### JANUARY 2018

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td><strong>Resistance</strong></td>
<td><strong>Artist in Residence</strong></td>
<td><strong>Resistance</strong></td>
<td><strong>Tai Chi/Qigong</strong></td>
<td><strong>Cardio Intervals</strong></td>
<td><strong>LDS Sacrament</strong></td>
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<tr>
<td>6-6:30 a.m.</td>
<td>9 a.m.-5 p.m.</td>
<td>6:30 a.m.</td>
<td>9:30-10:30 a.m.</td>
<td>6-6:30 a.m.</td>
<td>10:30 a.m.</td>
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<tr>
<td><strong>Core &amp; Stretch</strong></td>
<td><strong>Medicine Uplift</strong></td>
<td><strong>Core &amp; Stretch</strong></td>
<td><strong>Yoga</strong></td>
<td><strong>Core Yoga</strong></td>
<td><strong>Protestant Communion</strong></td>
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<tr>
<td>6:30-7 a.m.</td>
<td>12-12:45 p.m.</td>
<td>6:30-7 a.m.</td>
<td>10:30-11:25 a.m.</td>
<td>6:30-7 a.m.</td>
<td>5 p.m.</td>
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<tr>
<td><strong>Zumba®</strong></td>
<td><strong>1-1:45 p.m.</strong></td>
<td><strong>Zumba®</strong></td>
<td><strong>Yoga</strong></td>
<td><strong>Yoga</strong></td>
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<td>7-7:30 a.m.</td>
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<td>7-7:30 a.m.</td>
<td>10:30-11:25 a.m.</td>
<td>6:30-7 a.m.</td>
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<tr>
<td><strong>Tai Chi/Qigong</strong></td>
<td><strong>Mat Pilates</strong></td>
<td><strong>Mat Pilates</strong></td>
<td><strong>Mind Body Group</strong></td>
<td><strong>Yoga/Qigong</strong></td>
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<tr>
<td>9:30-10:30 a.m.</td>
<td>9-10 a.m.</td>
<td>11:30-12 p.m.</td>
<td>2:30-4 p.m.</td>
<td>5:15-6:15 p.m.</td>
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<tr>
<td><strong>Yoga</strong></td>
<td><strong>Yogalates</strong></td>
<td><strong>Guided Relaxation</strong></td>
<td><strong>Chemo Education</strong></td>
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<tr>
<td>5:15-6:15 p.m.</td>
<td>11:30-12 p.m.</td>
<td>12-12:30 p.m.</td>
<td>5-6 p.m.</td>
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<tr>
<td><strong>Step Into Life Dance</strong></td>
<td><strong>Resistance Training</strong></td>
<td><strong>Resistance Training</strong></td>
<td><strong>Yoga/Qigong</strong></td>
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<tr>
<td>5:40-6:40 p.m.</td>
<td>12-12:30 p.m.</td>
<td>12-12:30 p.m.</td>
<td>5:15-6:15 p.m.</td>
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**JANUARY 2018 Notes:**
- New Year Holiday – No Classes or groups
- Martin Luther King Jr. Holiday – No Classes or groups
- CTCL Support Group 12-1 p.m.
- Look Good, Feel Better 5-7 p.m.
- Bladder Cancer Support 12-1 p.m.
- Caregiver Support Group 5-7 p.m.
- Lung Cancer Support Group 4-5 p.m.

**6th Floor CLC Multipurpose Room**

**5th Floor Chapel**
**Education and Support Groups**

**Bladder Cancer Support and Education Group**
This group meets on the 2nd Wednesday of each month. Light Lunch provided for patients and caregivers. For more information, contact Kris Nelson, LCSW 801-585-0138.

**Brain Tumor Support Group**
Patients and their families dealing with a brain tumor diagnosis meet with Mariah Rist, MSW, CSW. This group meets every other month on the 2nd Tuesday of the month. To register, call 801-581-2585.

**Caregiver Education and Support Group**
This group offers education and support to people caring for a loved one with cancer. The group meets on the 2nd Wednesday of each month. For more information, call 801-585-0138.

**Cutaneous T-Cell Lymphoma (CTCL) Patient and Family Support Group**
This group features a guest lecturer and meets monthly on the 1st Thursday of the month. For more information or to register, call 801-597-4555 or 801-213-5609.

**Chemotherapy Education**
This class offers an introduction to cancer and chemotherapy treatment. Classes are held in the Infusion Center's Patient Education Room each Thursday. Talk to your doctor to register. For more information, call the Wayne A. Reaud Center for Infusion and Advanced Therapeutics at 801-585-0162.

**Lung Cancer Support and Education Group**
This group meets on the 3rd Wednesday of each month. For more information, please contact Rainey Boateng, LCSW 801-585-9150.

**Metastatic Breast Cancer Support and Education Group**
This is a closed group. For more information or to join, please contact Lisa Gauchay, MSW, LCSW, for details: 801-585-0212.

**Mind Body Skills & Stress Reduction Groups and Big Mind Group**
Learn stress reduction techniques, restore peace and well-being, and reduce cancer pain and stress. Registration is required. For more information or to register, call Julie Howell, 801-213-4246.

**Spiritual Support**

**Religious Services**
Weekly religious services to meet the spiritual needs of patients and families. For more information or assistance with spiritual care needs, call 801-213-2484 or dial FAITH from a hospital phone.

**Guided Relaxation**
Combine breath and meditation to help relieve stress and anxiety. Open to all patients, families and staff.

**Medicine Uplift***
One-on-one Native blessings and prayers. Open to all patients, families and staff. Blessings are Tuesdays. Call 801-213-2484 for availability.

**Wellness & Integrative Health Activities**

**Artist In Residence**
Patients and their loved ones are invited to join a professional artist for creative activities such as drawing, painting, sculpture, and more.

**Creative Writing**
Expressing emotions, thoughts, and fears can help in a stressful situation. In this group, patients are encouraged to write about topics such as cancer diagnosis and treatment.

*12-1:30 in the Bistro private dining room and by appointment 2-4:30 in Infusion.*

**Look Good...Feel Better**
Sponsored by the American Cancer Society, this class teaches female cancer patients beauty techniques to manage side effects of cancer treatment. This class is held on the 1st Thursday of each month in the hospital’s 6th floor Altaview Conference Room.

**Music Therapy**
Engage in music therapy to help feel emotionally supported, engaged in therapy and connected with family in a new and different way. Music therapy may consist of creating, singing, moving to, and/or listening to music. No previous experience necessary. Tuesdays, Wednesdays & Fridays by appointment.

**Fitness Classes**

**Core and Stretch**
This class targets your abdominals, back, and hips in a safe and challenging workout.

**Pilates**
Flow through a series of dynamic movements that restore balance to core muscles of the lower back and abdominals.

**Resistance Training**
Enjoy a full-body workout in this class that will target major muscle groups using dumbbells, mats, resistance bands, and exercise balls.

**Step Into Life Dance**
University of Utah Tanner Dance professionals teach creative dance as therapy for the mind, body, and spirit. HCI patients of all fitness levels are welcome.

**Tai Chi/Qi Gong**
Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that’s often described as meditation in motion. Tai chi promotes serenity through gentle, flowing movements.

**Yoga**
Increase flexibility, balance, range of motion, and muscle tone while improving mood and well-being.

**Yogalates**
Is a blend of Yoga and Pilates combining mind/body practices as well as the principles of stretching, strength training, conditioning and dynamic movement.

**Zumba®**
This is an energetic and easy-to-follow dance class to a fusion of Latin and international music. HCI patients of all fitness levels are welcome.

For more information about Wellness-Survivorship Center programs and services, call 801-587-4585. Wellness fitness classes, Artist in Residence, and drum circles are held in the Cancer Learning Center Multipurpose Room on the 6th floor of the hospital.