

# Fall 2021 Program Guide



## Virtual Medical Discussions

Medical updates and special presentations for living well. Watch recordings of previous Facebook Live discussions on our [Facebook](#) page or [YouTube.com/c/Livingwellcrc](https://www.youtube.com/c/Livingwellcrc).

**Friday, October 8, 1:00 - 2:00 pm**

### **Tumor Molecular Testing: Making Sense of New Precision Medicine Testing Options for Cancer**

Dr. Edward Tanner, III, Gynecologic Oncology, Northwestern Medical Group, Associate Professor, Feinberg School of Medicine

- To register and receive a link to join this virtual discussion, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Tumor Testing" in your subject line.

**Wednesday, October 20, 3:00 - 4:00 pm**

### **Emerging Strategies in Breast Cancer Care Before, During and After Surgery**

Dr. Mary Ahn, Dr. Batul Al-Zubeidy, Dr. Swati Kulkarni, FACS, Breast Surgery, Northwestern Medicine

- To register and receive a link to join this virtual discussion, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Breast Cancer Care" in your subject line.

**Thursday, October 28, 1:00 - 2:00 pm**

### **Nature as Medicine for Cancer Care: Mind, Body and Soil**

David Victorson, PhD, Professor of Medical Social Sciences, Northwestern University Feinberg School of Medicine, Research Associate Director, Cancer Survivorship Institute, Robert H. Lurie Comprehensive Cancer Center at Northwestern University

- To register and receive a link to join this virtual discussion, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Nature As Medicine" in your subject line.

**Monday, November 8, 6:30 - 7:45 pm**

### **I've Finished Cancer Treatment, Now What? Survivorship 101**

Dr. Christopher George, Medical Director, Medical Oncology, Northwestern Medicine Regional Medical Group

- To register and receive a link to join this virtual discussion, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Survivorship Toolkit" in your subject line.

**Tuesday, November 9, 3:00 - 3:30 pm**

### **Cognitive Rehab: Managing Chemo Brain**

Eric Larson, PhD, Neuropsychologist, Marianjoy Rehabilitation Hospital, part of Northwestern Medicine

- This discussion will be live on Facebook at <http://facebook.com/livingwellcrc>. No registration required.

**Friday, November 12, 10:00 - 10:30 am**

### **Probiotics: Pros and Cons for Patient With Cancer**

Dr. Grace Suh, Hematology and Medical Oncology, Northwestern Medicine Regional Medical Group

- This discussion will be live on Facebook at <http://facebook.com/livingwellcrc>. No registration required.

**Every Third Wednesday, 6:00 - 7:00 pm**

**(On Wednesday, November 17, class will meet 5:00 - 6:00 pm)**

### **Understanding the Low Carb, High Fat (LCHF) Ketogenic Diet**

Dr. Christy Kesslering, Radiation Oncology, Northwestern Medicine

Each month, Dr. Kesslering will start with a presentation on a topic related to LCHF followed by a Q&A session and networking.

- To register and receive a link to join this virtual discussion, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org).



**Friday, November 19, 1:00 - 2:00 pm**

### **Panel Discussion: Prehab—How To Prepare for Cancer Treatment for Best Outcome**

Dr. John Abad, Director of Surgical and GI Oncology, Carrie Feid, APN, Surgical Oncology, Kate Wulkow, Dietitian Oncology, Northwestern Medicine Regional Medical Group, and Dr. Robin Cohen, Physical Medicine and Rehabilitation, Marianjoy Rehabilitation Hospital

- To register and receive a link to join this virtual discussion, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Prehab" in your subject line.

**Monday, November 22, 10:00 - 11:00 am**

### **Medical Cannabis in 2022**

Judith Paice, PhD, RN, Director, Cancer Pain Program Northwestern University, Feinberg School of Medicine

- To register and receive a link to join this virtual discussion, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "medical cannabis" in your subject line.

**Tuesday, December 7, 6:30 - 7:00 pm**

### **How Chemotherapy and Radiation Impact Your Teeth**

John Mason, DDS, Mason, Faith & Hoscheit Dental, St. Charles

- This discussion will be live on Facebook at <http://facebook.com/livingwellcrc>. No registration required.



## 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).



### Back-On-Track Surviving Survivorship Series

*Mondays, October 11 – November 22*

*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 series is encouraged but not mandatory.

**October 11:** Pressure to Thrive

**October 18:** Discussion Group

**October 25:** Managing Moods, Stress, Feeling Stuck

**November 1:** Discussion Group

**November 8:** Survivorship Toolkit

**November 15:** Fear of Recurrence

**November 22:** Envisioning Your Future

► To register and receive the link to join this virtual series, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and “Survivorship Series” in your subject line.

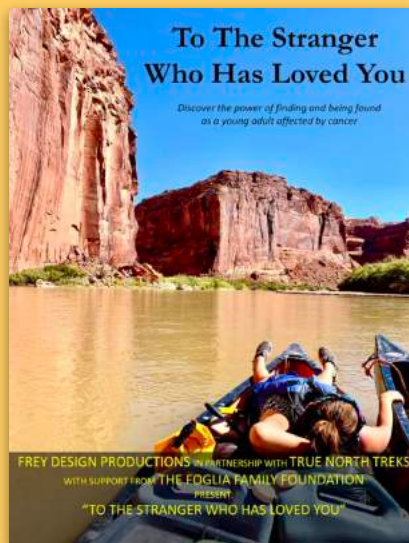
### Documentary

#### Screening: To The Stranger Who Has Loved You

*Thursday, November 18*

*6:30 – 8:00 pm*

"To the Stranger Who has Loved You" is a documentary film from True North Treks, which follows young adult cancer survivors into the wilderness of Utah and Wyoming, and into the wilderness of their own lives, where they seek to learn ways to give back their hearts to themselves, to the strangers who have loved them. Following the screening, there will be a virtual discussion and Q&A session.



Join us for a virtual showing of the documentary and post-film discussion with the other attendees and Karen Arredondo, True North Treks board member.

► [Register](#) for the screening, which is co-hosted by Wellness House and LivingWell Cancer Resource Center and will be held online via Zoom.

## 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  
(November 9, 23; December 7, 21)*

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  
(November 9; December 7, 21)*

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 Wednesdays, 6:30 – 7:30 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.

### Brain Tumor

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

**No meeting in December**

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.

### Us TOO Prostate

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

**Join the Meeting** (join by phone at +1 331-303-8777 access code: 218146704)

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

**Join the Meeting** (join by phone at +1 331-303-8777 access code: 272708029)

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

### 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*

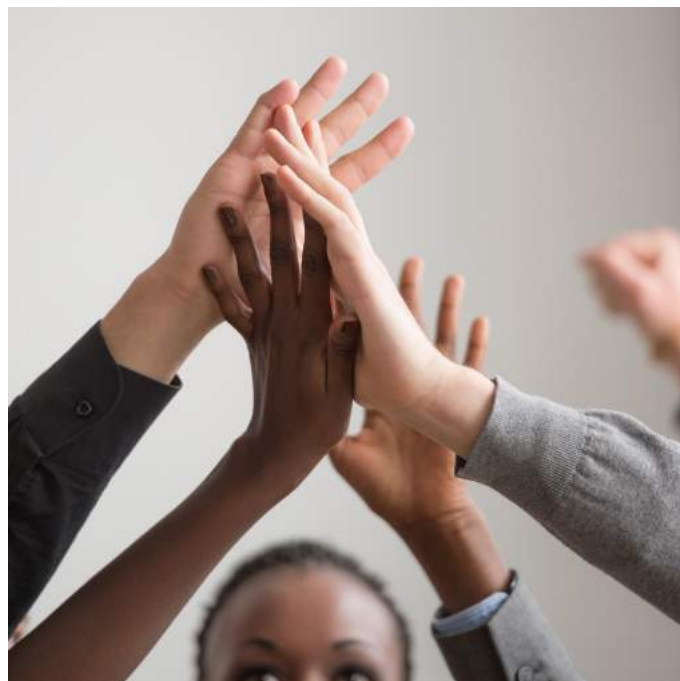
**In December, group will meet on third Wednesday: December 15, 6:30 - 7:30 pm**

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.

### Head and Neck

*Monday, October 4, 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

### Learn How to Meditate Series

Tuesdays, November 2, 9, 16, 23, 30 and December 7  
1:30 – 2:30 pm

Sheri Minnick, MS, E-RYT, YACEP, ACE GFI  
Limited class size, register early!

Meditation is a simple process, however, it is best to learn to meditate from experience. 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, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Meditation" in your subject line.

### Healing Through Humor

Thursday, November 4, 6:30 - 7:30 pm  
Caroline Rhoads, M.S.S., LSW, CET I

In this workshop, you will learn basic improv skills

that can help in everyday situations and collaboration. By strengthening our spontaneity, we are better able to mitigate anxiety when life throws us a curveball. Participants are encouraged to leave their judgement and inner critic at the door to reap the benefits of this experience.

► To register and receive the link to join this virtual workshop, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Healing Through Humor" in your subject line.



## 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).



### Beautiful You

Wednesday, November 17, 3:30 – 5:00 pm

Beautiful You is designed to help anyone experiencing hair loss as a result of cancer treatment feel beautiful inside and out. Jenny Burns, Geneva-based salon owner, stylist and makeup artist, will share how to care for your scalp and hair regrowth, choose the best-fitting wig, accessorize with scarves and hats, and recreate natural-looking eyebrows with an eye pencil.

► To register and receive the link to join this virtual presentation, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Beautiful You" in your subject line.

## Healing Through Art

Through a cancer journey, art is 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 after you register. Attendance at all classes in each series is highly encouraged, but not mandatory.

### November

**Mondays, November 8, 22 and 29, 10:00 – 11:30 am**  
**Create a Self-Care Calendar**

The holidays can be a difficult season while managing a cancer diagnosis. Self care at this time often goes by the wayside. Let’s ring in the holidays together by working on a daily self-care calendar with gentle reminders personalized to you and your self care. We will create these beautiful calendars just in time for December 1.

► *To register and receive the link to join this virtual class, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Self Care Calendar" in your subject line.*

**Wednesdays, November 3, 10, 17, 24, 10:00 – 11:30 am**  
**Journaling: The Latitude of Gratitude**

During this month known for gratitude, let’s create a gratitude box together to use in our own homes or give to others. We will also create a journal to record everyday beauty and joy into the new year.

► *To register and receive the link to join this virtual class, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Journaling Gratitude" in your subject line.*

**Thursdays, November 4, 11 and 18, 10:00 - 11:30 am**  
**Collage!**

Open your creative flow with a montage of collage! In this series, you will literally tear through printed materials—magazines, newspapers, wrapping paper, greeting cards, etc.—to create collages on various vessels and materials.

► *To register and receive the link to join this virtual class, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Collage" in your subject line.*

### December

**Mondays, December 13, 20, 10:00 – 11:30 am**  
**Whimsical Watercolors**

Explore with watercolor paints, layering with Gelli prints and embellishing with gel pens.

► *To register and receive the link to join this virtual class, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Water Colors" in your subject line.*

**Wednesdays, December 1, 8, 15, 22, 10:00 – 11:30 am**  
**Neurographic and Mixed-Media Card Making**

Use a variety of mediums to create beautiful and highly personalized cards for the holidays and beyond.

► *To register and receive the link to join this virtual class, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Card Making" in your subject line.*

**Thursdays, December 2, 9, 16, 23, 30, 10:00 – 11:30 am**  
**Mindfulness Challenge**

In December, join our mindfulness challenge. Each session, you will be given a prompt to create pieces of art. In this fun and engaging series, you will surprise yourself with what you can create with one simple prompt while staying in the present moment.

► *To register and receive the link to join this virtual class, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Mindfulness Challenge" in your subject line.*

## Family Focus

**Tuesday, November 16, 4:30 – 6:00 pm**  
**Children’s Thanksgiving Art Workshop**

Create a turkey out of Sculpey clay and make a personalized gratitude box to share with your family.

► *To register and receive the link to join this virtual class, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Turkey" in your subject line.*

**Wednesday, December 1**  
**4:30 – 6:00 pm**  
**Holiday Joy Family Craft Night**

Enjoy a night at home with your family, crafting online with LivingWell’s art instructor, Cheri Hunt. Make paper ornaments, design holiday cards and make a festive treat bag to give or share.

► *To register and receive the link to join this virtual class, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Holiday Art" in your subject line.*



## Living Well With Nutrition

LivingWell offers a variety of culinary classes designed to help patients with cancer and their caregivers make informed choices about nutrition and move through cancer treatment into survivorship. Classes are facilitated by Northwestern Medicine/LivingWell dietitians, Nancy Zawicki, RD, LDN, MS, and Mary Zupke, RD, LDN, MS, FAND. All fall nutrition classes are virtual. Classes will include a cooking demonstration that complements each cancer-related topic.

### September

**Tuesday, September 21, 1:00 - 2:00 pm**

#### **Managing A Healthy Weight**

It's never too late to change habits! No matter when you start, a healthy lifestyle can make a difference in how you feel and what you can do.

► *To register and receive a link to join this virtual discussion, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Healthy Weight" in your subject line.*



**Tuesday, September 28, 6:00 - 7:00 pm**

#### **How to Create a Cancer-Fighting Pantry**

Learn about the basic ingredients for a healthy kitchen. The first step to creating a "cancer-fighting pantry" is to stock your kitchen with a variety of healthy foods for quick and easy meals. Learn how to add more vegetables, fruit and whole grains into your day.

► *To register and receive a link to join this virtual discussion, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Pantry" in your subject line.*

### October

**Wednesday, October 6, 1:00 - 2:00 pm**

#### **Calcium and Bone Health During Cancer: Are Milk Alternatives a Good Substitute?**

Learn how to make sense of today's "dairy" case: what products provide the calcium and vitamin D that we need and how to get the biggest nutrition bang for the buck.

► *To register and receive a link to join this virtual discussion, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Dairy" in your subject line.*

**Tuesday, October 12, 6:00 - 7:00 pm**

#### **Mediterranean Style of Eating**

The Mediterranean diet is one of the healthy eating plans recommended by the Dietary Guidelines for Americans to promote health and prevent chronic disease. The Mediterranean diet is also a lifestyle that incorporates exercise, spending time with family and socializing with others for a healthy life balance. Learn how to get started.

► *To register and receive a link to join this virtual discussion, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Mediterranean" in your subject line.*

**Tuesday, October 19, 10:00 - 11:00 am**

#### **Reducing Inflammation with Anti-Inflammatory Foods**

Learn how to protect your health by incorporating anti-inflammatory foods into your diet. Learn the steps you can take to reduce chronic inflammation, including lifestyle modifications such as diet, exercise and stress reduction.

► *To register and receive a link to join this virtual discussion, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Inflammation" in your subject line.*

**Tuesday, October 26, 1:00 - 2:00 pm**

#### **What to Eat and What to Avoid While Undergoing Cancer Treatment**

Nutrition is an important part of cancer treatment. Eating the right kinds of foods before, during and after treatment can help you feel better and stay stronger. Learn how to protect your immune system while undergoing treatment through proper nutrition.

► *To register and receive a link to join this virtual discussion, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Eat or Avoid" in your subject line.*

## Living Well With Nutrition

All fall nutrition classes are virtual. Classes will include a cooking demonstration that complements each cancer-related topic.

### November

**Tuesday, November 2, 10:00 - 11:00 am**

#### **Sideline Side Effects**

During cancer treatment you might need to change your diet to help build up strength and withstand any side effects. Most all cancer treatments kill cancer cells, In the process, healthy cells are damaged too. This damage is what causes cancer treatment side effects. Learn about tips of managing taste changes, sore mouth, painful swallowing, nausea and vomiting and other gastrointestinal symptoms.

► *To register and receive a link to join this virtual discussion, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Side Effects" in your subject line.*

**Tuesday, November 9, 6:00 - 7:00 pm**

#### **Tool Box for Good Health Throughout the Holidays**

Holiday parties, sweet treats, cocktails, family meals and stress contribute to overeating during the holidays. Learn how to take a more mindful approach that focuses on self care. Stock your toolbox with mindful eating suggestions and strategies for staying on top of the season.

► *To register and receive a link to join this virtual discussion, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Holiday Health" in your subject line.*

**Tuesday, November 16, 1:00 - 2:00 pm**

#### **Probiotics and Gut Health**

Learn how to improve gut health. Learn about prebiotic fiber and probiotic foods that work together in symbiotic relationship. Other considerations for good gut health are to decrease sugar/sweets intake, manage stress, exercise regularly, get enough sleep, avoid smoking and increase vegetable intake.

► *To register and receive a link to join this virtual discussion, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Gut Health" in your subject line.*

### December

**Wednesday, December 1, 1:00 - 2:00 pm**

#### **Protein Drinks: Helpful or harmful?**

Learn how to discern which protein shakes may prevent muscle loss, and which ones may have unneeded ingredients. Also, learn when protein drink supplements will make a difference in your nutrition needs.

► *To register and receive a link to join this virtual discussion, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Protein Drinks" in your subject line.*



#### **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).



## Mindful Movements

Support healing, increased flexibility and range of motion, and reduce stress with fitness and yoga classes modified for a variety of needs. Take unlimited 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

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

#### 10:00 – 10:45 am, Chair Yoga

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

### Tuesdays

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

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. Instructor: Susan Litviak

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

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

#### 11:45 am - 12:30 pm, Yoga

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

### Wednesdays

#### 10:15 - 11:00 am, Chair Fitness for Lymphedema and Neuropathy

This class includes exercises to help stimulate receptors of the hands and feet. The movements get the lymphatic system and blood flowing. Please have a tennis, spiked or lightweight ball available, as well as a set of lightweight dumbbells. As an alternative, you can use soup cans, bottles of water, or something similar. Instructor: Sheri Minnick

#### 4:45 – 5:15 pm, Circuit Training for Bone Health

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. Instructor: Susan Litviak



### Thursdays

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

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. Instructor: Heather Avery

#### 11:00 – 11:45 am, Core and Flexibility

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. Instructor: Sheri Minnick

### Fridays

#### 10:00 – 11:00 am, Yoga

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

