

# FREE CANCER SUPPORT GROUPS & PROGRAMS – December 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>You're Invited! To the unveiling of our new Art Exhibit: <i>Women We Remember</i> on December 13<sup>th</sup>!</b></p> <p><b>The next session of Healing through Fitness will begin on Monday February 4<sup>th</sup>. Registration information located on the 2<sup>nd</sup> page.</b></p>						1
2	<p><b>3</b></p> <p>Open Art Studio 10:00am – 2:00pm Meditation 2:30pm Caregiver Support Group 6:00pm</p>	<p><b>4</b></p> <p>Patient Support Group 10:00am</p> <p>Patient Support Group 6:00pm</p>	<p><b>5</b></p> <p>Yoga 6:00pm -7:00pm</p>	<p><b>6</b></p> <p>Rise &amp; Shine 9:00am</p> <p>Open Art Studio 11:15am – 3:15pm Yoga 3:30pm -4:30pm</p>	<p><b>7</b></p> <p>Open Art Studio 12:30pm-3:30pm</p>	8
9	<p><b>10</b></p> <p>Fimo Bead Making &amp; Open Art Studio 10:00am – 2:00pm Meditation 2:30pm Caregiver Support Group 6:00pm</p>	<p><b>11</b></p> <p>Patient Support Group 10:00am</p> <p>Patient Support Group 6:00pm</p>	<p><b>12</b></p> <p>Nutrition Class: Nutrition after Cancer Treatment 10:00am – 11:30am Yoga 6:00pm -7:00pm</p>	<p><b>13</b></p> <p>Rise &amp; Shine 9:00am <b>*Special Event*</b> <b>Women We Remember Artist Exhibition 11:15am – 3:15pm</b> Jewelry &amp; Open Art Studio 11:15am – 3:15pm Yoga 3:30pm – 4:30pm</p>	<p><b>14</b></p> <p>Glass Fusion &amp; Open Art Studio 12:30pm-3:30pm</p>	15
16	<p><b>17</b></p> <p>Felting &amp; Open Art Studio 10:00am – 2:00pm Meditation 2:30pm Caregiver Support Group 6:00pm</p>	<p><b>18</b></p> <p>Patient Support Group 10:00am</p> <p>Patient Support Group 6:00pm</p>	<p><b>19</b></p> <p>Yoga 6:00pm -7:00pm</p>	<p><b>20</b></p> <p>Rise &amp; Shine 9:00am</p> <p>Open Art Studio 11:15am – 3:15pm Yoga 3:30pm -4:30pm</p>	<p><b>21</b></p> <p>Painting &amp; Open Art Studio 12:30pm-3:30pm</p>	22
23/30	<p><b>24/31</b></p> <p>CLOSED Christmas Eve and New Year's Eve</p>	<p><b>25 &amp; Jan 1st</b></p> <p>CLOSED Christmas Day and New Year's Day</p>	26	<p><b>27</b></p> <p>Rise &amp; Shine 9:00am</p> <p>Open Art Studio 11:15am – 3:15pm Yoga 3:30pm -4:30pm</p>	<p><b>28</b></p> <p>Open Art Studio 12:30pm-3:30pm</p>	29

# 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.**

## 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.**

## Art Workshops (Drop-in – no reservation required)

We are excited to offer several art workshops this month:  
December 10<sup>th</sup> Fimo Bead Making with Margie - 10:00am – 2:00pm  
December 13<sup>th</sup> Jewelry with Angie - 11:15am – 3:15pm  
December 14<sup>th</sup> Glass Fusion with Joani – 12:30pm – 3:30pm  
December 17<sup>th</sup> Felting with Paula 10:00am – 2:00pm  
December 21<sup>st</sup> Painting with Andrew 12:30pm – 3:30pm

## Women We Remember Artist Exhibit

Please join us for the unveiling of our newest art exhibit featuring art work of jewelry artist Angela Caldwell and St. Vincent art therapy participants. See how their works of art have been inspired by the powerful and beautiful women in their lives. Opportunities will be available to purchase small gift items made by the art therapy participants. All proceeds from the sales will go back into St. Vincent's Cancer Art Therapy program. We hope you can join us!

## 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.**

## 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.**

## Rise and Shine Exercise Class

Learn simple movement patterns to release tension, build strength and clear our mental clutter. One powerful hour of unwinding yoga stretches, accessible core strengthening and deep meditation to build the best you. Exercises can be tailored to all needs and skills and done anywhere. Meet the day with your most healthy you. **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 February 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> Scroll down and click on the **event tab.**

