



# Patient Resource CALENDAR



## EDUCATION AND SUPPORT GROUPS

**Bladder Cancer Support Group and Education** • This group meets on each 2<sup>nd</sup> Wednesday of each month. For more information and for location, call Kris Nelson, LCSW at 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, next session is scheduled for January 2018. 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 second Wednesday of each month. For information, call 801-585-0138.

**Chemotherapy Education** • This class offers an introduction to cancer and chemotherapy treatment. Classes are held in the Infusion Center's Patient Education Room on the 2<sup>nd</sup> floor of the Cancer Hospital 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.

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

**Lung Cancer Support Group and Education** • This group meets on the third Wednesday of each month. For more information and for location, call Rainey Boateng, LCSW at 801-585-9150.

**Mind Body Skills & Stress Reduction Groups/Big Mind Group** • Learn stress reduction and relaxation 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 CARE 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** • Guided relaxation lead by Dr. Paul Thielking. Held in the Elyse Pantke White Chapel and Meditation room on the 5<sup>th</sup> floor of the hospital. 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 from 12-12:45 p.m. and 1-1:45 p.m. **Call 801-213-2484 for availability.**

## WELLNESS & INTEGRATIVE HEALTH CENTER 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.

**Cardio Intervals (HIIT)** • High Intensity Interval Training is an effective and efficient workout that involves repeated bouts of high energy movement followed by varied recovery times. Modifications will be given for people of all fitness levels.

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

**Core Yoga** • A flow of yoga poses focused on improving spinal stability, postural balance and muscular strength and endurance in the core, using light weights, and props.

**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 call Wellness Center for location, and by appointment 2-4:30 in Infusion.

**Group Circuit Training** • Increase your strength and aerobic fitness with a variety of different exercises that target specific muscle groups.

**LOL** • Let your body enjoy the health benefits found in practicing laughter. This includes breathing techniques and games designed to encourage playfulness and well-being. This is not a high-energy activity.

**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 each 1<sup>st</sup> Thursday in the Altaview Conference Room.

**Music Therapy** • Engage in music therapy to help feel emotionally supported, engaged in therapy and help connect 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.

**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 6<sup>th</sup> floor of the hospital.**

### Cancer Questions?

Toll free 1-888-424-2100  
cancerinfo@hci.utah.edu

Accurate Information. Compassionate Answers.

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# DECEMBER 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					6-6:30 a.m. HIIT 1 6:30-7 a.m. Core Yoga 10-11 a.m. Yoga 11:30-12 Mat Pilates 12-12:30 Mat Pilates 12-1 p.m. Catholic Mass 12:30-1 Resistance Training	2
10:30 a.m. 3 LDS Sacrament 5 p.m. Protestant Communion	6-7 a.m. Resistance/Core 4 7-7:30 a.m. Zumba 9:30-10:30 a.m. Tai Chi/Qigong 12-1 p.m. Zumba* 4:30-5:30 p.m. Zumba* 5:40-6:40 p.m. Yoga	9 a.m.-5 p.m. 5 Artist In Residence 12-12:45/1-1:45 p.m. Medicine Uplift* 5:15-6:15 p.m. Yoga	6-7 a.m. Resistance/Core 6 7-7:30 a.m./4:30-5:30 p.m. Zumba* 9-10 a.m. Mat Pilates 11:30-12 p.m. Yogalates 12-12:30 p.m. Guided Relaxation 12-1 p.m. Resistance Training 12-4:30 p.m. Creative Writing* 5:30-6:30 p.m. Step Into Life	9:30-10:30 a.m. 7 Tai Chi/Qigong 10:30-11:25 a.m. Yoga 12-1 p.m. CTCL Support Group 2:30-4 p.m. Mind Body Group 5-7 p.m. Look Good, Feel Better 5-6 p.m. Chemo Education 5:15-6:15 p.m. Yoga/Qigong	6-6:30 a.m. HIIT 8 6:30-7 a.m. Core Yoga 10-11 a.m. Yoga 11:30-12 Mat Pilates 12-12:30 Mat Pilates 12-1 p.m. Catholic Mass 12:30-1 Resistance Training	9
10:30 a.m. 10 LDS Sacrament 5 p.m. Protestant Communion	6-7 a.m. Resistance/Core 11 7-7:30 a.m. Zumba 9:30-10:30 a.m. Tai Chi/Qigong Brain Tumor Supp Group – Call for time/location 12-1 p.m. Zumba* 4:30-5:30 p.m. Zumba* 5:40-6:40 p.m. Yoga	9 a.m.-5 p.m. 12 Artist In Residence 12-12:45/1-1:45 p.m. Medicine Uplift* 5:15-6:15 p.m. Yoga	6-7 a.m. Resistance/Core 13 7-7:30 a.m./4:30-5:30 p.m. Zumba* 9-10 a.m. Mat Pilates 11:30-12 p.m. Yogalates 12-12:30 p.m. Guided Relaxation 12-1 p.m. Bladder Cancer Support Gp 12-1 p.m. Caregiver Support Group 12-1 p.m. Resistance Training 12-4:30 p.m. Creative Writing* 5:30-6:30 p.m. Step Into Life	9:30-10:30 a.m. 14 Tai Chi/Qigong 10:30-11:30 a.m. Yoga 2:30-4 p.m. Mind Body Group 5-6 p.m. Chemo Education 5:15-6:15 p.m. Yoga/Qigong	6-6:30 a.m. HIIT 15 6:30-7 a.m. Core Yoga 10-11 a.m. Yoga 11:30-12 Mat Pilates 12-12:30 Mat Pilates 12-1 p.m. Catholic Mass 12:30-1 Resistance Training	16
10:30 a.m. 17 LDS Sacrament 5 p.m. Protestant Communion	6-7 a.m. Resistance/Core 18 7-7:30 a.m. Zumba 9:30-10:30 a.m. Tai Chi/Qigong 11:30-12 p.m. Yogalates 12-1 p.m. Resistance Training 4:30-5:30 p.m. Zumba* 5:40-6:40 p.m. Yoga	9 a.m.-5 p.m. 19 Artist In Residence 12-12:45/1-1:45 p.m. Medicine Uplift* 5:15-6:15 p.m. Yoga	6-7 a.m. Resistance/Core 20 7-7:30 a.m./4:30-5:30 p.m. Zumba* 9-10 a.m. Mat Pilates 11:30-12 p.m. Yogalates 12-12:30 p.m. Guided Relaxation 12-1 p.m. Resistance Training 12-4:30 p.m. Creative Writing* 5:30-6:30 p.m. Step Into Life Lung Cancer Support Group	9:30-10:30 a.m. 21 Tai Chi/Qigong 10:30-11:30 a.m. Yoga 2:30-4 p.m. Mind Body Group 5-6 p.m. Chemo Education 5:15-6:15 p.m. Yoga/Qigong	6-6:30 a.m. HIIT 22 6:30-7 a.m. Core Yoga 10-11 a.m. Yoga 11:30-12 Mat Pilates 12-12:30 Mat Pilates 12-1 p.m. Catholic Mass 12:30-1 Resistance Training	25
10:30 a.m. 24/31 LDS Sacrament 5 p.m. Protestant Communion	25 Christmas Holiday No Classes or Groups	26 Christmas Holiday No Classes or Groups	6-7 a.m. Resistance/Core 27 7-7:30 a.m./4:30-5:30 p.m. Zumba* 9-10 a.m. Mat Pilates 11:30-12 p.m. Yogalates 12-12:30 p.m. Guided Relaxation 12-1 p.m. Resistance Training 12-4:30 p.m. Creative Writing* 5:30-6:30 p.m. Step Into Life	9:30-10:30 a.m. 28 Tai Chi/Qigong 10:30-11:30 a.m. Yoga 2:30-4 p.m. Mind Body Group 5-6 p.m. Chemo Education 5:15-6:15 p.m. Yoga/Qigong	6-6:30 a.m. HIIT 29 6:30-7 a.m. Core Yoga 10-11 a.m. Yoga 11:30-12 Mat Pilates 12-12:30 Mat Pilates 12-1 p.m. Catholic Mass 12:30-1 Resistance Training	30