



July-September 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

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 if 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

Covered by some insurance plans

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

Breast & GYN Cancer Pavilion – Physician release required

Microblading

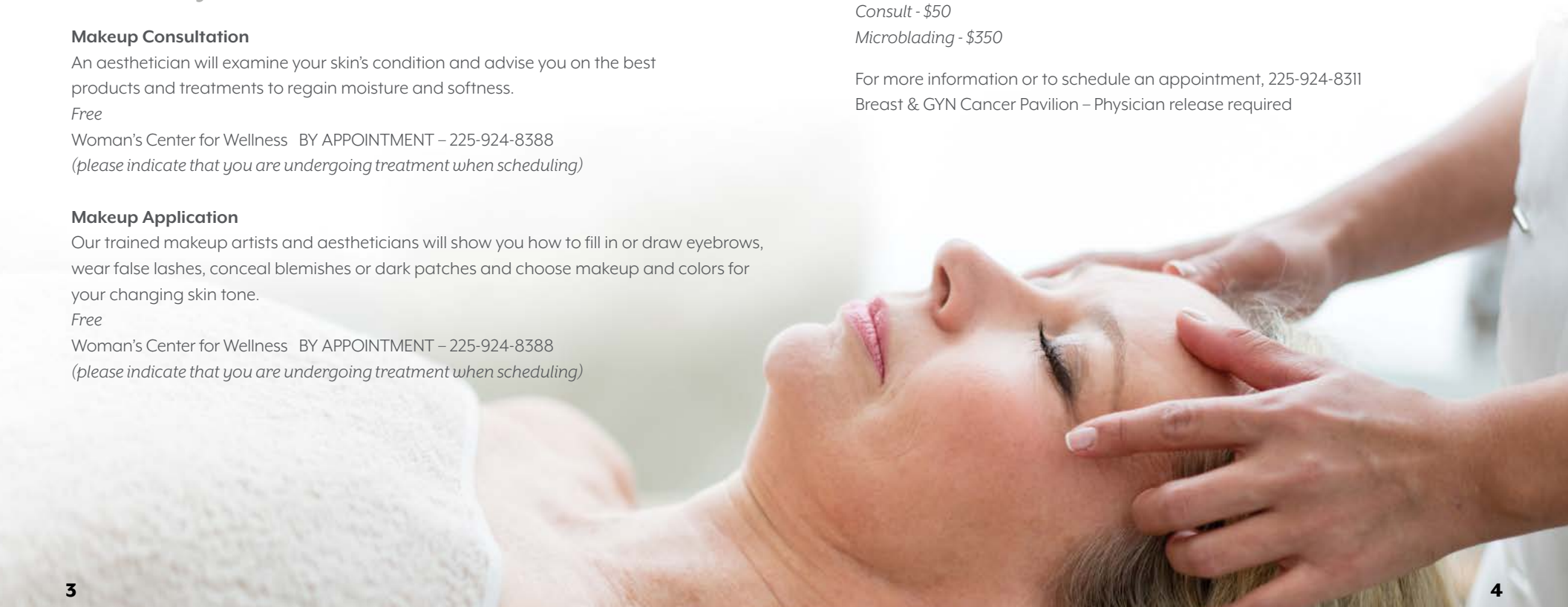
Have you lost your eyebrows through cancer treatment? Microblading is a semi-permanent tattoo technique where a small disposable blade known as a microblading pen is used to draw eyebrows through individual strokes that look just like real hairs.

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. For more information, contact Laura Gaddy at 225-927-2273.

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

July 10

I Know I Have Cancer, Can I Talk About Something Else?

Robin Maggio, LCSW, OSW-C

August 14

Managing Side Effects of Chemo With Food

Robin Strate, Registered Dietitian

September 11

Impact of Cancer on Relationships

Kristen Wilcox, LMSW

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

July 24

Supporting Your Survivorship With Food

Robin Strate, Registered Dietitian

August 28

Impact of Cancer on Relationships

Kristen Wilcox, LMSW

September 25

I'm a Survivor... What's Next?

Robin Maggio, LCSW, OSW-C

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, BY APPOINTMENT – 225-927-2273

Breast & GYN Cancer Pavilion

Cancer Services

Kelli's Klostet

Kelli's Klostet 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 Klostet 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

Cancer Services

To schedule your session, contact Laura Gaddy at 225-927-2273.

Hope

Pet Therapy

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

First Friday of every month

Breast & GYN Cancer Pavilion

Free

Contact: 225-767-0847



Exercise

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 theredshoes.org

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)

July 16-August 22

September 3-October 10

Free (space is limited)

Woman's Center for Wellness

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

Exercise Classes at Woman's Center for Wellness

\$120 for 12-classes

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

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

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, 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)

Tai Chi

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

Tuesdays (2:15-3:15 PM)

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 (11:45 AM-12:45 PM) & Saturdays (11:30 AM-12:30 PM)

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)

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)



Education

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

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

Wednesday, July 10 (1:00-2:00 PM)

Wednesday, August 7 (7:30-8:30 AM)

Wednesday, September 4 (1:00-2:00 PM)

Free

Breast and GYN Cancer Pavilion

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

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. Samples will be served.

Wednesday, August 7 (Noon-1:00 PM)

Free (space is limited)

Breast & GYN Cancer Pavilion, Activity Room, Suite 115

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



Woman's mom & baby boutique

Shop for Cancer Care Products

- Skin Care Products
- Radiation Relief
- Nausea Relief
- Recovery Apparel
- Gifts, Accessories & More

June

*Lymphedema Warm Water Exercise is a 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

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

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

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

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

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

27 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

28 friday

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

July

1 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
Gentle Yoga, 11:30 AM-12:30 PM
Tai Chi, 2:15-3:15 PM

3 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:45 AM-12:45 PM
Nia, 4:00-5:00 PM

4 thursday

Independence Day

5 friday

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

8 monday

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

10 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:45 AM-12:45 PM
Rosebud Support Group,
Noon-1:00 PM
Lift the Fog, 1:00-2:00 PM
Nia, 4:00-5:00 PM

11 thursday

Zumba Gold, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM

12 friday

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

15 monday

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

16 tuesday

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

17 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:45 AM-12:45 PM
Nia, 4:00-5:00 PM

18 thursday

Zumba Gold, 8:00-9:00 AM
Kelli's Kloset, 8:00 AM-1:30 PM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:30 PM

19 friday

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

22 monday

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

23 tuesday

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

24 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:45 AM-12:45 PM
Sunflower Support Group,
Noon-1:00 PM
Nia, 4:00-5:00 PM

25 thursday

Zumba Gold, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:30 PM

26 friday

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

29 monday

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

30 tuesday

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

31 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:45 AM-12:45 PM
Nia, 4:00-5:00 PM

*Lymphedema Warm Water Exercise is a series

August

*Lymphedema Warm Water Exercise is a series

5 monday

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

12 monday

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

19 monday

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

26 monday

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

6 tuesday

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

13 tuesday

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

20 tuesday

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

27 tuesday

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

7 wednesday

Lift the Fog, 7:30-8:30 AM
Nia, 8:00-8:55 AM
Chair Yoga, 11:45 AM-12:45 PM
Fight Cancer With Your Fork,
Noon-1:00 PM
Nia, 4:00-5:00 PM

14 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:45 AM-12:45 PM
Rosebud Support Group,
Noon-1:00 PM
Nia, 4:00-5:00 PM

21 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:45 AM-12:45 PM
Nia, 4:00-5:00 PM

28 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:45 AM-12:45 PM
Sunflower Support Group,
Noon-1:00 PM
Nia, 4:00-5:00 PM

1 thursday

Zumba Gold, 8:00-9:00 AM
Kelli's Kloset, 8:00 AM-1:30 PM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:30 PM

8 thursday

Zumba Gold, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:30 PM

15 thursday

Zumba Gold, 8:00-9:00 AM
Kelli's Kloset, 8:00 AM-1:30 PM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:30 PM

22 thursday

Zumba Gold, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:30 PM

29 thursday

Zumba Gold, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM

2 friday

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

9 friday

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

16 friday

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

23 friday

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

30 friday

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

September

*Lymphedema Warm Water Exercise is a series

2 monday

Labor Day

3 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

4 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:45 AM-12:45 PM
Lift the Fog, 1:00-2:00 PM
Nia, 4:00-5:00 PM

5 thursday

Zumba Gold, 8:00-9:00 AM
Kelli's Kloset, 8:00 AM-1:30 PM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:15 PM

6 friday

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

9 monday

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

10 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

11 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:45 AM-12:45 PM
Rosebud Support Group,
Noon-1:00 PM
Nia, 4:00-5:00 PM

12 thursday

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

13 friday

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

16 monday

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

17 tuesday

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

18 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:45 AM-12:45 PM
Nia, 4:00-5:00 PM

19 thursday

Zumba Gold, 8:00-9:00 AM
Kelli's Kloset, 8:00 AM-1:30 PM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:15 PM

20 friday

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

23 monday

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

24 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

25 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:45 AM-12:45 PM
Sunflower Support Group,
Noon-1:00 PM
Nia, 4:00-5:00 PM

26 thursday

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

27 friday

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

30 monday

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



Learn more about the sisterhood at BreastandGYNcancer.org