

# FREE CANCER SUPPORT GROUPS & PROGRAMS – March 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>March is Colorectal and Kidney cancer awareness month</b>					<b>1</b> Open Art Studio 12:30pm – 3:30pm	<b>2</b> Ceramics 1:00pm – 4:00pm
<b>3</b>	<b>4</b> Quilting & Open Art Studio 10:00am – 2:00pm Meditation - 2:30pm Caregiver Support Group 6:00pm	<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	<b>8</b> Painting & 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	<b>12</b> Cancer Support Group 10:00am  Cancer Support Group 6:00pm	<b>13</b> Nutrition Class: Nutrition during Cancer Treatment 10:00am – 11:30am  Yin Yoga 6:00pm	<b>14</b> Healing through Yoga 9:00am -10:00am Open Art Studio 11:15am – 3:15pm Yin Yoga 3:30pm – 4:30pm	<b>15</b> Open Art Studio 12:30pm -3:30pm	<b>16</b> Ceramics 1:00pm – 4:00pm
<b>17</b>	<b>18</b> Quilting & Open Art Studio 10:00am – 2:00pm Meditation - 2:30pm Head & Neck Cancer Support Group 5:30pm Caregiver Support Group 6:00pm	<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	<b>22</b> Glass Fusion & Open Art Studio 12:30pm -3:30pm	<b>23</b>
<b>24/31</b>	<b>25</b> Jewelry & Open Art Studio 10:00am – 2:00pm Meditation - 2:30pm Caregiver Support Group 6:00pm	<b>26</b> Cancer Support Group 10:00am  Cancer Support Group 6:00pm	<b>27</b>	<b>28</b> Healing through Yoga 9:00am -10:00am Healing through Color & Open Art Studio 11:15am – 3:15pm	<b>29</b> Open Art Studio 12:30pm -3:30pm	<b>30</b>



# 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:  
March 4<sup>th</sup> Quilting with Karissa 10:00am – 2:00pm  
March 7<sup>th</sup> Healing through Color w/ Val & Hannah 11:15am-3:15pm  
March 8<sup>th</sup> Painting with Andrew 12:30pm – 3:30pm  
March 11<sup>th</sup> Felting with Paula 10:00am – 2:00pm  
March 18<sup>th</sup> Quilting with Karissa 10:00am – 2:00pm  
March 21<sup>st</sup> Healing through Color w/Val & Hannah 11:15am – 3:15pm  
March 22<sup>nd</sup> Glass Fusion with Joani 12:30pm – 3:30pm  
March 25<sup>th</sup> Jewelry with Angie 10:00am – 2:00pm  
March 28<sup>th</sup> Healing through Color w/Val & Hannah 11:15am – 3:15pm

## 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 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.**

## 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 around 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>

