



Department of Supportive Oncology August 2022 Program Calendar



Levine Cancer Institute

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

Movement

Gentle Yoga for Every Body

Practice gentle movement seated in a chair and sometimes standing. Learn breathing practices to help reduce stress. Practice deep relaxation, guided imagery and meditation. Can be modified and adjusted to suit your energy level with each class.

Tuesdays from 5:30-6:30pm

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

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 8/11

Knitting and Crochet

Knitting and Crochet Circle

Join your fellow fiber artists and work on your knitting, crochet, and needlepoint projects.

Mondays at 1pm

Music Therapy and Meditation

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.

Mondays 2:30-3:30pm

Soothing Sound Bath

A relaxation group that features music and soundscapes.

Wednesdays at 1:00-1:45pm

Music Therapy for Self Care

Join here: <http://bit.ly/MTselfcarelive>

Sessions are recorded and can always be viewed.

Thursdays 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

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](#)

Please register at least 24 hours in advance

 **We are on YouTube!**

[Click here](#) or Search "LCI Supportive Oncology" on YouTube.com for more information and to view videos to help you along your journey.

Featured Videos This Month

[Small Bites of Culinary Medicine](#)

[Cognitive Rehabilitation Series: Word Finding Strategies](#)

[The Art and Science of Journaling](#)

Monthly Groups and Classes

Art



Watercolor Wildflowers

Join Andrea in creating a painting of wildflowers using watercolor techniques.

Tues. August 2 at 10-11:30am

Education Classes

Lymphedema Education - Weds. August 10 at 4:15 pm

Sleep 101 - Thurs. August 18 at 3:00 pm

Talking with Kids about Cancer - Tues. August 23 at 3 pm

Support Groups

Care Partner Support Group - For anyone who helps care for a person with cancer.

Thurs. August 4 at 4 pm

Parenting and Cancer - For anyone caring for children while dealing with cancer .

Weds. August 10 at 9 am

After the Storm - For breast cancer survivors post treatment. Topic: Breast Cancer and Radiation

Tues. August 9 at 4:30 pm

Young Women Breast Cancer Discussion Group - Women diagnosed with breast cancer at age 40 or younger.

Fri. August 12 at 12pm

Breast Cancer Social Connection - For all women with breast cancer.

Fri. August 19 at 2pm

Courage with Cancer - For patients currently in treatment or living with cancer.

Thurs. August 11 from 4:30 to 5:30pm

Bladder Cancer Support Group - For all people with bladder cancer.

Tues. August 9 at 1:30 pm

NEW! GYN Oncology Women's Support Group - For women with cervical, ovarian, uterine, vaginal, or vulvar cancer.

Wed. August 24 at 2-3pm

Nutrition Classes

Healthy Cooking Club - Thurs. August 4 at 10:30-11:30am

Breast Cancer Nutrition - Mon. August 8 at 4-5pm

NEW! Hot Topic: The Not So Sweet Truth About Sugar & Cancer - Tues. August 9 at 10:30-12pm

Heart Healthy Nutrition - Mon. August 15 at 10:30-11:30am

Nine Nutrition Steps for Survivors - Tues. August 16 at 10:30-11:30am

Plant Forward Nutrition - Thurs. August 25 at 12:30-1:30pm

Spiritual Care

We are currently searching for our next chaplain. During this time, we will not have spiritual care programs, but a chaplain is available to you for spiritual and emotional support! If you would like to meet with our interim chaplain, please call 980-442-3810. The chapel is also available at LCI-Morehead for your personal practice on the 3rd floor, building 2.

Special Events

Beauty Basics—Wig Care- 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 tur-bans, and other beauty tips to help you feel like yourself during treatment.

Wednesday, August 24 at 10 am

Triple Negative Breast Cancer (TNBC) Panel -

Hear about the latest news on research and treatments from our online panel. TNBC is a type of breast cancer that lacks receptors that are activated by certain hormones. TNBC cancers affect people of all races. However, among African American women who develop breast cancer, there is an estimated 20 to 40 percent chance of the breast cancer being triple -negative. **Antoinette Tan, MD, Angela Hamilton, RN, BSN, and Dulce Mange, MSW, LCSW** will answer your questions about a TNBC diagnosis, coping, living with TNBC, and more.

Thurs. August 25 at 12pm

Programs are supported by:

