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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tr>
<td>Sewing &amp; Open Art Studio 10am-2pm Meditation 2:30pm Metastatic Cancer Support Group 6:00pm Healing through Fitness 6:00pm</td>
<td>Patient Support Group 10:00am</td>
<td>Yoga 6:00pm – 7:00pm</td>
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<td>Open Art Studio 12:30pm – 3:30pm</td>
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<td>Printmaking &amp; Open Art Studio 10am-2pm Meditation 2:30pm Caregiver Support Group 6:00pm Healing through Fitness 6:00pm</td>
<td>Patient Support Group 10:00am</td>
<td>Nutrition Class: Nutrition during Cancer Treatment 10:00am-11:30am Yoga 6:00pm – 7:00pm</td>
<td>Healing through Yoga 10:00am – 11:00am Sewing &amp; Open Art Studio 11:15am – 3:15pm Yoga 3:30pm – 4:30pm Healing through Fitness 6:00pm</td>
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<td>Beautiful U Makeup Class 10:00am – 12:00pm Sewing &amp; Open Art Studio 10am-2pm Meditation 2:30pm Head &amp; Neck Cancer Support Group 5:30pm Metastatic Cancer Support Group 6:00pm</td>
<td>Patient Support Group 10:00am</td>
<td>Yoga 6:00pm – 7:00pm</td>
<td>Healing through Yoga 10:00am – 11:00am Jewelry &amp; Open Art Studio 11:15am – 3:15pm Yoga 3:30pm – 4:30pm</td>
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<td>Painting &amp; Open Art Studio 10am-2pm Meditation 2:30pm Caregiver Support Group 6:00pm</td>
<td>Patient Support Group 10:00am</td>
<td>Yoga 6:00pm – 7:00pm</td>
<td>Open Art Studio 11:15am – 3:15pm Yoga 3:30pm – 4:30pm</td>
<td>Glass Fusion &amp; Open Art Studio 12:30pm – 3:30pm</td>
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July is Sarcoma and Bladder 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.

Metastatic Cancer Patient Support Group
A cancer support group is a safe place to share your experiences and connect with others facing the same challenges. This group will encourage participants to engage in living a meaningful life despite the uncertainty that metastatic cancer can bring. We will also address topics affecting your everyday life that matter to you. This group is for adult patients with any type of metastatic cancer. Meets the 1st and 3rd Monday of the Month 6:00pm – 7:30pm. Registration requested.

Caregiver Support Group
This weekly group is for anyone caring for a loved one with any type of cancer. We meet on the 2nd and 4th Monday of the month in the 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 related 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.

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.

Art Workshops
We are excited to offer several art workshops this month:
July 4th Sewing with Karissa – 10:00am – 2:00pm
July 8th Printmaking with Patricia – 10:00am – 2:00pm
July 11th Sewing with Karissa - 11:15am – 3:15pm
July 15th Sewing with Karissa – 10:00am – 2:00pm
July 18th Jewelry with Angie – 11:15am – 3:15pm
July 22nd Painting with Andrew – 10:00am – 2:00pm
July 26th Glass Fusion with Joani – 12:30pm – 3:30pm
July 29th Felting with Paula – 10:00am – 2:00pm

Beautiful U Makeup Application Class for Cancer Patients
Beautiful U is a free class designed for patients dealing with hair loss and skin changes from chemotherapy and radiation. The class provides hands on experience using make-up to enhance personal appearance during and after cancer treatment. Also, time will be spent providing instruction on skin/nail care, wig care and how to make head coverings using scarves. Participants will need to supply their own makeup. Registration is requested.

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.

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 August 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.