
OUR LADY OF THE LAKE 
CANCER CENTER

 *Woman's*

sis·ter·hood

/'sister, hood/

1. a deep, personal connection

2. a promise to have your back even in the roughest of times



Survivorship And Support

Beyond providing expert breast and gynecologic cancer care, **Woman's Hospital and Mary Bird Perkins – Our Lady of the Lake Cancer Center** are united in supporting you and your family from diagnosis to survivorship. Improve your physical and emotional well-being through a number of support programs:

Strengthen

Cancer Rehabilitation Therapy

Regain strength and heal from the side effects of cancer, including pain, loss of balance, numbness or tingling, fatigue, swelling, lack of concentration, difficulty speaking or swallowing.

Covered by most insurance plans.

Woman's Center for Wellness BY APPOINTMENT – 225-924-8311

Pelvic Floor Therapy

Pelvic pain and painful intercourse are common side effects of radiation, chemotherapy and other cancer treatments. Our pelvic floor therapists will work with you in a private setting to develop a care plan that fits your schedule and achieves results.

Covered by most insurance plans.

Woman's Center for Wellness BY APPOINTMENT – 225-924-8311

Health and Wellness Coaching

Individual sessions to develop the personal tools and motivation to reach your personal goals.

Free

Mary Bird Perkins – Our Lady of the Lake Cancer Center BY APPOINTMENT – 225-215-0182

Medical Exercise

This program is ideal if you have recently been discharged from physical therapy, cancer rehabilitation or if you require specialized instruction and supervision in a fitness setting. A physician referral is required.

Free Screening

Woman's Center for Wellness BY APPOINTMENT – 225-924-8709

(please indicate that you are undergoing treatment when scheduling)

Nutrition

Dietitian Services

Registered dietitians with training in oncology and nutrition will help you follow a healthy diet during your cancer treatment.

Free

Breast & GYN Cancer Pavilion BY APPOINTMENT – 225-214-6340

Mary Bird Perkins – Our Lady of the Lake Cancer Center BY APPOINTMENT – 225-215-1216

Relaxation

Therapeutic Massage

Hand and foot massages for outpatients receiving treatment.

Free

Breast & GYN Cancer Pavilion and Mary Bird Perkins – Our Lady of the Lake Cancer Center

Chair and Table Massages

Free

Mary Bird Perkins – Our Lady of the Lake Cancer Center BY APPOINTMENT – 225-215-1314

Oncology Swedish Massage

Swedish massage can help relieve pain, anxiety, fatigue and stress.

\$50 for 50 minutes

Breast & GYN Cancer Pavilion BY APPOINTMENT – 225-924-8388

Beauty

Makeup Consultation

An aesthetician will examine your skin's condition and advise you on the best products and treatments to regain moisture and softness.

Free

Woman's Center for Wellness BY APPOINTMENT – 225-924-8388

(please indicate that you are undergoing treatment when scheduling)

Makeup Application

Our trained makeup artists and aestheticians will show you how to fill in or draw eyebrows, wear false lashes, conceal blemishes or dark patches and choose makeup and colors for your changing skin tone.

Free

Woman's Center for Wellness BY APPOINTMENT – 225-924-8388

(please indicate that you are undergoing treatment when scheduling)

3D Areola Tattooing

Instead of using tissue to rebuild a nipple, some women choose to have a nipple tattooed on the reconstructed breast. The most realistic way to achieve this is through 3D nipple tattooing. If reconstruction was just on one breast, our tattoo artist will match the color and shape to your existing areola. If you had bi-lateral reconstruction, we can use pre-operative photos to recreate your original areola or you can choose a new color and shape. Areola tattooing is a three step process: initial consult and pigment test, tattooing session, follow up/touch up.

Consult - \$50

Uni-lateral Areola Tattoo - \$350

Bi-Lateral Areola Tattoo - \$650

For more information or to schedule an appointment, 225-924-8311

Breast & GYN Cancer Pavilion – Physician release required

Microblading

Have you lost your eyebrows through cancer treatment? Microblading is a semi-permanent tattoo technique where a small disposable blade known as a microblading pen is used to draw eyebrows through individual strokes that look just like real hairs.

Consult - \$50

Microblading - \$350

For more information or to schedule an appointment, 225-924-8311

Breast & GYN Cancer Pavilion – Physician release required

Healing

Healing Arts

Art activity workshops to help patients and caregivers increase self-awareness, cope with symptoms and manage stress.

Clay Creations

Please join us for a morning of creativity and fun with Tina Ufford, ceramic artist. During this introductory class, Tina will guide us through the process of creating a beautiful and inspiring clay tile. Following the class, our work will be fired in an offsite kiln and made available for pick up at Mary Bird Perkins-Our Lady of the Lake Cancer Center.

Tuesday, January 8 (10:00-11:30 AM)

Free: RSVP Required, 225-215-0182

Cancer Services, 550 Lobdell

Life Writing and Illustration: Good Memories Shape Our Lives

This special workshop features two gifted presenters. Emily Ziober, retired attorney and freelance writer, will lead the opening segment of the workshop. She will guide us through the process of writing about our own life stories. Research shows that this type of autobiographical storytelling can have significant health benefits. In the second half of the workshop artist and Cancer Center art volunteer, Susan Cresap, will help us bring our stories to life through simple illustrations. You don't want to miss this unique opportunity to explore and create through writing and art.

Tuesday, January 22 (10:00-11:30 AM)

Free: RSVP Required, 225-215-0182

Breast & GYN Cancer Pavilion, 2nd Floor, Atrium Conference Room

Monochromatic Painting

What's your favorite color? During this workshop we will create monochromatic paintings to achieve dramatic effects using varying shades of one color. Monochrome pieces can be either realistic or abstract—the choice is yours. We will experiment with using white, black and gray to create various shades of one color. Join us for this fun and relaxing opportunity to explore color.

Tuesday, February 5 (10:00-11:30 AM)

Free: RSVP Required, 225-215-0182

Cancer Services, 550 Lobdell

Mixed Media Art

Let's mix it up! Join us for our next adventure in art as we discover how to combine several mediums to create one interesting piece. We will discover how to work with paint, ink and collage techniques in combination to create something new and unique.

Tuesday, February 19 (10:00-11:30 AM)

Free: RSVP Required, 225-215-0182

Breast & GYN Cancer Pavilion, 2nd Floor, Atrium Conference Room

Exploring Watercolor

Join us as we welcome back watercolor artist Barbara Keller as she shares some new and unusual ways to use watercolors. Barbara's workshops are always fun and informative. Feel free to bring a friend as we explore the unique medium of watercolor.

Tuesday, March 12 (10:00-11:30 AM)

Free: RSVP Required, 225-215-0182

Cancer Services, 550 Lobdell

Mini-Masterpiece Collection

Some of the best things come in small packages! That is certainly true for this Healing Arts workshop. During this workshop we will paint a series of four mini-masterpieces that can be displayed in creative groupings.

Tuesday, March 26 (10:00-11:30 AM)

Free: RSVP Required, 225-215-0182

Breast & GYN Cancer Pavilion, 2nd Floor, Atrium Conference Room



Support

Rosebud Support Group

Join us to meet other ladies who are newly diagnosed and are in treatment or recently completed treatment. Share information, provide support, and get support!

Light refreshments served.

2nd Wednesday of each month (Noon -1:00)

Free

Breast & GYN Cancer Pavilion, 2nd Floor, Atrium Conference Room

January 9

“Lift the Fog –Managing the Effects of Cancer Treatment in Everyday Life”

presented by Woman’s Hospital Therapy Department

February 13

“The Importance of Dental Health during Treatment”

presented by Dr. Charles Clay Couvillion

March 13

“Fighting Cancer, Living Well...Why Being Active Matters”

presented by Woman’s Hospital Therapy Department

Sunflowers Support Group

Join us to meet other ladies who have completed their treatment, for at least a year and continue this journey we call life...after cancer.

Share information, provide support or get support!

Light refreshments served.

4th Wednesday of each month (Noon-1:00 PM)

Breast & GYN Cancer Pavilion, 2nd Floor, Atrium Conference Room

January 23

“New Year, New You”

presented by Hilary Tallman, LMSW, Cancer Services of Greater Baton Rouge

February 27

“Importance of Dental Health after Treatment”

presented by Dr. Charles Clay Couvillion

March 27

“Surviving Cancer, Living Well...Why Being Active Matters”

presented by Woman’s Hospital Therapy Department

Mind-Body Together Support Group

Practicing mind-body medicine in a support group setting can reduce stress, enhance your immune system, increase your sense of well-being, and improve self-care.

Thursdays (10:00-11:30 AM) at Mary Bird Perkins – Our Lady of the Lake Cancer Center, Saurage Conference Room, 2nd Floor

Thursdays (2:00-3:30 PM) at the Breast & GYN Cancer Pavilion, 1st floor Activity Room

Free

Mindfulness-Based Survivorship Clinic

An intensive mindfulness-based cancer survivorship program offering information and practices to help you cope with treatment and reclaim your life. Activities include meditation, yoga, expressive arts and lifestyle choices. Participants attend two half-days per week for six weeks.

Offered Quarterly – Free

Reservations required. 225-215-0182 or email Lgaddy@marybird.com

Burden Museum and Gardens, 4560 Essen Lane, Baton Rouge

Survivorship Connections

One-on-one support among longtime and recent cancer survivors and caregivers.

Free

Mary Bird Perkins – Our Lady of the Lake Cancer Center BY APPOINTMENT – 225-215-0182

Kelli’s Kloset

Kelli’s Kloset gives any woman with any type of cancer free, gently used clothing.

Women who go through chemotherapy can lose or gain weight, and their clothes may no longer fit. The Kloset allows women to choose different sized clothing for free.

Looking your best can make the cancer journey less burdensome.

1st and 3rd Thursdays of the month (8:00 AM-1:30 PM)

Woman’s Hospital outside the Breast & GYN Cancer Pavilion





Meditation

Mindfulness Meditation

The practice of using breath to help focus attention, reduce stress and increase productivity.

Monday-Friday (Noon-12:15 PM)

Free

Mary Bird Perkins – Our Lady of the Lake Cancer Center, Meditation Room, 2nd Floor

Hope

Fostering Hope

A program that brings the healing effects of pet companionship to cancer survivors and their family members while providing a temporary or permanent home for animals in need.

Contact: lgaddy@marybird.com or 225-215-0182

Pet Therapy

This pet therapy program helps promote health and a sense of well-being through positive interactions with certified pet therapy dogs.

First Thursday and Third Tuesday of every month

Mary Bird Perkins – Our Lady of the Lake Cancer Center

First Friday of every month

Breast & GYN Cancer Pavilion

Contact: lgaddy@marybird.com or 225 215-0182

Free

Exercise

To receive these reduced rates, please notify our staff that you are a cancer patient. Physician clearance may be required.

Fall Prevention

Fall prevention training is a four-week structured group class that introduces exercise to prevent falls.

Mondays & Wednesdays (2:00-3:00 PM)

March 11-April 13

\$120-145 (8 sessions)

Woman's Center for Wellness

To register visit womans.org/classes or call 225-924-8709

Nia

Neuromuscular Integrated Action (NIA) is exercise for the body, mind and spirit that integrates healing, martial art and dance.

Mondays (8:00-8:55 AM, 9:00-10:00 AM)

Wednesdays (8:00-8:55 AM)

Fridays (8:00-8:55 AM, 9:05-10:05 AM)

\$120 for 12-classes

(or memberships are available starting at \$46 + tax / month)

Woman's Center for Wellness

Lymphedema Warm Water Exercise Class

Research shows that water resistance is great for lymphedema. A physical therapist will lead you through a warm water exercise routine to help with range of motion, strength and endurance.

Space is limited.

Tuesdays & Thursdays (11:30 AM-12:15 PM)

January 29-March 7

March 19-April 25

Free (space is limited)

Woman's Center for Wellness

To register, visit womans.org/classes or call 225-924-8709

Tai Chi

Relax the mind and strengthen the body, relieve pain, anxiety and stress.

Tuesdays (2:15-3:15 PM)

\$120 for 12-classes

(or memberships are available starting at \$46 + tax / month)

Woman's Center for Wellness

Walking Group

Relax and begin the day on a positive note during a peaceful nature walk.

Tuesdays (8:00-9:00 AM)

Free

Burden Museum and Gardens (meet at the conference center parking lot)

Yoga

Improve strength, flexibility and stamina.

Gentle Yoga

Tuesdays & Thursdays (11:30 AM-12:30 PM)

\$120 for 12-classes

(or memberships are available starting at \$46 + tax / month)

Woman's Center for Wellness

Mindful Yoga

Mondays (9:00-10:00 AM)

Free

Mary Bird Perkins – Our Lady of the Lake Cancer Center,
Saurage Conference Room, 2nd Floor



Education

Lift the Fog: Managing the Effects of Cancer Treatment in Everyday Life

A speech pathologist and occupational therapist will discuss common memory and attention issues during and after treatment and provide coping strategies.

Wednesday, February 6 (7:30-8:30 AM), Breast and GYN Cancer Pavilion

Thursday, March 14 (11:30 AM-12:30 PM), Woman's Center for Wellness

Free

To register, visit womans.org/classes or call 225-924-8709

Breast Density: What's All the Fuss About?

If you have been told you have dense breasts after a mammogram, learn what that means, understand the new classifications of density and what you should know to get the best breast cancer screening possible. Join Dr. Mary Christian, a surgeon with Woman's Breast Specialists, for this informative seminar.

Thursday, February 21 (6:00 PM-7:00 PM)

Free

Woman's Center for Wellness

Learning to Thrive

Coping with Fatigue: Five Steps to Energy Enhancements

Fatigue is a common side effect to most cancer treatment. In this session, Dr. Francinne Lawrence will explore with us the "human energy crisis" and what science tells us about the five best ways to enhance our energy levels. We will look at what causes our energy to increase & decline and implementing effective daily practices that allow us to maximize our energy supply. A light lunch will be served.

Tuesday March 19 (11:45 AM -1:00 PM)

Free: RSVP Required, 225-215-0182

Cancer Services, 550 Lobdell

Nutrition during Cancer

Join our Dietitian and learn how to nourish your body well during cancer treatment. We will review foods that increase and decrease inflammation in the body and how to incorporate more healthful foods into the diet. We will also discuss nutrition tips for managing common chemo/radiation side effects and clear up myths on controversial foods.

Snack and water will be provided.

Wednesday, February 6 (10:00-11:00 AM)

Wednesday, April 10 (2:00-3:00 PM)

Wednesday, June 12 (10:00-11:00 AM)

Free

Breast & GYN Cancer Pavilion, Activity Room, Suite 115



**Surviving Cancer, Living Well:
Benefits of Exercise Seminar & Demonstration**

A cancer diagnosis doesn't have to mean an end to exercise and physical activity. In fact, studies have shown that exercise is one of the only things that effectively fights cancer-related fatigue, improves strength, decreases pain and increases overall function. Join our physical therapist as she discusses the benefits of exercise and demonstrations of a safe home exercise program. Participants will receive a printed home program and a resistance band to help get you started on the road to recovery.

Wednesday, March 20 (1:00-2:00 PM),

Free

Breast & GYN Cancer Pavilion

To register, visit womans.org/classes or call 225-924-8709



Oncology Products



Available at
mom & baby boutique *Woman's*

Badger Lip Balm & Sunscreen

Chimes Chews – *nausea relief*

Caren Lotion – *fragrance free*

Gifts

Hats with Heart – *hats to meet the needs of women with hair loss*

Holly Clegg “Eating Well Through Cancer” Cookbook

Jewelry

Lemon Drops and Peppermints – *nausea relief*

Lindi Skin

– *chemotherapy and radiation skin care product*

Miaderm

– *radiation relief*

Queasy Drops

– *natural way to ease a queasy stomach with essential oils and aromatherapy in a candy form*

Slippers

Socks

Soothing Scents – *aromatic inhaler*

Tote bags

Warm throws

January

1 tuesday

New Year's Day

Mindfulness Meditation, Monday-Friday, Noon-12:15 PM

*After the Bell Clinic and Lymphedema Warm Water Exercise are series

2 wednesday

Nia, 8:00-8:55 AM

3 thursday

Pet Therapy

Kelli's Closet, 8:00 AM-1:30 PM

Mind-Body Together Support Group, 10:00-11:30 AM

Gentle Yoga, 11:30 AM-12:30 PM

Mind-Body Together Support Group, 2:00-3:30 PM

4 friday

Pet Therapy

Nia, 8:00-8:55 AM

Nia, 9:05-10:05 AM

7 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM

Mindful Yoga, 9:00-10:00 AM

8 tuesday

Walking Group, 8:00-9:00 AM

Clay Creations, 10:00-11:30 AM

Gentle Yoga, 11:30 AM-12:30 PM

Tai Chi, 2:15-3:15 PM

9 wednesday

Nia, 8:00-8:55 AM

Rosebud Support Group, Noon-1:00 PM

10 thursday

Mind-Body Together Support Group, 10:00-11:30 AM

Gentle Yoga, 11:30 AM-12:30 PM

Mind-Body Together Support Group, 2:00-3:30 PM

11 friday

Nia, 8:00-8:55 AM

Nia, 9:05-10:05 AM

14 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM

Mindful Yoga, 9:00-10:00 AM

15 tuesday

Pet Therapy

Walking Group, 8:00-9:00 AM

Gentle Yoga, 11:30 AM-12:30 PM

Tai Chi, 2:15-3:15 PM

16 wednesday

Nia, 8:00-8:55 AM

17 thursday

Kelli's Closet, 8:00 AM-1:30 PM

Mind-Body Together Support Group, 10:00-11:30 AM

Gentle Yoga, 11:30 AM-12:30 PM

Mind-Body Together Support Group, 2:00-3:30 PM

18 friday

Nia, 8:00-8:55 AM

Nia, 9:05-10:05 AM

21 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM

Mindful Yoga, 9:00-10:00 AM

22 tuesday

Life Writing and Illustration, 10:00-11:30 AM

Walking Group, 8:00-9:00 AM

Gentle Yoga, 11:30 AM-12:30 PM

Tai Chi, 2:15-3:15 PM

23 wednesday

Nia, 8:00-8:55 AM

Sunflower Support Group, Noon-1:00 PM

24 thursday

Mind-Body Together Support Group, 10:00-11:30 AM

Gentle Yoga, 11:30 AM-12:30 PM

Mind-Body Together Support Group, 2:00-3:30 PM

25 friday

Nia, 8:00-8:55 AM

Nia, 9:05-10:05 AM

28 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM

Mindful Yoga, 9:00-10:00 AM

29 tuesday

Walking Group, 8:00-9:00 AM

Gentle Yoga, 11:30 AM-12:30 PM

Lymphedema Warm Water Exercise, 11:30 AM-12:15 PM

Tai Chi, 2:15-3:15 PM

30 wednesday

Nia, 8:00-8:55 AM

31 thursday

Mind-Body Together Support Group, 10:00-11:30 AM

Gentle Yoga, 11:30 AM-12:30 PM

Lymphedema Warm Water Exercise, 11:30 AM-12:15 PM

Mind-Body Together Support Group, 2:00-3:30 PM

February

4 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM
Mindful Yoga, 9:00-10:00 AM

11 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM
Mindful Yoga, 9:00-10:00 AM

18 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM
Mindful Yoga, 9:00-10:00 AM

25 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM
Mindful Yoga, 9:00-10:00 AM

5 tuesday

Walking Group, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:15 PM
Tai Chi, 2:15-3:15 PM
Monochromatic Painting, 10:00-11:30 AM

12 tuesday

Walking Group, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:15 PM
Tai Chi, 2:15-3:15 PM

19 tuesday

Pet Therapy
Walking Group, 8:00-9:00 AM
Mixed Media Art, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:15 PM
Tai Chi, 2:15-3:15 PM

26 tuesday

Walking Group, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:15 PM
Tai Chi, 2:15-3:15 PM

Mindfulness Meditation, Monday-Friday, Noon-12:15 PM

*After the Bell Clinic and Lymphedema Warm Water Exercise are series

6 wednesday

Lift the Fog, 7:30-8:30 AM
Nia, 8:00-8:55 AM
Nutrition during Cancer,
10:00-11:00 AM

13 wednesday

Nia, 8:00-8:55 AM
Rosebud Support Group,
Noon-1:00 PM

20 wednesday

Nia, 8:00-8:55 AM

27 wednesday

Nia, 8:00-8:55 AM
Sunflower Support Group,
Noon-1:00 PM

7 thursday

Pet Therapy
Kelli's Closet, 8:00 AM-1:30 PM
Mind-Body Together Support
Group, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM
Mind-Body Together Support
Group, 2:00-3:30 PM

14 thursday

Mind-Body Together Support
Group, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM
Mind-Body Together Support
Group, 2:00-3:30 PM

21 thursday

Kelli's Closet, 8:00 AM-1:30 PM
Mind-Body Together Support
Group, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM
Mind-Body Together Support
Group, 2:00-3:30 PM
Breast Density: What's All the
Fuss About?, 6:00-7:00 PM

28 thursday

Mind-Body Together Support
Group, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM
Mind-Body Together Support
Group, 2:00-3:30 PM

1 friday

Pet Therapy
Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM

8 friday

Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM

15 friday

Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM

22 friday

Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM

March

4 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM
Mindful Yoga, 9:00-10:00 AM

11 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM
Mindful Yoga, 9:00-10:00 AM
Fall Prevention, 2:00-3:00 PM

18 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM
Mindful Yoga, 9:00-10:00 AM
Fall Prevention, 2:00-3:00 PM

25 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM
Mindful Yoga, 9:00-10:00 AM
Fall Prevention, 2:00-3:00 PM

5 tuesday

Walking Group, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:15 PM
Walking Group, 2:00-3:00 PM
Tai Chi, 2:15-3:15 PM

12 tuesday

Walking Group, 8:00-9:00 AM
Exploring Watercolor, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Tai Chi, 2:15-3:15 PM

19 tuesday

Pet Therapy
Walking Group, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:15 PM
Learning to Thrive: Coping with Fatigue,
11:45-1:00 PM
Tai Chi, 2:15-3:15 PM
Mindful Yoga, 5:00-6:00 PM

26 tuesday

Walking Group, 8:00-9:00 AM
Mini-Masterpiece Collection, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:15 PM
Tai Chi, 2:15-3:15 PM

Mindfulness Meditation, Monday-Friday, Noon-12:15 PM

*After the Bell Clinic and Lymphedema Warm Water Exercise are series

6 wednesday

Nia, 8:00-8:55 AM

13 wednesday

Nia, 8:00-8:55 AM
Rosebud Support Group,
Noon-1:00 PM
Fall Prevention, 2:00-3:00 PM

20 wednesday

Nia, 8:00-8:55 AM
Benefits of Exercise Seminar
and Demo, 1:00-2:00 PM
Fall Prevention, 2:00-3:00 PM

27 wednesday

Nia, 8:00-8:55 AM
Sunflower Support Group,
Noon-1:00 PM
Fall Prevention, 2:00-3:00 PM

7 thursday

Pet Therapy
Kelli's Closet, 8:00 AM-1:30 PM
Mind-Body Together Support
Group, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM
Mind-Body Together Support
Group, 2:00-3:30 PM

14 thursday

Mind-Body Together Support
Group, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lift the Fog, 11:30 AM-12:30 PM
Mind-Body Together Support
Group, 2:00-3:30 PM

21 thursday

Kelli's Closet, 8:00 AM-1:30 PM
Mind-Body Together Support
Group, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM
Mind-Body Together Support
Group, 2:00-3:30 PM

28 thursday

Mind-Body Together Support
Group, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM
Mind-Body Together Support
Group, 2:00-3:30 PM

1 friday

Pet Therapy
Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM

8 friday

Pet Therapy
Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM

15 friday

Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM

22 friday

Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM

29 friday

Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM



Learn more about the sisterhood at sisterhoodstrong.org