

UW Medicine VALLEY MEDICAL CENTER

Free Classes & Support Groups for Cancer Patients, Survivors and Caregivers **January-April 2015**

Support Groups

These are drop-in groups. If you have any questions please call 206-297-2500. Please register for presentations.

LIVING WITH CANCER SUPPORT GROUP *NEW DAY

Facilitated by: Vivian Foxx, MSW

Feeling overwhelmed and uncertain about what lies ahead as you travel through the unfamiliar world of cancer? Come meet others who are just diagnosed, in treatment or post-treatment. Learn from educational presentations and open discussions. Family and friends are welcome!

Medical Arts Center, Breast Center Conference Room 1st & 3rd Mondays, Jan 5 & 19, Feb 2 & 16, March 2 & 16, April 6 & 20; 7-8:30pm

Presentations:

Jan 19th: "Anti-Inflammatory Food For Health & Wellness"

by Michelle Babb, MS, RD, CD

Feb 16th: "The Importance Of Sleep During & After Cancer

Treatment" by Carrie Dennett, MPH, RDN, CD

March 16th: "Coping With Stress" by Meghan Melanson, MS,

LMHCA

April 20th: "Anger & Cancer" by Norma Lee, MA, MD

WOMEN'S CANCER SUPPORT GROUP *NEW GROUP

Facilitated by: Vivian Foxx, MSW

Once you hear the words, "you have cancer," everything in your life shifts and changes. Women with any type of cancer diagnosis are welcome at this monthly group, whether you are newly diagnosed, working your way through treatment or just finishing treatment. Join other women in a safe, confidential and non-judgmental environment to talk and get support on all the different ways cancer impacts your life. Through educational speakers and open discussion learn ways to help manage your cancer and not be managed by your cancer.

Medical Arts Center, Breast Center Conference Room 3rd Wednesdays, Jan 21, Feb 18, March 18, April 15; 1-2:30pm Presentations:

Feb 18th: "Intimacy & Sexuality After Treatment"

by Shannon Solie, LMHCA

March 18th: "Lymphedema: What Cancer Patients & Survivors Need

To Know" by Julie Venn, LMP

Classes and Events Please register for any of these classes or presentations by calling 206-297-2500 or visit www.cancerlifeline.org

GENTLE YOGA

Facilitated by: Ann Ford, Registered Yoga Teacher Practice easy stretches, postures, guided meditation and breathing exercises in one of these gentle therapeutic yoga classes. Please bring your own mat and plan to arrive five to ten minutes before scheduled class time.

Medical Arts Center, Room MAC-E & F Session I: Thursdays, Jan 15-Feb 19; 6-7pm Session II: Thursdays, March 5-April 9; 6-7pm

THE LEBED METHOD: HEALTHY-STEPS

Facilitated by: Amber Dunn, Certified Lebed Method Instructor Healthy-Steps is a fun, gentle exercise program designed for cancer patients before, during and after treatment. This program is helpful for survivors, caregivers and anyone with Lymphedema. Healthy-Steps combines easy stretches, low-impact aerobics and relaxation techniques with great music. Research has found that Healthy-Steps can increase range of motion, strength, physical stability and quality of life. If this is your first time attending, please arrive 10 minutes early to speak with the instructor. The routines can be done sitting or standing, so all ability levels are encouraged to attend. Fine to start anytime.

Medical Arts Center, Room MAC-D Session I: Tuesdays, Jan 20-Feb 17; 6-7pm Session II: Tuesdays, March 10-April 7; 6-7pm

POP-UP CARDS *NEW

Facilitated by: Lisa Leong-Tsang

In this class you'll learn basic pop-up structures to make one-of-a-kind cards. You will leave this class with a variety of cards you can use for unique gifts. Please bring the following supplies if you have them: a craft knife, mat & ruler. All other supplies provided.

Medical Arts Center, Room MAC-E & F Tuesday, Jan 20; 10am-1pm

ANTI-INFLAMMATORY FOOD FOR HEALTH & WELLNESS

Facilitated by: Michelle Babb, MS, RD, CD

Chronic inflammation in the body can distract your immune system from more important jobs, like warding off disease and keeping you healthy. Michelle Babb, nutritionist and author of "Anti-Inflammatory Eating Made Easy" will discuss how certain foods can help bolster your immune system, cool down inflammation, and give you more energy and vitality. Open to those with any type of cancer & caregivers.

Medical Arts Center, Breast Center Conference Rm Monday, Jan 19; 7-8pm

COPING WITH STRESS

Facilitated by: Meghan Melanson, MS, LMHCA

Learn ways to manage your stress and enhance your quality of life and support a healthier you. Open to those who have or have had cancer & their caregivers. Medical Arts Center, Breast Center Conference Rm Monday, March 16; 7-8pm

EATING & LIVING TO BEST SUPPORT YOUR METABOLISM *NEW

Facilitated by: Nisha Shah, MPH, RD

Take advantage of the darker, cooler months to focus on your nutrition in ways that will help you boost your metabolism. In this thought provoking class we will explore the importance of what you eat and how you can eat to enhance pleasure and energy while promoting weight loss through nutrition for balanced hormones. Merrill Gardens, 104 Burnett Ave S Saturday, Jan 31; 2-4pm

THE IMPORTANCE OF SLEEP DURING & AFTER CANCER TREATMENT

Facilitated by: Carrie Dennett, MPH, RDN, CD

Sufficient sleep during and after cancer treatment is a necessary component of healing. In this presentation you will learn how sleep affects health & healing and how you can identify barriers to getting a good night's rest. We will also discuss ways to promote restful sleep. Open to those with any type of cancer & their caregivers.

Medical Arts Center, Breast Center Conference Rm Monday, Feb 16; 7-8pm

INTIMACY & SEXUALITY AFTER TREATMENT *NEW

Facilitated by: Shannon Solie, LMHCA

There are common experiences and feelings about intimacy for female cancer survivors. It may take some work to define a new normal to get comfortable with. We will touch on self-esteem, body image, communication, how we feel about sexuality, and low libido. The good news is the new normal can be fantastic and we will discuss strategies on how to get there. This presentation is open to female cancer patients & survivors only.

Medical Arts Center, Breast Center Conference Rm Wednesday, Feb 18; 1-2pm

COLLAGE-UNLOCK YOUR CREATIVITY *NEW

Facilitated by: Ginny Rohan

Magazine collage is a great place to begin experimenting with the exciting world of collage. With a wide variety of images and tools to choose from, give yourself permission to let go, explore, create and express your thoughts in a whole new way.

Medical Arts Center, Room MAC-A Thursday, Feb 19; 10am-1pm

WINTER SALADS *NEW

Facilitated by: Katrina Gangsaas, BSN, Nutrition Educator
Don't let ice-burg lettuce sink your winter menu! Forget about watery
lettuce, flavorless tomatoes and bottled salad dressings. Learn how to
embrace the season and incorporate vegetables that really shine during
the cold, winter months with hearty, whole grains and tangy vinaigrettes.

Merrill Gardens, 104 Burnett Ave S Saturday, Feb 28; 2-4pm

NATUROPATHIC SUPPORT FOR CANCER CARE

Facilitated by: Chad Aschtgen, ND, FABNO

Dr. Chad Aschtgen, naturopathic physician specializing in integrative cancer care at Institute of Complementary Medicine, discusses how to safely and effectively incorporate naturopathic methods along with chemotherapy, radiation and surgery. Learn how nutrition, physical activity, sleep, stress management, herbs, vitamins and homeopathy can help to improve health, aid in managing side effects and prevent future disease. Post-treatment support and long-term prevention will also be addressed. **Medical Arts Center. Room MAC-D**

Tuesday, March 3; 6:30-8:30pm

LYMPHEDEMA:

WHAT CANCER PATIENTS & SURVIVORS NEED TO KNOW

Facilitated by: Julie Venn, LMP

In this presentation we will discuss the anatomy and function of the lymphatic system and what happens when that system is damaged, potentially causing lymphedema, a potential post-surgery condition. We will review some of the risk factors for developing lymphedema and early signs and symptoms of the condition that could trigger someone to pursue treatment. We will also discuss methods of treatment and management of the condition and strategies for living with lymphedema when it occurs. Open to all women who have or have had cancer. At the Women's Cancer Support Group

Medical Arts Center, Breast Center Conference Rm Wednesday, March 18; 1-2pm

MAKING A SURVIVOR'S CELEBRATION GARLAND *NEW

Facilitated by: Lisa Leong-Tsang

Using a simple crochet chain stitch, learn to make a beautiful garland that you can either wear to celebrate your survivorship, use as a token of inspiration or gift for the cancer survivor in your life.

Medical Arts Center, Room MAC-A Thursday, March 19; 10am-1pm

COOKING FOR CANCER WELLNESS *NEW

Facilitated by: Ami Karnosh, MS, CN

Using the new and informative Cancer Wellness Cookbook, nutritionist Ami Karnosh will guide you through a day of meals created to help boost wellness and support you during and after treatment. Samples will be provided.

Merrill Gardens, 104 Burnett Ave S Saturday, March 28; 2-4pm

CREATIVE CARDMAKING *NEW

Facilitated by: Ginny Rohan

Explore stamping, embossing and 3-D image techniques in this fun filled card class. *Handouts and all materials will be provided.*

Medical Arts Center, Room MAC-E & F Thursday, April 14; 10am-1pm

ANGER & CANCER *NEW

Facilitated by: Norma Lee, MA, MD

There are many emotions that come with a cancer diagnosis or treatment. All of them are completely normal, yet anger doesn't get much attention when we talk about coping with cancer. Learn about how to recognize anger, why it can be healthy and strategies for coping with it. This presentation is open to all those that have or have had cancer including caregivers.

Medical Arts Center, Breast Center Conference Rm Monday, April 20; 7-8pm

FOODS TO HELP YOUR DIGESTIVE SYSTEM DURING & AFTER TREATMENT

*NEW

Facilitated by: Katrina Gangsaas, BSN, Nutrition Educator
Join us for a discussion and cooking demonstration to help address
common digestive concerns associated with cancer treatments,
techniques for dealing with them and healthy recipes for overall digestive
wellness. Merrill Gardens, 104 Burnett Ave S
Saturday, April 25; 2-4pm