



# Patients and Caregivers September 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

### Movement Classes

#### Tai Chi with Tai Chi Mike

Class with Qigong practice for everyone

**Mondays 11:15 am** \*no class 9/4

#### Gentle Yoga for Every Body

Practice in a chair and sometimes standing. Deep relaxation, guided Imagery, meditation, and breathing to reduce stress. Can be modified for your energy level

**Tuesdays 5:30-6:30pm** \*no class 9/19

#### Yoga with Kristy

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

**Wednesdays 10am**

#### Chair Yoga

Chair yoga class with modifications provided to do from a mat

**Thursdays at 11:30 am** \*no class 9/21

### Special September Events

#### Sexual Health and Breast Cancer

Sexual wellness matters. Many patients face emotional and physical side effects due to cancer and it's treatments. Join LCI Psychologist, Dr. Scherger and learn about resources available to help

**Wednesday, Sept. 20th from 12—1 pm**

#### Survivorship Lunchtime Conversation

Join LCI psychologist Dr. McDonough to talk about the fear of cancer coming back and strategies for both patients and care partners

**Thursday, Sept. 28th from 12– 1 pm**

#### Yoga with Dr. H- Autumn Equinox: Balancing our inner night and day

Adaptable chair yoga practice, open to all levels.

**Friday, Sept. 22<sup>nd</sup> at 1 pm**

### Music and Meditation Classes

#### Music Therapy Relaxation Techniques

Help calm anxiety and reduce stress. Group time varies (30-45 mins). Headphones encouraged.

**Mondays 2:30 pm** \*no class 9/4

#### Soothing Sound Bath

Relaxation group with music and soundscapes.

**Wednesdays 1:00-1:45pm**

#### Music Therapy for Self Care

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

*Sessions are recorded and available at any time*

**Thursdays 10am**

#### Meditation with Music

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

**Thursdays 2:30pm**

#### Therapeutic Songwriting

Process and relieve stress, share your life experience, and connect with others, while creating music and lyrics with personal meaning. No experience needed.

**Fridays 2:30 pm** \*no class 9/22

### Spiritual Care

#### Writing for Wellbeing

A monthly writing group to explore writing as a resource for wellness and finding meaning in our experiences. This group is open to any LCI patients and caregivers at any stage of cancer treatment and survivorship. No writing experience required.

**Thurs. Sept. 7<sup>th</sup> from 12– 1 pm**

#### LCI Morehead Chapel

The Chapel is located at LCI Morehead Building II across from registration. A quiet, welcoming space for all open during LCI hours. Use for a moment of calm, meditation, or prayer. Chairs and prayer mats available for use.

Services are supported by provided generous donations



## Nutrition Classes

### Healthy Cooking Club– Prebiotics

Builders of Better Health

**Thurs. Sept. 7<sup>th</sup> from 10:30-11:30am**

### Breast Cancer Nutrition -

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

**Mon. Sept. 11<sup>th</sup> from 4-5pm**

### **LAST CHANCE!** Hot Topic– Sweeteners and Cancer

It's not all good news

**Tues. Sept 12<sup>th</sup> from 10:30 am– noon**

### Meal Planning- Get your Kitchen and Menu Ready for Fall

Plan healthy dinners for several weeks. Easy meal planning tips, menu templates and plant-based options will be covered.

**Mon. Sept 18<sup>th</sup> from 10:30-11:30am**

**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. Sept. 19<sup>th</sup> from 10:30-11:30am**

### 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. Sept. 28<sup>th</sup> from 12:30-1:30pm**

## Art Classes

*Must register for in person classes, space is limited*

### Exploring Art for Healing

Join us in our healing arts center to experiment with the healing power of making art. No experience needed.

**IN PERSON AT LCI MOREHEAD**

**Wednesdays 1 pm—3 pm**



### Art with Andrea in Concord

Explore still life drawing using oil pastel techniques

**IN PERSON AT LCI CONCORD**

**Monday, Sept. 18th from 10-11:30 am**

### Pineville Art Class

Painting with Michelle

**IN PERSON AT LCI PINEVILLE**

**Thursday, Sept. 19th from 1– 3 pm**

### Art with Andrea Online

Explore oil pastel drawing with Andrea

**Friday, Sept. 29th from 10-11:30 am**

## Support Groups

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

**Thurs. Sept. 7<sup>th</sup> at 4 pm**

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

**Fri. Sept. 8th at 12 pm**

**Bladder Cancer** - all people with bladder cancer

**Tues. Sept. 12<sup>th</sup> 1:30 pm**

**After the Storm** - breast cancer survivors post treatment

**Tues. Sept. 12<sup>th</sup> at 4:30 pm** \*register by 9/10

**IN PERSON AT LCI UNION WEST**

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

**Thurs. Sept. 14<sup>th</sup> at 4:30**

**Breast Cancer Social Connection–** all women with breast cancer

**Fri. Sept 15<sup>th</sup> at 2 pm**

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

**Wed. Sept. 27th at 2 pm**

**IN PERSON AT LCI MOREHEAD AND ONLINE**

## Education Classes

**Lymphedema Education** - Learn about lymphedema, the lymphatic system, and risk factors.

**Weds. Sept. 13<sup>th</sup> at 4:15 pm**

**Sleep 101** -Sleep issues are common in cancer patients. Learn some tips and strategies to improve your sleep.

**Thurs. Sept. 21<sup>st</sup> at 3:00 pm**

**The Cost of Cancer-** Learn from one of our financial navigators how to help manage the cost of cancer

**Tues. Sept. 19<sup>th</sup> at 2 pm**

**Were you diagnosed with cancer between the age of 13-39? If so, we want to hear from you!**

[Fill out this survey](https://redcap.link/67a7quct) to help us learn how to better meet your needs! <https://redcap.link/67a7quct>



**We are on YouTube!**

[Youtube.com/@lcisupportiveoncology](https://www.youtube.com/@lcisupportiveoncology)

**Videos Include:** [Survivorship at Levine Cancer Institute](#)