<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resistance</td>
<td>Minding Motion™</td>
<td>Resistance</td>
<td>Tai Chi/Qigong</td>
<td>Cardio Intervals (HIIT)</td>
<td>LDS Sacrament</td>
</tr>
<tr>
<td>6-6:30 a.m.</td>
<td>8-9 a.m.</td>
<td>6-6:30 a.m.</td>
<td>9:30-10:30 a.m.</td>
<td>6-6:30 a.m.</td>
<td>10:30 a.m.</td>
</tr>
<tr>
<td>Core &amp; Stretch</td>
<td>Artist in Residence</td>
<td>Core &amp; Stretch</td>
<td>Yoga</td>
<td>Core Yoga</td>
<td>Protestant Communion</td>
</tr>
<tr>
<td>6:30-7 a.m.</td>
<td>10 a.m.-5 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>
</tr>
<tr>
<td>Zumba®</td>
<td>Tai Chi/Qigong</td>
<td>Zumba®</td>
<td>Yoga</td>
<td>Minding Motion™</td>
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<tr>
<td>7-7:30 a.m.</td>
<td>10-10:30 a.m.</td>
<td>7-7:30 a.m.</td>
<td>10:30-11:25 a.m.</td>
<td>10-11 a.m.</td>
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<tr>
<td>Tai Chi/Qigong</td>
<td>Tai Chi/Qigong</td>
<td>Core &amp; Stretch</td>
<td>Yoga</td>
<td>Mat Pilates</td>
<td></td>
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<tr>
<td>9:30-10:30 a.m.</td>
<td>10:30-11 a.m.</td>
<td>11:30 a.m.-12 p.m.</td>
<td>10:30-11:25 a.m.</td>
<td>11:30 a.m.-12 p.m.</td>
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<tr>
<td>Resistance</td>
<td>Guided Relaxation</td>
<td>Resistance Training</td>
<td>Chemo Education</td>
<td>Resistance Training</td>
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<tr>
<td>11:30 a.m.-12 p.m.</td>
<td>12-12:30 p.m.</td>
<td>12-12:30 p.m.</td>
<td>5-6 p.m.</td>
<td>12-12:30 p.m.</td>
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<tr>
<td>Barre</td>
<td>Resistance</td>
<td>Caregiver Support Group</td>
<td>Yoga/Qigong</td>
<td>Resistance Training</td>
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<tr>
<td>12-12:30 p.m.</td>
<td>6:15-6:45 p.m.</td>
<td>12-1 p.m.</td>
<td>5:15-6:15 p.m.</td>
<td>12-12:30 p.m.</td>
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<tr>
<td>Zumba®</td>
<td>Resistance</td>
<td>Barre</td>
<td>Cardio Intervals (HIIT)</td>
<td>Resistance Training</td>
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<tr>
<td>4:30-5:30 p.m.</td>
<td>6:45-7:15 p.m.</td>
<td>12:30-1 p.m.</td>
<td>6-6:30 a.m.</td>
<td>12-12:30 p.m.</td>
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<tr>
<td>Yoga</td>
<td>Resistance</td>
<td>Creative Writing</td>
<td>Yoga</td>
<td>Chemo Education</td>
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<tr>
<td>5:40-6:40 p.m.</td>
<td>6-6:30 a.m.</td>
<td>12-130 p.m.*</td>
<td>10:30-11:25 a.m.</td>
<td>5-6 p.m.</td>
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<tr>
<td></td>
<td>Minding Motion™</td>
<td>2-4:30 p.m.*</td>
<td>Yoga</td>
<td>Yoga/Qigong</td>
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<tr>
<td></td>
<td>Artist in Residence</td>
<td>4:30-5:30 p.m.</td>
<td>10:30-11:25 a.m.</td>
<td>5:15-6:15 p.m.</td>
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<tr>
<td></td>
<td>Tai Chi/Qigong</td>
<td>Step Into Life Dance</td>
<td>Yoga/Qigong</td>
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<td></td>
<td>10 a.m.-5 p.m.</td>
<td>5:30-6:30 p.m.</td>
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**MARCH 2019**

**Thursday, 7**
- CTCL Support Group 12-1 p.m.

**Thursday, 14**
- Sound Bowls 1-2 p.m.

**Monday, 25**
- Lung Cancer Support Group 11 a.m.-12 p.m.
**Education and Support Groups**

**Brain Tumor Support Group**  
This group is temporarily cancelled. Groups will pick back up on May 6, 2019.

**Caregiver Education and Support Group**  
Education and support to people caring for a loved one with cancer. This group meets each Wednesday in the 2nd floor Infusion Education Room. For more information, call 801-213-5699.

**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 801-587-4753.

**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. 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 monthly. 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 Gauchy, MSW, LCSW, for details: 801-585-0212.

**Mind Body Skills & Stress Reduction Groups and Big Mind Group**  
Learn stress reduction and relaxation techniques, restore peace and well-being, and reduce cancer pain and stress. Registration is required. Call Julie Howell, 801-213-4246.

**Spiritual Support**

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

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

**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.

**Sound Bowls**  
Tibetan sound bowls have been used for centuries for healing and relaxation benefits. Dr. Thielking uses sound bowls to help patients and caregivers reduce stress and encourage the flow of nourishing energies.

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

**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**

**Barre**  
Focused, isometric strength training using small range-of-motion movements which use a combination of postures inspired by ballet, yoga, and Pilates.

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

**Minding Motion™**  
A fun and energizing 60-minute therapeutic and creative movement program to help individuals of all levels of experience and abilities reconnect with their bodies, improving balance, coordination, as well as cognition.

**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**  
Therapeutic movement helps build strength, flexibility and endurance through movement and dance exploration. Classes taught by Tanner Dance faculty.

**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.

**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.