

August 2021 Calendar

Department of Supportive Oncology



Live Virtual Classes and Groups

All groups and classes will continue to be virtual/online until further notice

Weekly Groups and Classes

Music Therapy

Soothing Sound Bath A relaxation group that features music and soundscapes

Weds. at 1:00-1:45 pm

Music Therapy for Self Care--

Join here: <http://bit.ly/MTselfcarelive>

Sessions are recorded and can always be viewed

Thurs. at 10 am



Meditation with Music

Take time blending music and meditation for calming and relaxation to create a safe virtual space to care for yourself.

Thursdays at 3:30

Weekly Knitting and Crochet Circle

Join your *fellow fiber artists* and work on your knitting, crochet, needlepoint projects!

(Note: there will be no instruction available during this time.)

Mondays at 1 pm *no class Aug. 23



Supportive Oncology is on YouTube!

Please visit our YouTube site for more information on Supportive Oncology and to view videos that can help you along your journey.

[Click here](#) or Search "LCI Supportive Oncology" on YouTube.com and check us out!

Movement

Seated and Standing Yoga- This class will also focus on other aspects of a Yoga practice, such as Pranayama (breathwork); Mudras (hand techniques); and a short Meditation.

Tues. at 10am

Beginner Tai Chi Learn gentle movements, combined with breathing which may help improve stress, pain and balance.

Weds. at 2 pm

Qigong for Health and Wellness -This class will include both seated and standing Qigong meditative movements to cultivate peaceful energy, acupressure techniques and the flowing movements of Qigong dance.

Fri. at 11am

Qigong Video

Qigong 14 Movements

https://youtu.be/pR_5SesGaO8

Do you have a child in your life affected by your cancer diagnosis?



[Click here](#) to complete a survey and help us develop more programs to support parents, caregivers, and children dealing with cancer. You can also have the survey sent to you directly by emailing LCISupportiveOncology@atriumhealth.org

Programs are supported by:



Monthly Groups and Classes

Spiritual Care

Meaning-Making in the Wake of COVID

The course of the pandemic has challenged us all, and each of us has had to figure out what is important to us now. This group will be discussion-based, and incorporate a few practices for healing and meaning-making. You will have a chance to process your grief, discuss what meaning you are drawing from your experience, and think about how you want to intentionally live now.

Tues. Aug. 31 11 am-12 pm

Education Classes

Lymphedema Education— Weds. Aug. 11 at 4:15 pm

Sleep 101—Thurs. Aug. 19 at 3:00 pm

Art Classes



Starfish Drawing

Join Andrea in creating starfish drawings using various pen and ink techniques

Tues. Aug. 10th 10-11:30am

Art Café

Join Manuela to share any creative projects and learn about more like the “alcohol ink spontaneous flower” to the right . Bring your desire to make art, talk about art and share with others

Tues. Aug. 3 at 2 pm



Nutrition Classes

Healthy Cooking Club— Thurs. Aug. 5 at 10:30 am

Breast Cancer Nutrition – Mon. Aug. 9 at 4 pm

Hot Topic: Sugar and Cancer— Tues. Aug. 10 at 10:30 am

Heart Healthy Nutrition— Mon. Aug. 16 at 10:30 am

Nine Nutrition Steps for Survivors – Tues. Aug. 17 at 10:30 am

Plant Forward Nutrition – Thurs. Aug. 26 at 12:30 pm

Support Groups

Parenting and Cancer— For anyone caring for children while dealing with cancer

Tues. Aug. 10 at 12 pm

Care Partner Support Group—For anyone who helps care for a person with cancer

Thurs. Aug. 5 at 4 pm

After the Storm—for breast cancer survivors post treatment. **Tues. Aug. 10 from 4:30 to 5:30 pm**

Young Women Breast Cancer Discussion Group— women diagnosed with breast cancer at age 40 or younger **Fri. Aug. 13 at 12 noon**

Courage with Cancer— for patients currently in treatment or living with cancer

Thurs. Aug. 12 from 4:30 to 5:30 pm

Breast Cancer Social Connection— for all woman with breast cancer

Fri. Aug. 20 at 2 pm

Bladder Cancer Support Group— for all people with bladder cancer **Tues. Aug. 10 from 1:30—3 pm**

Lunch with a Doc:

Culinary Medicine: Knife Skills and Cooking Vegetables

Join Rebecca Greiner, PhD, PA, from Integrative Oncology for a fun and interactive session showing ways to create healthy options that you can easily make at home. Rebecca will be joined by Culinary Nutrition students from Johnson & Wales

Tues. Aug. 24 12—1 pm

To register for our groups and classes
[click here!](#)

You can also register by email to
LCISupportiveOncology@atriumhealth.org or
call 980-442-1006

Please register at least 24 hours in advance