Live Virtual Classes and Groups

All groups and classes will continue to be virtual/online until further notice. These are offered FREE for LCI patients, care partners, and teammates.

Weekly Groups and Classes

**Music Therapy**

**Supportive Music & Imagery**
Use music and artwork to connect with the positive resources in your life. We will discuss positivity, create a focus image, listen to music to support that image, then create artwork (visual or writing) to go deeper. Art and/or writing materials are required.

*Note: Anyone experiencing current or recent psychosis should contact the music therapist before joining.*

**Mondays 2:30-3:30pm *no class 12/27**

**Soothing Sound Bath**
A relaxation group that features music and soundscapes

**Wednesdays at 1:00-1:45 pm *no class 12/29**

**Music Therapy for Self Care**

Sessions are recorded and can always be viewed

**Thursdays at 10 am *no class 12/30**

**Movement**

**Tai Chi with Tai Chi Mike**–
Participants can log on at 11 to chat with Mike about Tai Chi.

**NEW TIME! Mondays at 11:15 am *no class 12/27**

**Meditation with Music**
Take time blending music and meditation for calming and relaxation to create a safe virtual space to care for yourself.

**Thursdays at 2:30 pm *no class 12/27**

**Weekly Knitting and Crochet Circle**
Join your fellow fiber artists and work on your knitting, crochet, needlepoint projects!

(Note: there will be no instruction available during this time.)

**Mondays at 1 pm *no class 12/20 or 12/27**

To register for our groups and classes:

There are 3 ways to register

Email: LCISupportiveOncology@atriumhealth.org
Call: 980-442-1006

[Click Here to register online](http://bit.ly/MTselfcarelive)

Please register at least 24 hours in advance

We are on YouTube!

**NEW VIDEOS! Lung Cancer Support Program**
Under our playlists, select the "Lung Cancer Support Program" playlist for 7 new videos for patients with lung cancer and their care partners.

Please visit our YouTube site for more information on Supportive Oncology and to view videos that can help you along your journey.

[Click here](http://bit.ly/MTselfcarelive) or Search "LCI Supportive Oncology" on YouTube

Programs are supported by:

[24 Foundation](http://24foundation.org)

[SherryStrong.org](http://SherryStrong.org)
Monthly Groups and Classes

**Education Classes**

Sleep 101—Thurs. Dec. 16 at 3:00 pm

**Art Classes**

Holiday Cards
Join Andrea in a creating personalized holiday greeting cards
**Tues. Dec. 14, 10-11:30am**

Art Café
Join Manuela to share any creative projects. Bring your desire to make art, talk about art and share with others
**Tues. Dec. 6, 2 pm**

**Nutrition Classes**

Healthy Cooking Club Holiday Edition!—Thurs. Dec. 2 at 10:30 am

Breast Cancer Nutrition—Mon. Dec. 13 at 4 pm

LAST CHANCE! Hot Topic—Make Nutrition and Vitamin Labels Work for You!—Tues. Dec. 14 at 10:30

Heart Healthy Nutrition—Mon. Dec. 20 at 10:30 am

Nine Nutrition Steps for Survivors—Tues. Dec. 21 at 10:30 am

Plant Forward Nutrition—Thurs. Dec. 16 at 12:30 pm

**Support Groups**

Care Partner Support Group—For anyone who helps care for a person with cancer
**Thurs. Dec. 2 at 4 pm**

After the Storm—for breast cancer survivors post treatment.
**Tues. Dec. 14 from 4:30 to 5:30 pm**

Young Women Breast Cancer Discussion Group—women diagnosed with breast cancer at age 40 or younger
**Fri. Dec. 10 at 12 noon**

Courage with Cancer— for patients currently in treatment or living with cancer
**Thurs. Dec. 9 from 4:30 to 5:30 pm**

Breast Cancer Social Connection— for all woman with breast cancer
**Fri. Dec. 17 at 2 pm**

Bladder Cancer Support Group— for all people with bladder cancer
**Tues. Dec. 14 from 1:30 to 3 pm**

**Special Events**

Journeying toward Hope: Healing with the Spiral Meditation
Co-led by Healing Touch and spiritual care practitioners, this Zoom session will explore how hope involves a grounding in the present, while embracing the possibility of the future. Attendees will be guided through a spiral meditation to experience the grounding promise of hope. You will have opportunity to process your experience, discuss your hopes, and receive a blessing.
**Thurs. Dec. 16, 12-1 pm**

Balancing Light and Dark: Yoga for the Heart Center
Join Dr. Hariharan for this virtual yoga class for all levels. This can be adapted to a chair practice
**Tues. Dec. 14 1-2 pm**

Quieting the mind, body, and spirit: how to let go and get quality, restorative sleep
Join Dr. Hariharan for this casual chat to talk about tips for sleep and mind-body practices that can help. For this class only, register at this link: Sleep - It Does A Body Good (google.com)
**Tues. Dec. 7 12-1 pm**