

FREE CANCER SUPPORT GROUPS & PROGRAMS – April 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Open Art Studio 10am-2pm Meditation 2:30pm Caregiver Support Group 6:00pm Healing through Fitness 6:00pm	2 Patient Support Group 10:00am Patient Support Group 6:00pm	3 Yoga 6:00pm – 7:00pm	4 Healing through Yoga 10:00am – 11:00am Personal Palette & Open Art Studio 11:15am – 3:15pm Yoga 3:30pm -4:30pm Healing through Fitness 6:00pm	5 Open Art Studio 12:30pm – 3:30pm	6
7	8 Sewing & Open Art Studio 10am-2pm Meditation 2:30pm Caregiver Support Group 6:00pm Healing through Fitness 6:00pm	9 Patient Support Group 10:00am Patient Support Group 6:00pm	10 Nutrition Class: Nutrition After Cancer Treatment 10:00am-11:30am	11 Healing through Yoga 10:00am – 11:00am Personal Palette & Open Art Studio 11:15am – 3:15pm Healing through Fitness 6:00pm	12 Painting & Open Art Studio 12:30pm – 3:30pm	13
14	15 Jewelry & Open Art Studio 10am-2pm Meditation 2:30pm Head & Neck Support Group 5:30pm Healing through Fitness 6:00pm	16	17 Yoga 6:00pm – 7:00pm	18 Healing through Yoga 10:00am – 11:00am Personal Palette & Open Art Studio 11:15am – 3:15pm Yoga 3:30pm -4:30pm Healing through Fitness 6:00pm	19 CLOSED	20 Ceramics 1:00pm – 4:00pm
21	22 Sewing & Open Art Studio 10am-2pm Meditation 2:30pm Caregiver Support Group 6:00pm Healing through Fitness 6:00pm Prostate Cancer Education & Support Group 6:30pm	23 Patient Support Group 10:00am Patient Support Group 6:00pm	24 Let's Talk About It: Libido, Desire, and Sexual Response 6:00pm Yoga 6:00pm – 7:00pm	25 Healing through Yoga 10:00am – 11:00am Glass Fusion & Open Art Studio 11:15am – 3:15pm Yoga 3:30pm -4:30pm Healing through Fitness 6:00pm	26 Open Art Studio 12:30pm – 3:30pm	27
28	29 Felting & Open Art Studio 10am-2pm Meditation 2:30pm Caregiver Support Group 6:00pm Healing through Fitness 6:00pm	30 Patient Support Group 10:00am Patient Support Group 6:00pm		April is Testicular, Esophageal, and Head & Neck Cancer Awareness Month		



FREE CANCER SUPPORT GROUPS & PROGRAMS

Cancer Support Groups

You are not alone. We offer a weekly support group for adult cancer patients with any type of cancer on Tuesdays from 10am-11:30am and 6 pm – 7:30 pm. **Registration requested.**

Caregiver Support Group

This weekly group is for anyone caring for a loved one with any type of cancer. We meet on Monday evenings from 6 pm – 7:30 pm. Come learn how to take care of yourself and talk with other caregivers in a relaxed and comfortable setting. **Registration requested.**

Head and Neck Cancer Support Group

Are you struggling with your diagnosis? Do you want to meet others who can relate to you? Would you like to help new Head and Neck cancer patients? Join us the third Monday of the month from 5:30pm – 7:00pm for education and support for Head and Neck Cancer patients/survivors and family members. Meets at St. Vincent Cancer Center – 8301 Harcourt Road Indianapolis, IN 46260. Classroom A & B. **No RSVP required. For more information or questions, please contact Carolyn Harshbarger, RN 317-338-3781 or charshba@ascension.org**

Prostate Education and Support Group

Blue Ribbon Prostate Support and Education Group helps men cope with prostate cancer by offering community-based education and support for patients and their loved ones. We meet in **Cooling Auditorium, St. Vincent Hospital – Indianapolis, 2001 W. 86th Street every other month on the 4th Monday at 6:30 pm. Drop-in – no reservation required**

Open Art Studio

Making art can enhance well-being and improve quality of life. Please join us to create art in a creative, fun and relaxing environment. Each studio is open for three to four hours (please refer to calendar), and you may drop in as you like. Open to any adult with cancer and caregivers too! **Drop-in – no reservation required.**

Ceramics Workshop

We offer this exciting workshop at the Indianapolis Art Center – 820 E. 67th Street. Participants will experience a variety of hand building and clay texturing techniques through making small plates, vases, etc. Finished products will be available for pick up approximately 2 weeks later. **Registration is required and limited to the first 12 people.**

Personal Palette

Spring into a day full of color. Explore and create color through a variety of different activities that study what color means to you. No artistic experience is necessary. **Drop-in No reservation required.**

Art Workshops

We are excited to offer several art workshops this month:
April 4th Personal Palette with Val and Hannah 11:15am – 3:15pm
April 8th Sewing with Karissa – 10:00am – 2:00pm
April 11th Personal Palette with Val and Hannah 11:15am – 3:15pm
April 12th Painting with Andrew – 12:30pm – 3:30pm
April 15th Jewelry with Angie – 10:00am – 2:00pm
April 18th Personal Palette with Val and Hannah 11:15am – 3:15pm
April 22nd Sewing with Karissa – 10:00am – 2:00pm
April 25th Glass Fusion with Joani - 11:15am – 3:15pm
April 29th Felting with Paula – 10:00am – 2:00pm

Nutrition Class: Nutrition after Cancer Treatment

Eating well and staying active promotes overall health upon completing cancer treatment. Take this opportunity to learn more about which foods to choose and to limit, the use of supplements, what is considered to be a healthy weight, and much more with our Registered Dietician-Karen Randall. **Meets at St. Vincent Cancer Center 8301 Harcourt Road- Cancer Care Classroom A& B. Registration requested.**

Let's Talk About It: Libido, Desire, and Sexual Response

Libido and sexual function change over the life span for both men and women. Aging, stress, anxiety, illness, pain, certain medications, and some medical treatments are among the many factors that can cause interest in sex and sexual function to decline. Duan Hooley Miller, a Women's Health Care Nurse Practitioner and a Certified Menopause Practitioner will present a program that looks at the many causes for change in sexual desire and function. Options for the management of decreased desire, decreased function, and pain associated with sexual intercourse will be explored. If you are a woman affected by libido changes or sexual function changes please join us for this informative program. **Meets as St. Vincent Carmel Hospital Women's Center 13420 N Meridian St. Carmel, IN Entrance 3 – Community Room- Floor. Registration Requested.**

Meditation Class

Relaxation, brought about by meditation, is a powerful way to reverse the negative effects of stress and invoke a calm, relaxed, healing state. Please join us as we explore and develop meditation practices designed just for you. Come find a great place to relax and regenerate. **Drop-in – no reservation required.**

Healing through Yoga

This yoga class will engage the body/mind connection as a pathway to wellness. Suited to the beginner or the advanced practitioner alike, classes recover our vitality and flexibility in a gentle, balanced and playful way, honoring everyone's abilities. Classes are shaped round the participant's needs and capacities. As an intervention for the body and the nervous system Healing through Yoga can dissipate stress while increasing balanced blood flow, developing muscular strength and helping the lymphatic system clean out the bodies toxins. **Drop-in -no reservation required.**

Yin Yoga

Yin Yoga is a deep meditative filled practice of long held floor poses that help bring flexibility, vitality, and circulation to the joints and connective tissue. Yoga props are used to support muscle relaxation while bringing awareness to the breath and promote a healthy flow of energy throughout the body. **Registration is requested.**

Healing through Fitness

This six-week exercise program is for adults with cancer who are either currently in treatment or have completed treatment. Classes are small and instruction is adjusted to your personal fitness goals. Classes are led by St. Vincent Physical Therapists. To learn more please refer to flyer. The next six-week class will be held in June 2019. **Registration is required and MD approval is needed before participating.**

TO REGISTER FOR PROGRAMS AND SUPPORT GROUPS

If you are interested in joining a support group or attending one of our programs, please contact Julie Smith at (317) 338-3551 or email Julie.Smith21@ascension.org

ALL PROGRAMS MEET AT

(unless otherwise noted):
8550 Naab Road, Suite 201, Indianapolis, IN 46260

VISIT OUR WEBSITE AT:

<http://www.stvincent.org/services/cancer-care>

