



Department of Supportive Oncology January 2022 Program Calendar

Levine Cancer Institute



Live Virtual Classes and Groups

Weekly Groups and Classes

Movement

Tai Chi with Tai Chi Mike

Participants can log on at 11 to chat with Mike about Tai Chi.

Mondays at 11:15 am

NEW! 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 5:30-6:30 pm

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 1:00-1:45 pm

Music Therapy for Self Care

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

Sessions are recorded and can always be viewed

Thursdays. at 10 am

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 2:30 pm

Weekly Knitting and Crochet Circle

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

Mondays at 1 pm *No Class 1/10

All groups and classes will continue to be virtual/online until further notice. These all offered FREE for LCI patients, care partners, and teammates.

Special Events

New Year, New Beginning:

For many, the beginning of the year marks a new beginning and the chance to start fresh. Spiritual traditions offer opportunities to do this well. Engage in spiritual practices to release the old, embrace the new, and discern best next directions for you.



Tuesday, Jan 4, 12-1 pm

Culinary Medicine– Undercover Vegetables

Join LCI Integrative Oncology provider, Rebecca Greiner, and LCH Director of Supportive Medicine, Dr. Jennifer Pope, in a fun and interactive Culinary Medicine class with sneaky tips for increasing vegetables in your diet.

Friday, January 21, 12:00-1:00pm

Resilience for the New Year

A therapeutic-style yoga practice, adaptable to chair with Dr. Hariharan. All levels welcome.

Tuesday, January 18, 1:00-2:00 pm

The Art of Intention:

Join Sandra and Andrea for a collaborative experience. Bring goals and intentions to light using meditative practices and by creating artistic mantra reminders.

Thursday, January 27, 12-1pm

Stress reduction for Breast Cancer: Mindfulness and Compassion for Health and Well-Being

Lowering your stress levels every day can help healing plus improve mood and sleep. Find out 10 mental and physical health benefits of practicing mindfulness, 3 simple mindfulness and compassion practices, and how to integrate these practices into your busy life.

Thursday, January 6, noon

Monthly Groups and Classes

Art Classes



Winter Reflections

Join Andrea in creating an acrylic winter landscape combined with personal reflections and intentions for the new year.

Tues. Jan 11 from 10-11:30am

Art Café

Join Manuela to share any creative projects. Learn more about decoupage— the art of decorating objects with paper.

Tues. Jan. 4 at 2 pm



Nutrition Classes

now available by phone and video

Healthy Cooking Club- Thurs. Jan.6 at 10:30 am

Breast Cancer Nutrition – Mon. Jan. 10 at 4 pm

Nine Nutrition Steps for Survivors – Tues. Jan. 18 at 10:30 am

Meal Planning– Mon. Jan. 24 at 10:30 am

Plant Forward Nutrition – Thurs. Jan. 27 at 12:30 pm

Support Groups

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

Thurs. Jan. 6 at 4 pm

After the Storm-for breast cancer survivors post treatment.

Tues. Jan. 11 from 4:30 to 5:30 pm

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

Fri. Jan 14 at 12 noon

Courage with Cancer- for patients currently in treatment or living with cancer

Thurs. Jan. 13 from 4:30 to 5:30 pm

Breast Cancer Social Connection– for all woman with breast cancer

Fri. Jan. 21 at 2 pm

Bladder Cancer Support Group– for all people with bladder cancer

Tues. Jan. 11 from 1:30 to 3 pm

Education Classes

Lymphedema Education– Weds. Jan, 12 at 4:15 pm

Sleep 101—Thurs. Jan, 20 at 3:00 pm



We are on YouTube!

Please visit our YouTube site for more information on Supportive Oncology and to view videos that can help you along your journey.

[Click here](#) or Search "LCI Supportive Oncology" on YouTube.com. Check us out!

NEW VIDEOS THIS MONTH!

- Metas de Nutrición para Sobrevivientes de Cáncer
- Swallow Strategies and Food Ideas
- Build a Better Breakfast

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

Programs are supported by:

