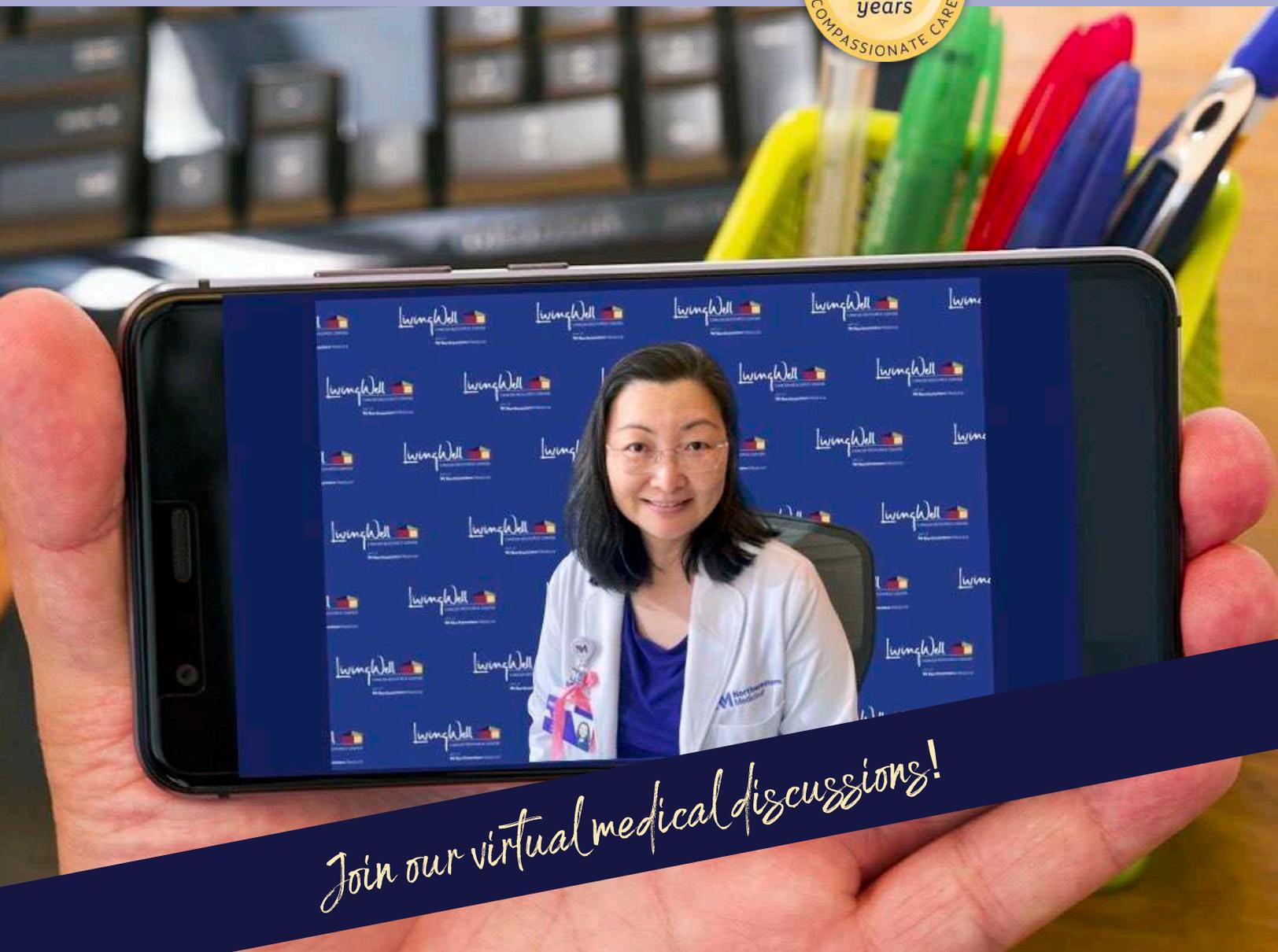


# Winter 2021 Program Guide



CANCER RESOURCE CENTER

part of  
Northwestern Medicine



*Join our virtual medical discussions!*

So much has happened since opening day of the LivingWell Cancer Resource Center on September 1, 2005, and yet our mission remains the same: to provide compassionate care that empowers, encourages, supports and offers hope to patients with cancer and their families.

Help us celebrate our 15th anniversary by utilizing our free programs and services—online and onsite—and sharing them with others impacted by cancer.

Visit [livingwellcrc.org](http://livingwellcrc.org)

Follow [Facebook.com/livingwellcrc](https://www.facebook.com/livingwellcrc) and [YouTube.com/c/livingwellcrc](https://www.youtube.com/c/livingwellcrc)

# Living Well Online

The LivingWell Cancer Resource Center offers several virtual programs and support groups, social work services and telehealth for counseling. All offerings are free to patients with cancer and their families/caregivers.

► View all virtual programs and services at [livingwellcrc.org/digital](https://livingwellcrc.org/digital).

## Live Medical Discussions

Participate in the following weekly cancer-related discussions with top oncology physicians and clinicians on Facebook Live at [facebook.com/livingwellcrc](https://facebook.com/livingwellcrc).

### Thursday, January 14, 1:00 pm

Guided Imagery as a Comfort Practice  
*Linnea Winquist, Marianjoy Rehabilitation Hospital*

### Tuesday, January 19, 1:00 pm

Pelvic Floor Therapy: Is it for you?  
*Jamie Justice, PT, WCS, Empower Women's Health & Wellness*

### Monday, February 8, 10:30 am

Rise in Tonsillar Cancer: What's Behind It?  
*Dr. Arpi Thukral, Radiation Oncology, Northwestern Medicine*

### Wednesday, February 17, 1:00 pm

Your Metabolic Health and Your Risk of Cancer  
*Dr. Elizabeth Lowden, Bariatric Endocrinology, Northwestern Medicine Regional Medical Group*

### Monday, March 1, 6:30 - 8:00 pm

I've Finished Cancer Treatment. What Now? Survivorship 101  
*Dr. Christopher George, Medical Director, Medical Oncology, Northwestern Medicine Regional Medical Group (To register and receive a link to join this virtual presentation, e-mail [info@livingwellcrc.org](mailto:info@livingwellcrc.org) and include your first and last name and "Survivorship 101" in your subject line.)*

### Friday, March 5, 1:00 pm

New Lymphedema Surgery Options for Patients with Breast Cancer  
*Sumanas Jordan, MD, PhD, Plastic and Reconstructive Surgery, Northwestern Medicine*

### Thursday, March 11, 1:00 pm

What is Advanced Care Planning and How does Palliative Medicine Fit in the Equation?  
*Dr. Mark Speyer, Northwestern Medicine Regional Medical Group*

### Tuesday, March 16, 1:00 pm

The Basics of Sleep and Sleep Improvement While Living with a Cancer Diagnosis  
*Dr. Kuljeet Gill, Sleep Medicine, Northwestern Medicine Regional Medical Group*

### Tuesday, April 6, 1:00 pm

What Causes Cancer?  
*Dr. Robert Bayer, Hematology and Medical Oncology, Northwestern Medicine Regional Medical Group*

### Wednesday, April 28, 1:00 pm

Integrative Medicine: What Is It and What are the Benefits for Patients Diagnosed with Cancer?  
*Elizabeth Addington, PhD, Psychology, Northwestern Medical Group, Assistant Professor of Medical Social Sciences, Feinberg School of Medicine*



Watch recordings of previous Facebook Live discussions on our Facebook page or [YouTube.com/c/Livingwellcrc](https://YouTube.com/c/Livingwellcrc).

## Counseling and Social Work Services

LivingWell oncology trained and licensed counselors and social workers specialize in supporting individuals, families and children impacted by cancer. They are available to provide support to anyone, at any phase of cancer care.

### Counseling

The emotional experience of cancer treatment can be as challenging as the physical experience. Our team of Licensed Clinical Professional Counselors can help patients and caregivers talk about their thoughts, feelings, and reactions to a diagnosis. To schedule an initial consultation or telephone counseling session, please email [counseling@livingwellcrc.org](mailto:counseling@livingwellcrc.org).

### Social Work

LivingWell's licensed social workers connect patients to resources and education to help reduce stress and remove barriers to care. Resources are available to help with transportation and lodging, managing household finances and employment challenges. Social workers are also available to help patients and caregivers cope after a diagnosis and treatment changes. To connect with a LivingWell social worker, please email [socialwork@livingwellcrc.org](mailto:socialwork@livingwellcrc.org).



## Virtual Wig Consultations

For patients experiencing hair loss as a result of cancer treatments, LivingWell offers virtual wig consultations. Our wig specialists will help you choose a wig that fits your needs, lifestyle and budget from the privacy of your home.

► To schedule a virtual wig consultation, visit [bit.ly/WigConsult](https://bit.ly/WigConsult).



### Back-On-Track Surviving Survivorship Series

*Mondays, February 1 – March 15*

*6:30 – 7:45 pm*

Many patients find themselves wondering, “Now what?” after their cancer treatment ends. This seven-week online “Back-on-Track: Surviving Survivorship” series, presented by Missy Petty, LCPC, is designed to help both patients and caregivers navigate the challenges people experience as they transition into survivorship. Topics include: changes in relationships, managing expectations, addressing anxiety and depression, the “new normal,” fear of recurrence, how to partner with your primary care physician and other providers, managing your health records, and envisioning a positive future. Attendance throughout the entire free series is encouraged but not mandatory.

**February 1:** Pressure to Thrive

**February 8:** Discussion Group

**February 15:** Managing Moods, Stress, Feeling Stuck

**February 22:** Discussion Group

**March 1:** Survivorship Toolkit

**March 8:** Fear of Recurrence

**March 15:** Envisioning Your Future

► To register and receive the link to join this virtual series, email [info@livingwellcrc.org](mailto:info@livingwellcrc.org) and include your first and last name and “Survivorship Series” in your subject line.

## Support Groups

The following LivingWell support groups meet virtually. To receive a link to join one, email [counseling@livingwellcrc.org](mailto:counseling@livingwellcrc.org) and include your first and last name and “support group” in your subject line.

### Caregiver Support

*Every other Tuesday, 6:30 – 7:30 pm*

*(January 5, 19; February 2, 16; March 2, 16, 30; April 13, 27)*

This support group embraces the importance of those dedicated to caring for loved ones who are living with cancer and provides opportunities to network with other caregivers facing similar challenges.

### Facing Cancer Together (FACT)

*Every other Tuesday, 6:30 – 7:30 pm*

*(January 5, 19; February 2, 16; March 2, 16, 30; April 13, 27)*

Ongoing weekly support group for people with any type or stage of cancer, and is appropriate for patients who are newly diagnosed, in treatment, completing treatment, or living with cancer as a chronic illness.

### Good Grief

*First and third Thursdays of each month, 6:30 – 8:00 pm*

Navigating life after loss is challenging, but having the support of others who understand can help. This group provides emotional support and connection for individuals who have experienced the loss of an adult loved one to cancer within the past 12 months.

### Grief Transitions

*Second Monday of each month, 6:30 – 7:30 pm*

Provides support to those individuals who lost an adult loved one and are navigating life with grief after the one year mark of their loss and up to three years beyond.

### Leukemia, Lymphoma, Multiple Myeloma

*Fourth Monday of each month, 6:30 – 7:30 pm*

Supports any individual living with a leukemia, lymphoma, or multiple myeloma diagnosis—as well as those caring for a loved one with one of those diagnoses.

### Brain Tumor

*Second Wednesday of each month, 6:00 – 7:00 pm*

Co-facilitated by a LivingWell social worker and neuro-oncology APN, this group provides support and education to patients who have a diagnosis of a primary brain tumor. Caregivers are welcome to attend.

### Breast (General)

*Third Monday of each month, 6:30 – 7:30 pm*

This group provides those with breast cancer to come together and support one another through diagnosis, treatment, and early survivorship.

### Breast (Mastectomy)

*Fourth Wednesday of each month, 6:30 – 7:30 pm*

Open to any individual who has had or will be having a mastectomy to process the physical and emotional impact a diagnosis can have on those with a breast cancer diagnosis. Facilitated by a survivor and longtime LivingWell/Northwestern Medicine volunteer.

### Breast (Metastatic)

*Third Monday of each month, 3:00 – 4:00 pm*

Support and connection with others who understand the challenges of living with a metastatic breast cancer diagnosis.

### Us TOO Prostate

*Third Tuesday of each month, 10:30 – 11:30 am*

**Join the Meeting** (join by phone at 312.535.8110 access code: 177 958 0656)

*Fourth Tuesday of each month, 7:00 – 8:00 pm*

**Join the meeting** (join by phone at 312.535.8110 access code: 177 011 1280)

Provides educational resources and support to those impacted by prostate cancer at two different dates and times per month.

### Head and Neck

*Monday, January 11, 6:00 – 7:00 pm*

Open to anyone diagnosed with a head and neck cancer, this group provides an opportunity for participants to share personal experiences, coping strategies and receive education and information about treatment and post treatment changes.

## Stress Management

Live well and take care of yourself at home by participating in our virtual meditation and journaling series.



### Learn How to Meditate Series

*Tuesdays, January 12 – February 16, 1:30 – 2:30 pm*

*Limited to six students*

Meditation is a simple process, however, it is best to learn to meditate from experience. LivingWell yoga and wellness instructor, Sheri Minnick, MS, E-RYT, YACEP, ACE GFI, teaches this six-week series based on the book, “Moving Inward: The Journey to Meditation” by Rolf Sovik, PsyD. Each participant will receive this book prior to the start of class at no cost. During the six-week series you will learn how to establish a daily meditation practice, recognize fear, take steps to free yourself from worries, and experience the joy of being fully present in the here and now. *Please note: This is a progressive series, and you must be committed to attending all six sessions to receive full benefit.*

► To register and receive the link to join this virtual series, email [info@livingwellcrc.org](mailto:info@livingwellcrc.org) and include your first and last name and “Meditation” in the subject line.

### Cultivating a Journaling Practice

*Wednesdays, March 3, 10, 17, 24, 2:00 – 3:30 pm*

*Limited to eight students*

This four-week series presented by Christine McMinn, LCPC CT and Cheri Hunt, Art Instructor, is aimed at helping you develop an art and journaling practice or deepen yours if you already have one. This class is designed to educate you on the benefits of journaling, empower you to start exploring your thoughts and feelings related to the impact of a cancer diagnosis on your life, and provide you with the skills, strengths, and strategies to continue your practice long after you complete this series. We’ll incorporate journaling prompts, offer space for writing and reflection, explore how art can enhance your journaling practice and provide you with opportunity to connect, share and learn from others in class.

► To register and receive the link to join this virtual series, email [info@livingwellcrc.org](mailto:info@livingwellcrc.org) and include your first and last name and “Journaling” in the subject line.



# Healing Through Art

Through a cancer journey, art is such a beautiful way to express yourself, explore untapped creativity, manage stress and help you connect with others. All LivingWell classes are facilitated by our art instructor, Cheri Hunt, and no previous art experience is required. Supply lists will be emailed to you prior to the start of class.

## Helping Hand Art Workshop

*Wednesday, January 6, 10:00 – 11:30 am*

Draw a “helping hand” that will be shared with a patient undergoing cancer treatment at the Northwestern Medicine Delnor Cancer Center. While visitors are not allowed at the Center, your hand-drawn hand will carry a patient through an appointment or infusion treatment. We will draw together in this workshop and upon completion, you will take a photo of your finished piece and email it to Cheri Hunt for distribution at the Cancer Center. Cheri will provide her e-mail details during class.

▶ To register and receive the link to join this virtual workshop, email [info@livingwellcrc.org](mailto:info@livingwellcrc.org) and include your first and last name and “Helping Hand” in the subject line.

## Line and Marker Drawing

*Wednesdays, January 13, 20, 27, 10:00 – 11:30 am*

A no-pressure drawing series to come and lose yourself in the fine art of distraction. During the month of January, make a self portrait, create optical art and Zentangle together. Attendance throughout this three-class series is encouraged but not mandatory.

▶ To register and receive the link to join this virtual series, email [info@livingwellcrc.org](mailto:info@livingwellcrc.org) and include your first and last name, dates you will be joining, and “Line Drawing” in the subject line.



## New “Class Pass” for Onsite Art Classes

As soon as we are safely able to reopen for onsite classes, you will have the ability to participate in all of our onsite art classes through an **Art Class Pass**. Similar to our “Exercise Class Pass” (see p. 9), the Art Class Pass will allow you to select up to 50 art classes to provide stress reduction and healing support throughout your cancer journey. You won’t have to keep track of classes, either. We’ll let you know when you are getting close to the limit.



*(Please note: Participants can take an unlimited number of online art classes.)*

## Calming Mandalas

*Wednesdays, February 3, 10, 17, 24, 10:00 – 11:30 am*

This February, disconnect from any uncertainties and chaos and fall into a creative flow state that is both meditative and healing by creating geometric and colorful mandalas. Attendance throughout this four-class series is encouraged but not mandatory.

▶ To register and receive the link to join this virtual series, email [info@livingwellcrc.org](mailto:info@livingwellcrc.org) and include your first and last name, dates you will be joining, and “Mandala” in the subject line.

## NeuroGraphic Art

*Wednesdays, March 3, 10, 17, 24, 10:00 – 11:30 am*

Come join us during the month of March to learn about NeuroGraphic art. This freeform intuitive drawing practice helps release stress, fear and anxiety while creating one-of-a-kind pieces of art. Attendance throughout this four-class series is encouraged but not mandatory.

▶ To register and receive the link to join this virtual series, email [info@livingwellcrc.org](mailto:info@livingwellcrc.org) and include your first and last name, dates you will be joining, and “Intuitive Drawing” in the subject line.

## Vision Boards

*Wednesdays, April 7, 14, 21, 28, 10:00 – 11:30 am*

Learn how to create a variety of different vision/dream boards that will inspire you about life. You will create affirmations and intentions designed to help envision your future. Attendance throughout this four-class series is encouraged but not mandatory.

▶ To register and receive the link to join this virtual series, email [info@livingwellcrc.org](mailto:info@livingwellcrc.org) and include your first and last name, dates you will be joining, and “Vision Board” in the subject line.

## Living Well With Nutrition

LivingWell offers two different series of virtual culinary classes to help patients with cancer and their caregivers move through cancer treatment into survivorship. After the completion of both eight-week series, participants “graduate” and can take the tools learned to make informed decisions about food and meal prep and continue healthy eating habits.

Upon graduation, graduates are invited to take cooking classes at the Community Kitchen located within Northwestern Medicine Delnor Hospital. Two Community Kitchen classes are designed specifically for LivingWell nutrition series graduates (see classes under “Being Well: Transitioning to Survivorship.”)

“Hot Topics!” classes are not part of a series. They are open to anyone diagnosed with cancer and their caregivers.

### Nutrition Consultations

Have your questions answered and learn nutrition recommendations that will help you during cancer treatment from Sandie Hunter, RD, LDN, MS, CSO, clinical nutrition manager at Northwestern Medicine. Consultations are limited to people diagnosed with cancer. Please email questions to [askadietitian@livingwellcrc.org](mailto:askadietitian@livingwellcrc.org).

### Hot Topics!

#### Nutrition Apps and Diet Plans: What’s a Fad and What’s the Future?

*Presented by Northwestern Medicine/LivingWell dietitian, Mary Zupke, RD, LDN, MS, FAND  
Wednesday, February 3, 1:00 - 2:00 pm*

Join this special presentation to help you make informed choices about nutrition and learn about tools that can help provide accountability and structure around your diet.

► To register and receive the link to join this class, email [info@livingwellcrc.org](mailto:info@livingwellcrc.org) and include your first and last name and “Nutrition Apps” in your subject line.



## Eating Well While Undergoing Cancer Treatment

*Presented by Northwestern Medicine/LivingWell dietitian, Nancy Zawicki, RD, LDN, MS*

Designed for patients in active treatment and their caregivers, Eating Well classes focus on symptom management during cancer treatment and incorporating plant-based foods into the diet. All classes are on the first and third Tuesdays of each month from 10:00 - 11:00 am.

- **January 19:** What to Eat Before and During Chemo
- **February 2:** Protecting the Immune System
- **February 16:** Sidelining Side Effects, Part I. Taste changes, sore mouth, painful swallowing, nausea and vomiting will be discussed with tips and recipes to help minimize or prevent unpredictable side effects during treatment.
- **March 2:** Sidelining Side Effects, Part II: This class will include tips for handling gastrointestinal digestion distress by learning to manage fiber in your diet.
- **March 16:** Now It’s My Turn to Cook
- **April 6:** Reducing Inflammation with Anti-Inflammatory Foods
- **April 20:** How to Make the Most of Each Bite When Eating Becomes Challenging
- **May 4:** Celebrate completion of series with healthy recipes

► To register and receive the link to join this eight-session series, email [info@livingwellcrc.org](mailto:info@livingwellcrc.org) and include your first and last name and “Eating Well” in your subject line. Attendance throughout the entire series is highly encouraged but not mandatory.

## Being Well: Transitioning to Survivorship

*Presented by Northwestern Medicine/LivingWell dietitian, Nancy Zawicki, RD, LDN, MS*

Designed for cancer survivors and their caregivers, this series of classes focuses on healthy recipes and wellness topics to help improve mind, body and spirit while adjusting to life post treatment. All classes are on the second and fourth Tuesdays of each month from 10:00 - 11:00 am.

- **February 9:** Moving Forward After A Cancer Diagnosis
- **February 23:** Managing a Healthy Weight after Treatment
- **March 9:** Mediterranean Style of Eating
- **March 23:** Gut Health
- **April 13:** Cooking for One or Two (*this class will be hosted by the Delnor Community Kitchen*)
- **April 27:** Culinary Completion (*this class will be hosted by the Delnor Community Kitchen*)

► To register and receive the link to join this six-session series, email [info@livingwellcrc.org](mailto:info@livingwellcrc.org) and include your first and last name and “Being Well” in your subject line. Attendance throughout the entire series is highly encouraged but not mandatory.

## Special Programming

### Grief Writing Workshop

*Thursday, January 21, 6:30 - 8:00 pm*

Join coach, author and speaker, John Polo, along with LivingWell counselor, Christine McMinn LCPC CT, as John leads a virtual workshop to show how writing and journaling can aid in grief and the healing process. John will explain how writing helped him after the loss of his wife, and will walk you through various writing prompts so you can see if it can help you, too.

► To register and receive a link to join this virtual presentation, e-mail [info@livingwellcrc.org](mailto:info@livingwellcrc.org) and include your first and last name and “Grief Writing Workshop” in your subject line.



### Love After Loss: Dating as a Widowed Person

*Thursday, February 25, 6:30 - 8:00 pm*

Are you thinking about dating again? Or, have you already started? It's a lot to take in, isn't it? When should I start to date? How do I even date? Will others judge me for dating? How will anyone accept the love I have for my late spouse? Should I tell them right away? Are you riddled with guilt, or fear? Yeah, I figured. Let's discuss. Join LivingWell Counselor, Christine McMinn LCPC, CT, as she welcomes back coach, author and speaker, John Polo in this 90-minute virtual workshop where we will explore Love After Loss.

► To register and receive a link to join this virtual presentation, e-mail [info@livingwellcrc.org](mailto:info@livingwellcrc.org) and include your first and last name and “Love After Loss” in your subject line.



### Documentary “Hidden Scars: Emotional Impact of Mastectomy and Cancer-Related Experiences”

*Thursday, April 8, 6:00 - 7:30 pm*

Join directors and cancer survivors, Kathleen “Casey” Clabby and Noel Storm, to view their documentary that explores the impact of mastectomy and how it affects emotions before and after surgery. There will be time for questions and conversation after the film. People affected by any type of cancer are welcome.

► To register and receive a link to join this virtual presentation, e-mail [info@livingwellcrc.org](mailto:info@livingwellcrc.org) and include your first and last name and “Hidden Scars” in your subject line.

### Navigating Work and Cancer

*Thursday, April 15, 1:00 pm*

A cancer diagnosis often brings up questions on how to navigate work and cancer. Regardless of if you are working through treatment or returning to work after taking time off, you may have access to federal, state, and employer protections. This presentation by cancer rights attorney and CEO, Triage Cancer, Joanna Fawzy Morales, will address the relevant laws such as the Americans with Disabilities Act (ADA), Family and Medical Leave Act (FMLA), state laws, and disclosure and privacy protections.

► To register and receive a link to join this virtual presentation, e-mail [info@livingwellcrc.org](mailto:info@livingwellcrc.org) and include your first and last name and “Navigating Work” in your subject line.

### Social Security Disability Benefits and Cancer

*Thursday, May 13, 1:00 pm*

Kristin Hartsaw, program director, DuPage Federation of Human Services Reform, will be leading this presentation that reviews benefits available through the Social Security Administration, qualifications for these benefits and things to consider before applying. Kristin has a wealth of knowledge on this important topic, so please bring your questions!

► To register and receive a link to join this virtual presentation, e-mail [info@livingwellcrc.org](mailto:info@livingwellcrc.org) and include your first and last name and “Social Security” in your subject line.

## Online Yoga and Fitness Classes

Take unlimited weekly online classes with LivingWell fitness/yoga instructors. For links to each class, please contact [info@livingwellcrc.org](mailto:info@livingwellcrc.org). (To participate, you must have a current LivingWell New Participant Form and Medical Release Form on file. Access forms at [livingwellcrc.org/forms](http://livingwellcrc.org/forms).)

### Mondays

#### 9:00 – 10:00 am, Yoga with Sheri Minnick

Learn yoga postures that will reduce stress, increase flexibility, and support your healing and sleep. Both standing and mat yoga poses will be incorporated.

#### 10:00 – 10:45 am, Chair Yoga with Sheri Minnick

Learn to increase balance, flexibility, mobility, stamina and strength while connecting with your body and its movements.

### Tuesdays

#### 10:00 – 10:45 am, Chair Fitness for Cancer Recovery with Jennifer Artman

Movements in this class are designed to increase strength and get the lymphatic system flowing. For this class, we will be using a set of dumbbells. As an alternative, you can use soup cans, bottles of water, or something similar.

#### **NEW!** 10:45 - 11:15 am, Core and Pelvic Muscle Strength with Susan Litviak

Lower abdominal cancer treatment can cause incontinence, affect sexual function or cause pelvic organ prolapse in men and women. In this mat-based class, you will practice exercises to stretch and strengthen core and pelvic muscles, and minimize these common side effects of cancer.

#### 11:00 – 11:30 am, Balance and Core Fitness with Jennifer Artman

Improve balance and core strength, and develop strong and supportive hip stabilizer and abdominal muscles. Exercises in this class will be performed standing.

#### **NEW!** 11:30 - 12:30 pm, Yoga with Susan Litviak

Learn yoga postures that will reduce stress, increase flexibility, and support your healing and sleep. Both standing and mat yoga poses will be incorporated.

### Wednesdays

#### 9:15 – 10:00 am, Beginner Tai Chi with Sheri Minnick

Focus on using breath in combination with Tai Chi movements to allow physical body stressors and anxiety to be released.

#### 10:00 – 11:00 am, Gentle and Restorative Yoga with Sheri Minnick

Focus on your breathing, a full body warmup, gentle movements and end with a guided relaxation.

### New “Class Pass” for Onsite Exercise Classes

As soon as we are safely able to reopen for onsite classes, you will have the ability to participate in all of our onsite exercise classes through an **Exercise Class Pass**. Similar to our “Art Class Pass” (see p. 6), the Exercise Class Pass will allow you to select up to 50 yoga/fitness classes to increase flexibility and range of motion, support healing and reduce stress. You won’t have to keep track of classes, either. We’ll let you know when you are getting close to the limit.



*(Please note: Participants can take an unlimited number of online exercise classes.)*

### Wednesdays, continued

#### **NEW!** 4:45 – 5:15 pm, Circuit Training for Bone Health with Jennifer Artman

Individuals de-conditioned by cancer treatment and those who have osteoporosis/osteopenia can be prone to falls and fractures. This standing class will emphasize timed strength training intervals of various exercises to help increase bone density. Class will include a warm up, individually guided circuit weight training (you make it as challenging as you need) and cool down. We will be using a set of dumbbells. As an alternative, you can use soup cans, bottles of water, or something similar.

#### **NEW!** 5:30 – 6:30 pm, Yoga with Mary Keane

Learn yoga postures that will reduce stress, increase flexibility, and support your healing and sleep. Both standing and mat yoga poses will be incorporated.

### Thursdays

#### 10:00 – 10:45 am, Fitness for Cancer Recovery with Jennifer Artman

Manage the side effects of treatment through exercise. Increase strength, stamina and balance. In this class, we will be using a set of dumbbells. As an alternative, you can use soup cans, bottles of water or something similar. Exercises in this class will be performed standing.

#### 11:00 – 11:45 am, Core and Flexibility with Jennifer Artman

Increase balance, flexibility and core strength. Modifications will be given for those with physical limitations. Both standing and mat-based exercises will be performed. Please have a yoga or pilates mat for this class.

### Fridays

#### **NEW!** 10:30 – 11:30 am, Yoga with Rita Meier

Learn yoga postures that will reduce stress, increase flexibility, and support your healing and sleep. Both standing and mat yoga poses will be incorporated.