Patients and Caregivers December 2023
Live Virtual Classes and Support Groups
Department of Supportive Oncology
Levine Cancer Institute

Support Groups and Classes are virtual/online unless otherwise noted
NO COST for LCI patients, caregivers, teammates

How To Register?
Email: LCISupportiveOncology@atriumhealth.org Or Call: 980-442-1006
Provide: name, phone number, email, patient/caregiver, and LCI location visited

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<th>Music and Meditation Classes</th>
<th>Special December Events</th>
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<td><strong>Music Therapy Relaxation Techniques</strong>&lt;br&gt;Help calm anxiety and reduce stress. Group time varies (30-45 mins). Headphones encouraged.&lt;br&gt;Mondays 2:30 pm *no class 12/25</td>
<td><strong>Drum Circle</strong>&lt;br&gt;Join us in the lobby of LCI I for a drum circle. Instruments will be provided or bring your own! No experience or registration needed. Come ready to have fun and create music!&lt;br&gt;Mon. Dec. 11th from 12 – 1 pm&lt;br&gt;IN PERSON LCI MOREHEAD</td>
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<td><strong>Soothing Sound Bath</strong>&lt;br&gt;Relaxation group with music and soundscapes.&lt;br&gt;Wednesdays 1:00-1:45pm</td>
<td><strong>Balancing Work &amp; Cancer Through Treatment and Recovery</strong>&lt;br&gt;Online presentation by Cancer and Careers, a non-profit that helps empower and educate people with cancer to thrive in their workplace. Find out more about working during and after treatment, job searching and managing resume gaps, Americans with Disabilities Act and reasonable accommodations, resources, and more.&lt;br&gt;Tues. Dec. 12 from 12:00-1:00 p.m.</td>
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<td><strong>Music Therapy for Self Care</strong>&lt;br&gt;Join here: <a href="http://bit.ly/MTselfcarelive">http://bit.ly/MTselfcarelive</a>&lt;br&gt;<strong>Sessions are recorded and available at any time</strong>&lt;br&gt;<strong>Thursdays 10am</strong></td>
<td><strong>Lunchtime Conversations: Senior Oncology</strong>&lt;br&gt;Join Dr Armida Parala-Metz, Senior Oncology chief and Board certified Geriatrician and Palliative medicine physician. Learn about age friendly care and what it means for older patients with cancer and their caregivers.&lt;br&gt;<strong>Weds. Dec. 13th from 12– 1 pm</strong></td>
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<td><strong>Meditation with Music</strong>&lt;br&gt;Music and meditation blend for calming and relaxation to create a safe virtual space.&lt;br&gt;<strong>Thursdays 2:30pm</strong></td>
<td><strong>Services are supported by provided generous donations</strong></td>
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<td><strong>Therapeutic Songwriting</strong>&lt;br&gt;Process and relieve stress, share your life experience, and connect with others, while creating music and lyrics with personal meaning. No experience needed.&lt;br&gt;<strong>Virtual Fri. Dec. 1st and 15th at 2:30 pm</strong>&lt;br&gt;IN PERSON AT LCI MOREHEAD Fri. Dec. 8 from 2-4 pm</td>
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Support Groups

| Care Partner- anyone who helps care for a person with cancer<br>Thurs. Dec. 7th at 4 pm | **EMPOWER**— patients with colorectal cancer between ages 18-55. Ask our Survivorship Nurse Practitioner and Wound Care Nurse all your questions!<br>Thurs. Dec. 14th from 5-6 pm |
| Young Women Breast Cancer- Women diagnosed with breast cancer at age 45 or younger.<br>Fri. Dec. 8th at 12 pm | **Breast Cancer Social Connection**— all women with breast cancer<br>**NEW TIME:** Fri. Dec. 15th at 12 pm |
| Bladder Cancer - all people with bladder cancer<br>Tues. Dec. 12th at 1:30 pm | **Laryngectomy**— patients who have had or will have a Laryngectomy<br>Tues. Dec. 19th at 2 pm<br>IN PERSON AT LCI MOREHEAD |
| Courage with Cancer - patients currently in treatment or living with cancer.<br>Thurs. Dec. 14th at 4:30 |
Nutrition Classes

Healthy Cooking Club– Holiday Edition
Delicious recipes for the holiday season
Thurs. Dec. 7th at 10:30 am

Breast Cancer Nutrition
Learn how to eat healthy during and after treatment, as well as handle treatment-related symptoms.
Mon. Dec. 11th at 4 pm

LAST CHANCE! Hot Topic– Make Food and Vitamin Labelling Work for You!
Return of this popular hot topic. The latest on changes to food and supplement labeling and how to choose the best products.
Tues. Dec. 12th at 10:30 am

Heart Healthy Nutrition
Some cancer treatments can affect your heart. Learn ways to keep your heart healthy with practical tips for shopping, cooking, and eating out.
Mon. Dec. 18th at 10:30 am

Nine Nutrition Steps for Survivors
For any cancer survivor. Apply the latest research to choose the best foods, understand food labels, and prepare foods in a healthy way.
Tues. Dec. 19th at 10:30 am

Plant Forward Nutrition
Learn how to enjoy more plant foods like fruits, vegetables, whole grains, and dried beans/lentils and avoid nutritional pitfalls when choosing a more plant-based diet
Thurs. Dec. 21st at 12:30 pm

Movement Classes

Tai Chi with Tai Chi Mike
Class with Qigong practice for everyone
Mondays at 11:15 am
*no class 12/25

Education Classes

Lymphedema Education - Learn about lymphedema, the lymphatic system, and risk factors.
Weds. Dec. 13th at 4:15 pm

Sleep 101 - Sleep issues are common in cancer patients. Learn some tips and strategies to improve your sleep.
Thurs. Dec. 21st at 3:00 pm

We are on YouTube!
www.youtube.com/@lcisupportiveoncology