

FREE CANCER SUPPORT GROUPS & PROGRAMS – January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
January is Cervical Cancer Awareness Month		1 CLOSED New Year's Day	2	3 Rise & Shine 9:00am – 10:00am Open Art Studio 11:15am – 3:15pm	4 Open Art Studio 12:30pm – 3:30pm	5
6	7 Open Art Studio 10:00am – 2:00pm Meditation 2:30pm Caregiver Support Group 6:00pm	8 Cancer Support Group 10:00am Cancer Support Group 6:00pm	9 Nutrition Class: Nutrition during Cancer Treatment 10:00am – 11:30am Yoga 6:00pm – 7:00pm	10 Rise & Shine 9:00am – 10:00am Open Art Studio 11:15am – 3:15pm Yoga 3:30pm – 4:30pm	11 Open Art Studio 12:30pm – 3:30pm Painting 12:30pm – 3:30pm	12
13	14 Hand Made Scarves 10:00am – 2:00pm Meditation - 2:30pm Caregiver Support Group 6:00pm	15 Cancer Support Group 10:00am Cancer Support Group 6:00pm	16 Let's Talk About It: Urinary Incontinence & Bladder Control 6:00pm - & 7:30pm Yoga 6:00pm – 7:00pm	17 Rise & Shine 9:00am – 10:00am Felting and Open Art Studio 11:15am – 3:15pm Yoga 3:30pm – 4:30pm	18 Open Art Studio 12:30pm – 3:30pm	19 Ceramics 1:00pm – 4:00pm
20	21 CLOSED Martin Luther King Holiday	22 Cancer Support Group 10:00am Cancer Support Group 6:00pm	23	24 Rise & Shine 9:00am – 10:00am Open Art Studio 11:15am – 3:15pm	25 Open Art Studio 12:30pm – 3:30pm Jewelry 12:30pm – 3:30pm	26
27	28 Glass Fusion & Open Art Studio 10:00am -2:00pm Meditation - 2:30pm Head and Neck Cancer Support Group 5:30pm – 7:00pm Caregiver Support Group 6:00pm	29 Cancer Support Group 10:00am Cancer Support Group 6:00pm	30	31 Rise & Shine 9:00am – 10:00am Open Art Studio 11:15am – 3:15pm		

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**

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:
January 11th Painting with Andrew – 12:30pm – 3:30
January 14th Hand Painted Scarves w/ Joani 10:00am – 2:00pm
January 17th Felting with Paula – 11:15am – 3:15pm
January 25th Jewelry with Angie – 11:30am - 3:30pm
January 28th Glass Fusion with Joani – 10:00am – 2:00pm

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 during Cancer Treatment

Many surveys conducted in Cancer Centers reveal many cancer patients struggle with knowing what to eat during cancer treatment. During treatments, there is much demand on your body. Your nutrition while undergoing cancer treatment is important. Take this opportunity to learn more about maintaining good nutrition while going through treatment 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: Urinary Incontinence and Bladder Control

If you are a woman who is affected by bladder control problems or bladder leaks please join us for this informative program. We will discuss the causes and treatment options for common bladder concerns. Daun Hooley-Miller, Women's Health Care Nurse Practitioner and a Certified Menopause Practitioner will lead this informative discussion. **Meets at St. Vincent Carmel Hospital Women's Center, 13420 N. Meridian Street, Carmel-Entrance 3 -Community Room. 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.**

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.**

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.**

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 Calendar icon to access our monthly calendar.