

# FREE CANCER SUPPORT GROUPS & PROGRAMS – September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b> CLOSED for Labor Day	<b>3</b> Patient Support Group 10:00am  Patient Support Group 6:00PM	<b>4</b>	<b>5</b> Healing through Yoga 10:00 am – 11:00am Open Art Studio 11:15am – 3:15pm Healing through Fitness 6:00pm	<b>6</b> Open Art Studio 12:30pm – 3:30pm	<b>7</b>
<b>8</b>	<b>9</b> Open Art Studio 10:00am – 2:00pm Meditation 2:30pm Caregiver Support Group 6:00pm Healing through Fitness 6:00pm	<b>10</b> Patient Support Group 10:00am  Patient Support Group 6:00PM	<b>11</b> Nutrition Class: Nutrition during Cancer Treatment 10:00am – 11:30am  Yin Yoga 6:00pm	<b>12</b> Healing through Yoga 10:00am – 11:00am Felting & Open Art Studio 11:15am – 3:15pm Yin Yoga - 3:30pm Healing through Fitness 6:00pm	<b>13</b> Painting & Open Art Studio 12:30pm – 3:30pm	<b>14</b>
<b>15</b>	<b>16</b> Glass Fusion & Open Art Studio 10:00am – 2:00pm Beautiful U Makeup Class 10:00am Meditation 2:30pm Head & Neck Cancer Support Group 5:30pm Metastatic Cancer Support Group 6:00pm	<b>17</b> Patient Support Group 10:00am  Patient Support Group 6:00PM	<b>18</b> Let's Talk About: Menopause Symptoms A to V 6:00pm -7:30pm Yin Yoga 6:00pm	<b>19</b> Healing through Yoga 10:00am – 11:00am Open Art Studio 11:15am – 3:15pm Yin Yoga 3:30pm	<b>20</b> Open Art Studio 12:30pm – 3:30pm	<b>21</b> Ceramics 1:00pm – 4:00pm
<b>22</b>	<b>23</b> Felting & Open Art Studio 10:00am – 2:00pm Meditation 2:30pm Caregiver Support Group 6:00pm	<b>24</b> Patient Support Group 10:00am  Patient Support Group 6:00PM	<b>25</b> Yin Yoga 6:00pm	<b>26</b> Healing through Yoga 10:00am – 11:00am Alcohol Ink Painting & Open Art Studio 11:15am – 3:15pm Yin Yoga 3:30pm	<b>27</b> Open Art Studio 12:30pm – 3:30pm	<b>28</b>
<b>29</b>	<b>30</b> Sewing & Open Art Studio 10:00am – 2:00pm Meditation 2:30pm Metastatic Cancer Support Group 6:00pm	<b>September is Childhood Cancer, Gynecological Cancer Leukemia/Lymphoma/Multiple Myeloma, Ovarian, Prostate, and Thyroid Cancer Awareness Month</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.**

## 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 1<sup>st</sup> and 3<sup>rd</sup> 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 2<sup>nd</sup> and 4<sup>th</sup> 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 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 Karen Randall, RD 317-415-6690 or kkrandal@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:  
September 12<sup>th</sup> Felting with Paula – 11:15 am- 3:15 pm  
September 13<sup>th</sup> Painting with Andrew – 12:30pm – 3:30pm  
September 16<sup>th</sup> Glass Fusion with Joani – 10:00 am- 2:00 pm  
September 23<sup>rd</sup> Felting with Paula – 10:00am – 2:00pm  
September 26<sup>th</sup> Alcohol Ink with Joani –11:15am – 3:15pm  
September 30<sup>th</sup> Sewing with Karissa – 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.**

## 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.**

## Let's Talk About It: Menopause Symptoms A to V

Daun Hooley-Miller, a Women's Health Care Nurse Practitioner and a Certified Menopause Practitioner will present a program that explores the variety of symptoms that may affect pre-menopausal and menopausal women. Hormonal and non-hormonal management of the symptoms associated with menopause will be discussed. If you are a woman who is affected by symptoms that occur during the pre-menopausal and post-menopausal period please join us for this informative program. **Meets as St. Vincent Carmel Hospital Women's Center 13420 N Meridian St. Carmel, IN Entrance 3 – Community Room- Floor. 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

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

Gentle Yoga is a slow, meditative and focused class. The practice calms the mind and nervous system, and builds physical fluidity and vitality. Classes move along the spectrum of slow flow to longer holds. Classes offer nurturing, kindness, and compassion for the body while gently engaging our innate capacity for life! Standing and floor poses. Beginners welcome. **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 October 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.**

