



April-June 2019 Survivorship & Support
calendar

sis·ter·hood

/'sister,hōod/

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

Personalized Coaching

Individual coaching sessions to help develop coping strategies and stress management skills to support you through the challenges associated with a cancer diagnosis.

Free

Mary Bird Perkins – Our Lady of the Lake Cancer Center BY APPOINTMENT – 225-215-0782

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 two-step process which includes that tattooing session and a follow up/touch up.

Uni-lateral Areola Tattoo - \$400

Bi-Lateral Areola Tattoo - \$700

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.

Starry, Starry Night

“Starry, starry night, paint your palette blue and gray...” Join us for this historic opportunity to create like one of the great masters. During this workshop we will explore and paint in the style of Vincent Van Gogh’s much loved The Starry Night. While we won’t attempt to recreate the painting, we will paint simple pieces using some of the elements that make Van Gogh’s work unique.

Tuesday, April 2 (10:00-11:30 AM)

Free: RSVP Required, 225-215-0182

Cancer Services, 550 Lobdell

Art Explorations

Come and enjoy the opportunity to explore the art medium of your choice. Choose from watercolor or acrylic painting, pastels, drawing or clay – or dabble in them all if you like. Feel free to bring a friend!

Tuesday, April 16 (10:00-11:30 AM)

Free: RSVP Required, 225-215-0182

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

Still Life

The Still Life is a fundamental art experience. Come explore the relationships of shapes, shadows and reflections. Artist, Susan Cresap will guide us through the process of creating a simple painting based on a collection of everyday objects.

Tuesday, May 7 (10:00-11:30 AM)

Free: RSVP Required, 225-215-0182

Cancer Services, 550 Lobdell

Dot Painting

The tiny dot is all we need during this workshop to create beautiful designs. This simple painting technique requires nothing more than dotting sticks and colorful paint, yet the results may surprise you. Bringing your full attention to creating a dot painting provides the perfect opportunity to enjoy a peaceful and mindful morning.

Tuesday, May 21 (10:00-11:30 AM)

Free: RSVP Required, 225-215-0182

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

Botanical Line Drawings

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, June 4 (10:00-11:30 AM)

Free: RSVP Required, 225-215-0182

Cancer Services, 550 Lobdell

Torn Paper Collage

Put down your scissors—you won’t need them for this workshop! Collage is a popular art style used in everything from fine art to scrapbooking. During this exploration of collage technique, we will create artwork by combining different shapes and sizes of torn paper to create an image or design. You’ll be amazed at the depth and texture you can achieve in your piece with simple bits of torn paper.

Tuesday, June 18 (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

April 10

Importance of Communicating with your Team

Robin Maggio, LCSW, OSW-C

May 8

Understanding the Role of Medication in your Journey

Nia'Ja Mack, FNP-C and Carrie Perry, AGNP-C

June 12

Genetics of Breast and Gyn Cancers

Hillary Janani, RN, MS, CGC, Board-Certified Genetic Counselor

Sunflower 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

April 24

Genetics of Breast and Gyn Cancers

Hillary Janani, RN, MS, CGC, Board-Certified Genetic Counselor

May 22

Importance of Communicating with your Team

Robin Maggio, LCSW, OSW-C

June 26

Understanding the Role of Medication in your Journey

Nia'Ja Mack, FNP-C and Carrie Perry, AGNP-C

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

Mind-Body Cancer Recovery Clinic

This six-week program focuses on the needs of people in treatment and those who have completed treatment. The purpose of this clinic is to build a sense of well-being and personal resourcefulness, and learn life-long tools for managing stress and anxiety. Enjoy research-based mindfulness instruction and practices that include yoga, expressive arts, mindful eating, nature walks and meditation.

Next Session: August 7- September 13

Free

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

Burden Museum and Gardens, 4560 Essen Lane, Baton Rouge

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 Instruction

The practice of using our breath to help focus our attention. Mindfulness meditation can help reduce stress, enhance immune function and lower blood pressure. Individual and group instruction on how to practice mindfulness meditations, both sitting and walking, is available upon request.

Free

To schedule your session, 225-215-0182 or lgaddy@marybird.com

Hope

Fostering Hope

A program that brings the healing effects of pet companionship to cancer survivors and their family members while providing a temporary 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

Free

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

Exercise

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

Nia®

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

Mondays (4:00-5:00 PM)

Wednesdays (8:00-8:55 AM, 4:00-5:00 PM)

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)

May 7-June 13

July 16-August 22

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

Yoga

This gentle practice combines simple movements, stretching, meditation, and breath work to increase flexibility, strength and relaxation to promote healing. The classes are provided in collaboration with The Red Shoes and Cancer Services.

Mondays (10:30-11:30 AM)

Free

The Red Shoes, 2303 Government Street, Baton Rouge

Chair Yoga

Using a chair for sitting or support, this gentle yoga class provides all ages and body types with the unique opportunity to cultivate better breathing skills, improve flexibility, balance and posture as well as reduce stress.

Wednesdays & Saturdays (11:30 AM-12:30 PM)

\$120 for 12-classes

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

Woman's Center for Wellness

Gentle Yoga

Learn alignment principles that improve posture and stimulate relief from chronic pain and injury. This class modifies simple movements coordinated with breathing and offers techniques to use in daily life.

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

Zumba Gold

A slower, gentler form of Zumba®, a Latin-based class which combines aerobic and fitness movements with easy-to-follow dance steps.

Tuesdays & Thursdays (8:00-9:00 AM)

Saturdays (10:15-11:15 AM)

\$120 for 12-classes

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

Woman's Center for Wellness



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, April 3 (7:30-8:30 AM)

Wednesday, May 1 (1:00-2:00 PM)

Free

Breast and GYN Cancer Pavilion

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

Learning to Thrive

Living Your Best: Nutrition During and After Cancer Treatment

Healthy eating is important during any time in life, but particularly so after a cancer diagnosis. Mary Bird Perkins-Our Lady of the Lake Cancer Center's Registered Dietitians Vadel Shivers and Lindsay Huffman will present nutritional information related to the role of nutrition and side effect management, the difference between anti-inflammatory and pro-inflammatory foods and the impact of exercise on cancer recurrence. They will also direct you to research-based resources for more information on the topic. You won't want to miss this informative talk. A light lunch will be provided.

Tuesday, June 25 (Noon-1:00 PM)

Free: RSVP required, 225-215-0182

Cancer Services, 550 Lobdell

Fight Cancer with Your Fork

A healthy diet can give you strength during cancer treatment and help you thrive in survivorship. Join us for a cooking demonstration designed to incorporate cancer fighting foods! Learn how to pick and prepare a variety of produce and how to incorporate it into delicious plant-based dishes.

Snack will be provided.

Wednesday, April 10 (Noon-1:00 PM)

Wednesday, June 12 (Noon-1:00 PM)

Free

Breast & GYN Cancer Pavilion, Activity Room, Suite 115

Free (space is limited)

Register online at womans.org/classes or call 225-924-8709.

Breast & GYN Cancer Pavilion, Activity Room, Suite 115





Geaux Teal is working to spread awareness about ovarian cancer along with raising money for research to directly impact women in need.

Saturday, April 13

Individual Entry: \$25

Walk from your Bed: \$35

To register, visit geauxteal.com

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

April

1 monday

8 monday

Nia, 8:00-8:55 AM
Yoga, 10:30-11:30 AM
Nia, 4:00-5:00 PM

15 monday

Nia, 8:00-8:55 AM
Yoga, 10:30-11:30 AM
Nia, 4:00-5:00 PM

22 monday

Nia, 8:00-8:55 AM
Yoga, 10:30-11:30 AM
Nia, 4:00-5:00 PM

29 monday

Nia, 8:00-8:55 AM
Yoga, 10:30-11:30 AM
Nia, 4:00-5:00 PM

2 tuesday

Zumba Gold, 8:00-9:00 AM
Starry, Starry Night, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Tai Chi, 2:15-3:15 PM

9 tuesday

Zumba Gold, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Tai Chi, 2:15-3:15 PM

16 tuesday

Pet Therapy
Zumba Gold, 8:00-9:00 AM
Art Explorations, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Tai Chi, 2:15-3:15 PM

23 tuesday

Zumba Gold, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Tai Chi, 2:15-3:15 PM

30 tuesday

Zumba Gold, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Tai Chi, 2:15-3:15 PM

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

3 wednesday

Lift the Fog, 7:30-8:30 AM
Nia, 8:00-8:55 AM
Chair Yoga, 11:30 AM-12:30 PM
Nia, 4:00-5:00 PM

10 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:30 AM-12:30 PM
Rosebud Support Group,
Noon-1:00 PM
Fight Cancer with Your Fork,
Noon-1:00 PM
Nia, 4:00-5:00 PM

17 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:30 AM-12:30 PM
Nia, 4:00-5:00 PM

24 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:30 AM-12:30 PM
Sunflower Support Group,
Noon-1:00 PM
Nia, 4:00-5:00 PM

4 thursday

Pet Therapy
Zumba Gold, 8:00-9:00 AM
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

11 thursday

Zumba Gold, 8:00-9:00 AM
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 thursday

Zumba Gold, 8:00-9:00 AM
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

25 thursday

Zumba Gold, 8:00-9:00 AM
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

5 friday

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

12 friday

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

19 friday

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

26 friday

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

May

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

6 monday

Nia, 8:00-8:55 AM
Yoga, 10:30-11:30 AM
Nia, 4:00-5:00 PM

13 monday

Nia, 8:00-8:55 AM
Yoga, 10:30-11:30 AM
Nia, 4:00-5:00 PM

20 monday

Nia, 8:00-8:55 AM
Yoga, 10:30-11:30 AM
Nia, 4:00-5:00 PM

27 monday

Memorial Day

7 tuesday

Zumba Gold, 8:00-9:00 AM
Still Life, 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

14 tuesday

Zumba Gold, 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

21 tuesday

Pet Therapy
Zumba Gold, 8:00-9:00 AM
Dot Painting, 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

28 tuesday

Zumba Gold, 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

1 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:30-12:30 PM
Lift the Fog, 1:00-2:00 PM
Nia, 4:00-5:00 PM

8 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:30-12:30 PM
Rosebud Support Group,
Noon-1:00 PM
Nia, 4:00-5:00 PM

15 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:30-12:30 PM
Nia, 4:00-5:00 PM

22 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:30-12:30 PM
Sunflower Support Group,
Noon-1:00 PM
Nia, 4:00-5:00 PM

29 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:30-12:30 PM
Nia, 4:00-5:00 PM

2 thursday

Pet Therapy
Zumba Gold, 8:00-9:00 AM
Kelli's Closet, 8:00 AM-1:30 PM
Gentle Yoga, 11:30 AM-12:30 PM
Mind-Body Together Support
Group, 2:00-3:30 PM

9 thursday

Zumba Gold, 8:00-9:00 AM
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

16 thursday

Zumba Gold, 8:00-9:00 AM
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

23 thursday

Zumba Gold, 8:00-9:00 AM
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

30 thursday

Zumba Gold, 8:00-9:00 AM
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

3 friday

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

10 friday

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

17 friday

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

24 friday

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

31 friday

Mind-Body Together Support
Group, 10:00-11:30 AM
Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM

June

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

3 monday

Nia, 8:00-8:55 AM
Yoga, 10:30-11:30 AM
Nia, 4:00-5:00 PM

4 tuesday

Zumba Gold, 8:00-9:00 AM
Botanical Line Drawings, 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

5 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:30 AM-12:30 PM
Nia, 4:00-5:00 PM

6 thursday

Pet Therapy
Zumba Gold, 8:00-9:00 AM
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
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7 friday

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

10 monday

Nia, 8:00-8:55 AM
Yoga, 10:30-11:30 AM
Nia, 4:00-5:00 PM

11 tuesday

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

12 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:30 AM-12:30 PM
Rosebud Support Group,
Noon-1:00 PM
Fight Cancer with Your Fork,
Noon-1:00 PM
Nia, 4:00-5:00 PM

13 thursday

Zumba Gold, 8:00-9:00 AM
Mind-Body Together Support
Group, 10:00-11:30 AM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM
Gentle Yoga, 11:30 AM-12:30 PM
Mind-Body Together Support
Group, 2:00-3:30 PM

14 friday

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

17 monday

Nia, 8:00-8:55 AM
Yoga, 10:30-11:30 AM
Nia, 4:00-5:00 PM

18 tuesday

Pet Therapy
Zumba Gold, 8:00-9:00 AM
Torn Paper Collage, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Tai Chi, 2:15-3:15 PM

19 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:30 AM-12:30 PM
Nia, 4:00-5:00 PM

20 thursday

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21 friday

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

24 monday

Nia, 8:00-8:55 AM
Yoga, 10:30-11:30 AM
Nia, 4:00-5:00 PM

25 tuesday

Zumba Gold, 8:00-9:00 AM
Learning to Thrive, Noon-1:00 PM
Gentle Yoga, 11:30 AM-12:30 PM
Tai Chi, 2:15-3:15 PM

26 wednesday

Nia, 8:00-8:55 AM
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Sunflower Support Group,
Noon-1:00 PM
Nia, 4:00-5:00 PM

27 thursday

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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

28 friday

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



Learn more about the sisterhood at BreastandGYNcancer.org