



Department of Supportive Oncology

June 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

Tai Chi with Tai Chi Mike

This class will be structured for all skill and experience levels. The first half of the class will be focusing on a beginner Qigong practice and the second half mostly Tai Chi practice. Everyone is welcome to attend the entire hour.

Mondays at 11:15 am

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 *no class 6/7

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 10 am

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

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 *no class 6/23

Weekly Knitting and Crochet Circle

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

Mondays at 1 pm *no class 6/20

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

[LCI Breast Health Cooking Series: Sweet Potato and Kale Salad](#)

[Watercolor Silhouette Greeting](#)

Programs are supported by:



Monthly Groups and Classes

Education Classes

Lymphedema Education— Weds. June 15 at 4:15 pm

Sleep 101—Thurs. June 16 at 3:00 pm

Talking with Kids about Cancer— Tues. June 28 at 3 pm

Support Groups

Care Partner Support Group—For anyone who helps care for a person with cancer **Thurs. June 2 at 4 pm**

Parenting and Cancer— For anyone caring for children while dealing with cancer
Weds. June 8 at 9 am

After the Storm-for breast cancer survivors post treatment. **Tues. June 14 at 4:30 pm**

Young Women Breast Cancer Discussion Group- women diagnosed with breast cancer at age 40 or younger **Fri. June 10 at 12 noon**

Breast Cancer Social Connection— for all woman with breast cancer **Fri. June 17 at 2 pm**

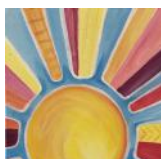
Courage with Cancer- for patients currently in treatment or living with cancer.
Thurs. June 9 from 4:30 to 5:30 pm

Bladder Cancer Support Group— for all people with bladder cancer **Tues. June 14 at 1:30 pm**

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.

Art



Radiant Sun:

Join Andrea in creating a joyful, radiant sun image, using mixed media techniques. **Wed June 8, 10-11:30am**

Nutrition Classes

Healthy Cooking Club— Thurs. June 9 at 10:30 am

Breast Cancer Nutrition – Mon. June 13 at 4 pm

Last Chance! Hot Topic: Safer Grilling and Meat & Cancer— Tues. June 14 at 10:30

Heart Healthy- Mon. June 20 at 10:30 am

Nine Nutrition Steps for Survivors – Tues. June 21 at 10:30 am

Plant Forward Nutrition – Thurs. June 30 at 12:30 pm

Special Events

24 Foundation Survivor Café: Exercise– It Does a Body (and mind) Good

24 Foundation invites you to a virtual Survivor Cafe to discuss the benefits of exercise before, during and after treatment with an Integrative Physician, Exercise Specialist, and Physical Therapist from LCI. If you would like to submit questions for our panelists before the event, please email carrie@24foundation.org

Mon. June 6 at 12 pm

Drumming Circle-

We are excited for the return of our in-person drum circle! Join us outside in the Healing Garden. Registration is required. Masks are required and social distancing will be in place. No experience necessary and instruments will be provided.

Fri, June 17 at 2 pm

Mind, Mood, Food & Alcohol-

Eating nutritious foods will help your immune system and healing but do you know what daily food choices to make to actually boost your mood? Find out how to boost mental health, reduce stress, improve sleep, reduce inflammation, and help with feelings of depression and anxiety with Rebecca Greiner, PhD, PA-C— **Tues., June 21 at noon**

Coming soon! 24 Hours of Booty-

Come join a celebration of hope, healing, and coming together in the face of adversity. This biking and walking event will be back in Myers Park. Come cheer on the teams that are working hard to support our programs at LCI! To learn more, visit 24foundation.org
July 29-30, 7 pm to 7pm