

Thanks to a generous donation from The Leon Levine Foundation, Atrium Health's cancer services in the Carolinas are now aligned under one name, Atrium Health Levine Cancer. Though our name is changing, you'll continue to receive the same exceptional care you expect from us, plus more.

As we come together as one cancer service line, Atrium Health Levine Cancer, you will now have access to even more supportive cancer services, including offerings from both Atrium Health Wake Forest Baptist Health and Levine Cancer Institute.

To share all of these events and activities with you, a new website has been created. Here you can see and register for all Levine Cancer events. These events are offered at no cost to patients, care partners, and teammates of Levine Cancer. Scan the QR code below to go directly to our online calendar: <http://events.atriumhealth.org/levinecancerevents>



On our NEW online events calendar, learn about the groups, classes, and events available to you across Levine Cancer. You will be able to register directly on the site for each event you want to attend. Here are some of the different groups and classes available to you.

The dates and times for each month's events are available online.

The Cancer Resource Center is always here to help.

Call 980-442-1006 or email lcisupportiveoncology@atriumhealth.org

Music and Meditation

Music Therapy Relaxation Techniques

Help calm anxiety and reduce stress

Music Therapy for Self-Care

Join a weekly livestream and take time for you!

Meditation with Music

Music and meditation blend for calming and relaxation to create a safe virtual space.

Therapeutic Songwriting

Process and relieve stress, share your life experience, and connect with others, while creating music and lyrics with personal meaning

Tai Chi and Yoga

Tai Chi with Tai Chi Mike

Class with Qigong practice for everyone

Yoga with Kristy

Chair yoga class; gentle movements done sitting or standing beside a chair. Learn meditation and breathing exercises to lower stress.

Chair Yoga

Chair yoga class with modifications provided to do traditional yoga from a mat

Special Events

Mind Body Spirit Speaker Series for Breast Cancer Patients

Through the Sandra Levine Young Women's Breast Cancer Program, learn from different speakers each month on topics important to all breast cancer patients

Lunchtime Conversations

Have an opportunity to connect with various clinicians and specialties on topics that matter to you.

To view the dates and times of this month's classes, scan the QR code above or visit:

<http://events.atriumhealth.org/levinecancerevents>

Support Groups Monthly

Care Partner- anyone who helps care for a person with cancer

Courage with Cancer - patients in treatment or living with cancer

Bladder Cancer - anyone with bladder cancer

After the Storm— breast cancer survivors after treatment

Young Women Breast Cancer- Women diagnosed with breast cancer at age 45 or younger

GYN Oncology - women with cervical, ovarian, uterine, vaginal, or vulvar cancer

Breast Cancer Social Connection— all women with breast cancer

Laryngectomy— patients who have had or will have a Laryngectomy

Creative Arts

Common Threads

Come share any and all needle, hook, yarn, and thread projects! Support and supplies available or bring your own work to share.

Exploring Art for Healing

Join Manuela in our healing arts center to experiment with the healing power of making art. No experience needed. In person at Levine Cancer Morehead

Art with Andrea

Engage in a new art project each month. In person at Levine Cancer Concord and Levine Cancer University. Also held online.

Pineville Art Class

Engage in various art projects with different mediums with Michelle at Levine Cancer Pineville.

Nutrition Classes

Healthy Cooking Club

Learn make delicious quick dishes. Seasonal recipes focus on boosting nutrition.

Breast Cancer Nutrition

Learn how to eat healthy during and after treatment, and handle treatment-related symptoms.

Hot Topic

Accurate, reliable information on the latest hot topics in Nutrition

Plant Forward Nutrition

Learn how to enjoy delicious meals and avoid nutritional pitfalls for a more plant-based diet.

Meal Planning Workshop

Easy meal planning tips and menu templates. Learn how to plan healthy for the entire week!

Nine Nutrition Steps for Survivors

For any cancer survivor. Apply the latest research to choose the best foods, understand food labels, and prepare healthy foods

Heart Healthy Nutrition

Some cancer treatments can affect the heart. Learn ways to keep heart healthy with practical tips for cooking, eating out, and shopping.

Education Classes

Lymphedema Education

Learn about lymphedema, the lymphatic system, and risk factors

Sleep 101

Sleep issues are common in cancer patients. Learn some and strategies to improve your sleep

Spiritual Care

Writing for Wellbeing

A monthly group to use writing as a tool for wellness and finding meaning in our experiences. Open to all patients and care partners at any stage of cancer treatment and survivorship. No writing experience needed.

Services are supported by generous donations