

CancerLifeline

FREE CLASSES and **SUPPORT GROUPS** for
CANCER PATIENTS, SURVIVORS, and CAREGIVERS

UW Medicine

VALLEY
MEDICAL CENTER

Valley Medical Center
400 South 43rd Street
Renton, WA 98055

Classes

ARTISTIC EXPRESSION

Decorative Paper Flowers

Jan 22 | 11am-1pm
Medical Arts Center: Rm B

Simple Valentine's Embroidery

Feb 5 | 11am-1pm
Medical Arts Center: Rm D

Intro to Brush Lettering

Mar 7 | 10am-12pm
Medical Arts Center: Rm C

Creative Cardmaking

Apr 23 | 11am-1pm
Medical Arts Center: Rm A

EXERCISE & MOVEMENT

Healthy Steps

Session I – Tuesdays
Feb 5-Mar 5 | 6-7pm
Session II – Tuesdays
Mar 19-Apr 16 | 6-7pm
Medical Arts Center: Rm D

Gentle Yoga

Bring your own mat and arrive 5 minutes early.
Session I - Thursdays
Jan 17-Feb 28 | 6-7pm
Session II – Thursdays
Mar 21-Apr 25 | 6-7pm
No Class Apr 11
Medical Arts Center: Rm E&F

NUTRITION

Nutrition classes are held at
Merrill Gardens
104 Burnett Ave S
Renton, WA 98057

Winter Salads

Jan 26 | 2-4pm

One Pot Meals

Feb 23 | 2-4pm

Glorious Grains

Mar 30 | 2-4pm

Super Foods for Spring

Apr 27 | 2-4pm

PRESENTATIONS

All presentations are held in
the Breast Center Conference
Room.

Eating to Improve Energy

Jan 16 | 1-2pm
At the Women's Cancer group.
All welcome.

Immunotherapy Cancer Treatment

Feb 11 | 7-8pm

At the Living With Cancer group. All welcome.

Life in Survivorship

Feb 20 | 1-2pm
At the Women's Cancer group.
All welcome.

Food, Mood & You

Mar 11 | 7-8pm
At the Living With Cancer group. All welcome.

Addressing Fears of Recurrence

Mar 20 | 1-2pm
At the Women's Cancer group.
All welcome.

Cooking through Cancer Treatment to Recovery

Support Groups

These are drop-in groups that provide educational presentations, group discussion & emotional support.

HOPE in Your Heart Cancer Support Group

Thanks to support from Valley Girls & Guys & Valley Medical Center, we are offering this new support group right in the heart of Maple Valley! Open to those living with any type of cancer from diagnosis through post-treatment and their family and friends.
4th Mondays | Jan 28, Feb 25, Mar 25, Apr 22 | 7-8:30pm
Vine Maple Place: 22815 SE 216th Way, Maple Valley, WA 98038

Living with Cancer Support Group

Open to those living with any type of cancer from diagnosis through post-treatment and their family and friends.
2nd Mondays | Jan 14, Feb 11, Mar 11, Apr 8 | 7-8:30pm
Breast Center Conference Room

Women's Cancer Support Group

Open to women living with any type of cancer from diagnosis through post-treatment.
3rd Wednesdays | Jan 16, Feb 20, Mar 20, Apr 17 | 1-2:30pm
Breast Center Conference Room