



Department of Supportive Oncology October 2021 Program Calendar

Levine Cancer Institute



Live Virtual Classes and Groups

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

Monthly Groups and Classes

Education Classes

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

Sleep 101—Thurs. Oct. 21 at 3:00 pm

Support Groups

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

Tues. Oct. 12 at 12 pm

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

Thurs. Oct. 7 at 4 pm

After the Storm-for breast cancer survivors post treatment.

Tues. Oct. 12 from 4:30 to 5:30 pm

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

Fri. Oct. 8 at 12 noon

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

Thurs. Oct. 14 from 4:30 to 5:30 pm

Breast Cancer Social Connection— for all woman with breast cancer

Fri. Oct. 15 at 2 pm

Bladder Cancer Support Group— for all people with bladder cancer

Tues. Oct. 12 from 1:30 to 3 pm

Nutrition Classes

Healthy Cooking Club— Thurs. Oct. 7 at 10:30 am

Breast Cancer Nutrition – Mon. Oct. 11 at 4 pm

Heart Healthy Nutrition— Mon. Oct. 18 at 10:30 am

Nine Nutrition Steps for Survivors – Tues. Oct 19 at 10:30 am

Plant Forward Nutrition – Thurs. Oct 28 at 12:30 pm

Art Classes



Fall Watercolors

Join Andrea in painting Fall watercolor trees.

Tues. Oct. 12, 10-11:30am

Art Café

Join Manuela to share any creative projects like this fun collage to the right. Bring your desire to make art, talk about art and share with others

Tues. Oct. 5, 2 pm



Special Event

Lunch and Learn Breast Forum— a panel of medical experts to answer questions about breast cancer

Fri. Oct. 15, 12 to 1 pm

Weekly Groups and Classes

Music Therapy

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.

Note: Anyone experiencing current or recent psychosis should contact the music therapist before joining.

Mondays 2:30-3:30pm

Soothing Sound Bath

A relaxation group that features music and soundscapes

Weds. 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

Thurs. 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 3:30

Weekly Knitting and Crochet Circle

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

(Note: there will be no instruction available during this time.)

Mondays at 1 pm

Movement

Tai Chi with Tai Chi Mike-

Participants can log on at 8:45 to chat with Mike about Tai Chi.

Mon. 9 am

Seated and Standing Yoga- This class will also focus on other aspects of a Yoga practice, such as Pranayama (breathwork); Mudras (hand techniques); and a short Meditation.

Tues. at 10am

Beginner Tai Chi Learn gentle movements, combined with breathing which may help improve stress, pain and balance.

Weds. at 2 pm

Qigong for Health and Wellness -This class will include both seated and standing Qigong meditative movements to cultivate peaceful energy, acupressure techniques and the flowing movements of Qigong dance.

Fri. at 11am

**To register for our
groups and classes
[click here!](#)**

You can also register by email to
LCISupportiveOncology@atriumhealth.org or
call 980-442-1006

Please register at least 24 hours in advance

Programs are supported by:

 Sherry Strong.org

 24 Foundation



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

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