



January - March 2020 Survivorship & Support
calendar

 MARY BIRD PERKINS
OUR LADY OF THE LAKE 
CANCER CENTER

 *Woman's*

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



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)

Look Good Feel Better

Cancer treatments may change the way a woman looks and can affect their self-esteem. The Look Good Feel Better program is aimed at helping women regain confidence through a nonmedical program with licensed beauty professionals. Women will learn:

- Skin care and makeup application
- Tips on wig selection and wig care
- How to combat dry skin and discolored nails
- Use of scarves, turbans and hats

Thursday, February 13, 1:00-3:00 PM

Free

Woman's Center for Wellness

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 - \$350

Bi-Lateral Areola Tattoo - \$500

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.

Microblading - \$400

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

Breast & GYN Cancer Pavilion – Physician release required



Support

All women with breast or GYN cancer are invited to join our support groups where we will discuss the topics listed below. Meet others who are walking the same journey and share feelings, challenges and triumphs in a safe, secure environment. No matter your age, stage of cancer or stage of treatment, all are welcome to attend any of our groups.

New Normal

January 8 (6:00 – 7:00 PM)

Email lgaddy@cancerservices.org or call 927-2273 for location

Importance of Intimacy

January 22 (Noon – 1:00 PM)

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

Is Social Media all it's Cracked up to be?

February 12 (6:00 – 7:00 PM)

Email lgaddy@cancerservices.org for the location

Making Your Mental Health a Priority

February 26 (Noon – 1:00 PM)

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

Spring Cleaning from the Inside Out

March 11 (6:00 – 7:00 PM)

Email lgaddy@cancerservices.org for the location

Wonder Woman – Does She Exist?

March 25 (Noon – 1:00 PM)

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

Mind-Body Together Support Group

In a supportive group setting, learn mind-body skills such as mindfulness meditation, guided imagery, deep breathing, the healing arts and journaling as ways to calm your mind, support your immune system and enhance your sense of well-being.

3rd Wednesday of the month (6:00 – 7:30 PM)

Cancer Services

Health and Wellness Coaching

Through individual sessions with a professional coach, explore your personal goals for life going forward while receiving the support and accountability helpful in accomplishing your personal objectives toward living life well.

Cancer Services

To schedule your session, contact Laura Gaddy at lgaddy@cancerservices.com or call 225-927-2273.

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)

Outside of the Breast & GYN Cancer Pavilion main entrance





Meditation

Mindfulness Meditation Instruction

The practice of using our breath to help focus our attention and calm the nervous system. It can have many cancer-fighting benefits by helping reduce stress, enhance immune function, lower blood pressure and facilitate a sense of well-being. Individual and group instruction on how to practice walking and sitting meditations are available upon request.

Free

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

Hope

Pet Therapy

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

1st 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. Financial assistance may be available.

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

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.

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

February 4 - March 12

March 31 - May 7

Free (space is limited)

Woman's Center for Wellness

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

Cancer Fit

Our Cancer Fit Classes are just for women who are cancer survivors. Whether you are actively in treatment or have completed your care, join us to learn how to reduce your cancer fatigue to a fun new beat! Led by an exercise physiologist, use dance to increase range of motion, strength, and endurance.

Tuesdays & Thursdays (7:30 – 8:30 AM)

February 4 – June 30

Free (space is limited)

Woman's Center for Wellness

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



Exercise classes below are offered at Woman's Center for Wellness for \$120 for 12-classes or memberships are available starting at \$46 + tax / month.

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 & Thursdays (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)

\$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 (11:30 AM-12:30 PM); Thursdays (11:30 AM-12:20 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

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, February 5 (Noon-1:00 PM)

Free (space is limited)

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

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





January

6 monday

Nia, 8:00-8:55 AM

Yoga, 10:30-11:30 AM

Nia, 4:00-5:00 PM

7 tuesday

Zumba Gold, 8:00-9:00 AM

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

Tai Chi, 2:15-3:15 PM

13 monday

Nia, 8:00-8:55 AM

Yoga, 10:30-11:30 AM

Nia, 4:00-5:00 PM

14 tuesday

Zumba Gold, 8:00-9:00 AM

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

Tai Chi, 2:15-3:15 PM

20 monday

Nia, 8:00-8:55 AM

Yoga, 10:30-11:30 AM

Nia, 4:00-5:00 PM

21 tuesday

Zumba Gold, 8:00-9:00 AM

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

Tai Chi, 2:15-3:15 PM

27 monday

Nia, 8:00-8:55 AM

Yoga, 10:30-11:30 AM

Nia, 4:00-5:00 PM

28 tuesday

Zumba Gold, 8:00-9:00 AM

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

Tai Chi, 2:15-3:15 PM



Breast & GYN Cancer Pavilion

500 Rue de la Vie, Baton Rouge, LA 70817



Cancer Services

Email lgaddy@cancerservices.org or call

927-2273 for temporary location.

*Lymphedema Warm Water Exercise is a series

1 wednesday

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

2 thursday

Zumba Gold, 8:00-9:00 AM
Kelli's Closet, 8:00 AM-1:30 PM
Gentle Yoga, 11:30 AM-12:20 PM
Tai Chi, 2:15-3:15 PM

3 friday

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

8 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:45 AM-12:45 PM
Nia, 4:00-5:00 PM
New Normal, 6:00-7:00 PM

9 thursday

Zumba Gold, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:20 PM
Tai Chi, 2:15-3:15 PM

10 friday

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

15 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:45 AM-12:45 PM
Nia, 4:00-5:00 PM
Mind-Body Together Support
Group, 6:00-7:30 PM

16 thursday

Zumba Gold, 8:00-9:00 AM
Kelli's Closet, 8:00 AM-1:30 PM
Gentle Yoga, 11:30 AM-12:20 PM
Tai Chi, 2:15-3:15 PM

17 friday

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

22 wednesday

Nia, 8:00-8:55 AM
Chair Yoga, 11:45 AM-12:45 PM
Nia, 4:00-5:00 PM
Importance of Intimacy, Noon-
1:00 PM

23 thursday

Zumba Gold, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:20 PM
Tai Chi, 2:15-3:15 PM

24 friday

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

29 wednesday

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

30 thursday

Zumba Gold, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:20 PM
Tai Chi, 2:15-3:15 PM

31 friday

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

February

3 monday

Nia, 8:00-8:55 AM

Yoga, 10:30-11:30 AM

Nia, 4:00-5:00 PM

10 monday

Nia, 8:00-8:55 AM

Yoga, 10:30-11:30 AM

Nia, 4:00-5:00 PM

17 monday

Nia, 8:00-8:55 AM

Yoga, 10:30-11:30 AM

Nia, 4:00-5:00 PM

24 monday

Nia, 8:00-8:55 AM

Yoga, 10:30-11:30 AM

Nia, 4:00-5:00 PM

4 tuesday

Cancer Fit, 7:30-8:30 AM

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 tuesday

Cancer Fit, 7:30-8:30 AM

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

18 tuesday

Cancer Fit, 7:30-8:30 AM

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 tuesday

Cancer Fit, 7:30-8:30 AM

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

26 wednesday

Making Your Mental Health a
Priority,
Noon-1:00 PM



Breast & GYN Cancer Pavilion

500 Rue de la Vie, Baton Rouge, LA 70817



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5 wednesday

Nia, 8:00-8:55 AM

Chair Yoga, 11:45 AM-12:45 PM

Nia, 4:00-5:00 PM

Fight Cancer with Your Fork,
Noon-1:00 PM

6 thursday

Cancer Fit, 7:30-8:30 AM

Zumba Gold, 8:00-9:00 AM

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

Gentle Yoga, 11:30 AM-12:20 PM

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

Tai Chi, 2:15-3:15 PM

7 friday

Pet Therapy

Nia, 8:00-8:55 AM

Nia, 9:05-10:05 AM

12 wednesday

Nia, 8:00-8:55 AM

Chair Yoga, 11:45 AM-12:45 PM

Nia, 4:00-5:00 PM

Is Social Media all it's Cracked
up to be?, 6:00-7:00 PM

13 thursday

Cancer Fit, 7:30-8:30 AM

Zumba Gold, 8:00-9:00 AM

Gentle Yoga, 11:30 AM-12:20 PM

Lymphedema Warm Water

Exercise, 11:30 AM-12:15 PM

Look Good Feel Better, 1-3 PM

Tai Chi, 2:15-3:15 PM

14 friday

Nia, 8:00-8:55 AM

Nia, 9:05-10:05 AM

19 wednesday

Nia, 8:00-8:55 AM

Chair Yoga, 11:45 AM-12:45 PM

Nia, 4:00-5:00 PM

Mind-Body Together Support
Group, 6:00-7:30 PM

20 thursday

Cancer Fit, 7:30-8:30 AM

Zumba Gold, 8:00-9:00 AM

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Lymphedema Warm Water

Exercise, 11:30 AM-12:15 PM

Tai Chi, 2:15-3:15 PM

21 friday

Nia, 8:00-8:55 AM

Nia, 9:05-10:05 AM

26 wednesday

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Exercise, 11:30 AM-12:15 PM

Tai Chi, 2:15-3:15 PM

28 friday

Nia, 8:00-8:55 AM

Nia, 9:05-10:05 AM

March

2 monday

Nia, 8:00-8:55 AM

Yoga, 10:30-11:30 AM

Nia, 4:00-5:00 PM

9 monday

Nia, 8:00-8:55 AM

Yoga, 10:30-11:30 AM

Nia, 4:00-5:00 PM

16 monday

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Yoga, 10:30-11:30 AM

Nia, 4:00-5:00 PM

23 monday

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5 thursday

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Tai Chi, 2:15-3:15 PM

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Spring Cleaning from the Inside Out, 6:00-7:00 PM

12 thursday

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Learn more about the sisterhood at BreastandGYNcancer.org