#### Weekly Groups and Classes

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<tr>
<th><strong>Music Therapy and Meditation</strong></th>
<th><strong>Movement</strong></th>
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| **Music Therapy Relaxation Techniques**  
Use music therapy to help calm anxiety and reduce stress. Group time will vary from 30-45 mins in length. Headphones are encouraged.  
**Mondays at 2:30 pm** | **Tai Chi with Tai Chi Mike**  
A Tai Chi class with Qigong practice for all experience levels.  
**Mondays at 11:15 am** |
| **Soothing Sound Bath**  
A relaxation group that features music and soundscapes.  
**Wednesdays at 1:00-1:45pm** | **Gentle Yoga for Every Body**  
Practice gentle movement seated in a chair and sometimes standing. Practice deep relaxation, guided imagery, meditation, and breathing to reduce stress. Can be modified for your energy level with each class.  
**Tuesdays from 5:30-6:30pm *no class 11/22** |
| **Music Therapy for Self Care**  
Sessions are recorded and can always be viewed.  
**Thursdays at 10am *no class 11/24** | **Yoga with Kristy**  
In this chair yoga class gentle movements can be done while sitting or standing beside a chair. You will learn meditation and ways to control your breath to help lower stress.  
**Wednesdays at 10am** |
| **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 2:30pm *no class 11/24** | **Gentle Chair Yoga**  
Join LCI Massage Therapist and Yoga Instructor Bethan Senn for a gentle practice that can be done either from the chair or a mat, including breathwork and meditation.  
**Thursdays at 1pm *no class 11/24** |
| **Knitting and Crochet**  
Join your fellow fiber artists and work on your knitting, crochet, and needlepoint projects.  
**Mondays at 1 pm** | |

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**To Register for Groups and Classes**

Email: LCISupportiveOncology@atriumhealth.org  
Or Call: 980-442-1006  
Information needed to register: your name, phone number, email address, if you are a patient or care partner, the LCI location you visit most often, and the name of the classes you want to attend  
Please register at least 24 hours in advance

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**Programs supported by:**

[24 Foundation]  
[Sherry Strong]
**Monthly Groups and Classes**

### Special Events

**Finger Labyrinth Experience**  
Join Sandra, Healing Touch Specialist, and Andrea, Artist in Residence, for a meditative and creative collaboration, inspired by the Labyrinth.  
**Thurs. Nov 3 from 10-11 am**

**Chair Yoga with Dr. H—Letting Go**  
Join Integrative MD Dr. Hariharan for a gentle yoga practice for all levels focusing on letting go of whatever we need to release  
**Mon. Nov. 7 at 3 pm**

**Beauty Basics 101**—  
Join us on the LCI Supportive Oncology YouTube page live for a workshop with April Hill, custom wig maker and beauty expert, to learn about wig care, scarves and turbans, and other beauty tips to help you feel like yourself during treatment.  
**Wed. Nov. 16 at 10 am**

**The Cost of Cancer**—  
Discuss financial difficulties with your treatment team. LCI has financial navigators and social workers that may be able to help. Find out ways to navigate your health insurance coverage to help reduce "surprise" bills from Wendy Jo Turan, LCI Financial Navigator  
**Wed. Nov. 16 at 12:00-1:00 p.m.**

### Nutrition Classes

**Healthy Cooking Club**—Learn how to make delicious quick dishes. Recipes focus on seasonal fruits, vegetables, whole grains, lean proteins, herbs and spices that can boost the nutrition on your plate each meal.  
**Thurs. Nov. 3 at 10:30-11:30am**

**Breast Cancer Nutrition**—Learn how to eat healthy during and after treatment, as well as handle treatment-related symptoms.  
**Mon. Nov. 7 at 4-5pm**

**New! Hot Topic: Make Food and Vitamin Labels Work for You!**—Learn how to use food and vitamin labels to support a healthy immune system  
**Tue. Nov. 8 at 10:30 am—noon**

**Nine Nutrition Steps for Survivors**—Learn about healthy eating for any cancer survivor who has finished treatment. Learn how to apply the latest research to choose the best foods, understand food labels, and prepare foods in a healthy way.  
**Tues. Nov. 15 at 10:30-11:30am**

**Plant Forward Nutrition**—Cancer experts encourage everyone to eat more plant foods like fruits, vegetables, whole grains, and dried beans/lentils. Learn how to enjoy these delicious foods and avoid nutritional pitfalls when choosing a more plant-based diet  
**Thurs. Nov. 17 at 12:30-1:30pm**

**Meal Planning**—Grab a pen and get ready to plan healthy dinners for several weeks. Easy meal planning tips, menu templates and plant-based options will be covered.  
**Mon. Nov. 21 at 10:30-11:30am**

### Support Groups

**Care Partner Support Group**—For anyone who helps care for a person with cancer.  
**Thurs. Nov. 3 at 4 pm**

**After the Storm**—For breast cancer survivors post treatment. Topic: Breast Cancer and Radiation  
**Tues. Nov. 8 at 4:30 pm**

**Young Women Breast Cancer Discussion Group**—Women diagnosed with breast cancer at age 40 or younger.  
**Fri. Nov. 11 at 12pm**

**Courage with Cancer**—For patients currently in treatment or living with cancer.  
**Thurs. Nov. 10 from 4:30 to 5:30pm**

**Bladder Cancer Support Group**—For all people with bladder cancer.  
**Tues. Nov. 8 at 1:30 pm**

**GYN Oncology Women's Support Group**—For women with cervical, ovarian, uterine, vaginal, or vulvar cancer.  
**Wed. Nov. 16 from 2-3pm**

### Education Classes

**Lymphedema Education**—Lymphedema is a condition that can affect many survivors following cancer treatment. Learn about lymphedema, the lymphatic system, and risk factors.  
**Wed. Nov. 16 at 4:15 pm**

**Sleep 101**—Sleep issues are common in cancer patients. Learn some tips and strategies to improve your sleep.  
**Thurs. Nov. 17 at 3:00 pm**

**Talking with Kids about Cancer**—Learn tips and tricks to talk with kids about this tough topic. For anyone who has a child in their life dealing with an adults cancer diagnosis.  
**Tues. Nov. 29 at 3 pm**

### Art

**Mixed Media Birch Trees**  
Join Andrea in creating a birch tree scene, focusing on watercolor and pen & ink techniques.  
**Fri. Nov. 11 at 10– 11:30 am**