

# FREE CANCER SUPPORT GROUPS & PROGRAMS – February 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>February is National Cancer Prevention Month and Gallbladder and Bile Duct Cancer Awareness</b>					<b>1</b> Painting and Open Art Studio 12:30pm – 3:30pm	<b>2</b>
<b>3</b>	<b>4</b> Quilting & Open Art Studio 10:00am – 2:00pm Meditation - 2:30pm Caregiver Support Group 6:00pm Healing through Fitness 6:00pm -7:30pm	<b>5</b> Cancer Support Group 10:00am  Cancer Support Group 6:00pm	<b>6</b> Yin Yoga 6:00pm	<b>7</b> Healing through Yoga 9:00am -10:00am Healing through Color & Open Art Studio 11:15am – 3:15pm Yin Yoga 3:30pm – 4:30pm Healing through Fitness 6:00pm – 7:30pm	<b>8</b> Quilting & Open Art Studio 12:30pm -3:30pm	<b>9</b>
<b>10</b>	<b>11</b> Felting & Open Art Studio 10:00am – 2:00pm Meditation - 2:30pm Caregiver Support Group 6:00pm Healing through Fitness 6:00pm -7:30pm	<b>12</b> Cancer Support Group 10:00am  Cancer Support Group 6:00pm	<b>13</b> Nutrition Class: Nutrition after Cancer Treatment 10:00am – 11:30am	<b>14</b> Healing through Yoga 9:00am -10:00am Healing through Color & Open Art Studio 11:15am – 3:15pm Healing through Fitness 6:00pm – 7:30pm	<b>15</b> Open Art Studio 12:30pm -3:30pm	<b>16</b> Ceramics 1:00pm – 4:00pm
<b>17</b>	<b>18</b> Jewelry & Open Art Studio 10:00am – 2:00pm Meditation - 2:30pm Head & Neck Cancer Support Group 5:30pm Caregiver Support Group 6:00pm Healing through Fitness 6:00pm -7:30pm	<b>19</b> Cancer Support Group 10:00am  Cancer Support Group 6:00pm	<b>20</b> Yin Yoga 6:00pm	<b>21</b> Healing through Yoga 9:00am -10:00am Healing through Color & Open Art Studio 11:15am – 3:15pm Yin Yoga 3:30pm – 4:30pm Healing through Fitness 6:00pm – 7:30pm	<b>22</b> Glass Fusion & Open Art Studio 12:30pm -3:30pm	<b>23</b>
<b>24</b>	<b>25</b> Open Art Studio 10:00am – 2:00pm Caregiver Support Group 6:00pm Healing through Fitness 6:00pm -7:30pm Prostate Cancer Education & Support Group 6:30pm	<b>26</b> Cancer Support Group 10:00am  Cancer Support Group 6:00pm	<b>27</b> Yin Yoga 6:00pm	<b>28</b> Healing through Color & Open Art Studio 11:15am – 3:15pm Yin Yoga 3:30pm – 4:30pm Healing through Fitness 6:00pm – 7:30pm		

# 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 charsha@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 4<sup>th</sup> 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.**

## Art Workshops

We are excited to offer several art workshops this month:  
February 1<sup>st</sup> Painting with Andrew 12:30pm – 3:30pm  
February 4<sup>th</sup> Quilting with Karissa 10:00am – 2:00pm  
February 7<sup>th</sup> Healing through Color w/ Val & Hannah 11:15am-3:15pm  
February 8<sup>th</sup> Quilting with Karissa 12:30pm – 3:30pm  
February 11<sup>th</sup> Felting with Paula 10:00am – 2:00pm  
February 14<sup>th</sup> Healing through Color w/ Val & Hannah 11:15am – 3:15pm  
February 18<sup>th</sup> Jewelry with Angie 10:00am – 2:00pm  
February 21<sup>st</sup> Healing through Color w/Val & Hannah 11:15am – 3:15pm  
February 22<sup>nd</sup> Glass Fusion with Joani 12:30pm – 3:30pm

## Healing through Color

Get rid of your winter blues and 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.**

## 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.**

## 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.**

## 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 April 2019. **Registration is required and MD approval is needed before participating.**

**\*\*Please note in the case of inclement weather, programs and classes will be canceled if Washington Township Schools are closed OR if a Winter Storm Advisory is in effect during the time when the class/program is scheduled.**

### 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>

