**MAY 2018**

<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 6-6:30 a.m.</td>
<td>Artist in Residence 9 a.m.-5 p.m.</td>
<td>Resistance 6-6:30 a.m.</td>
<td>Tai Chi/Qigong 9:30-10:30 a.m.</td>
<td>Cardio Intervals (HIIT) 6-6:30 a.m.</td>
<td>LDS Sacrament 10:30 a.m.</td>
</tr>
<tr>
<td>Core &amp; Stretch 6:30-7 a.m.</td>
<td>Chair Yoga 11-11:30 a.m.</td>
<td>Core &amp; Stretch 6:30-7 a.m.</td>
<td>Yoga 10:30-11:25 a.m.</td>
<td>Core Yoga 6:30-7 a.m.</td>
<td>Protestant Communion 5 p.m.</td>
</tr>
<tr>
<td>Zumba® 7-7:30 a.m.</td>
<td>11:30 a.m.-12 p.m.</td>
<td>Zumba® 7-7:30 a.m.</td>
<td>11:30 a.m.-12 p.m.</td>
<td>Yoga 10-11 a.m.</td>
<td></td>
</tr>
<tr>
<td>Tai Chi/Qigong 9:30-10:30 a.m.</td>
<td>Guided Relaxation 12-12:30 p.m.</td>
<td>Movement Workshop 10-11:30 a.m.</td>
<td>Mind Body Group 2:30-4 p.m.</td>
<td>Mat Pilates 11:30 a.m.-12 p.m.</td>
<td></td>
</tr>
<tr>
<td>12-12:30 p.m.</td>
<td>Yoga 5:15-6:15 p.m.</td>
<td>Core &amp; Stretch 11:30 a.m.-12 p.m.</td>
<td>Chemo Education 5-6 p.m.</td>
<td>12-12:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Zumba® 12-12:30 p.m.</td>
<td></td>
<td>Resistance Training 12-12:30 p.m.</td>
<td>Yoga/Qigong 5:15-6:15 p.m.</td>
<td>Resistance Training 12-12:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Zumba® 12:30-1 p.m.</td>
<td></td>
<td>Barre 12:30-1 p.m.</td>
<td></td>
<td>Catholic Mass 12-1 p.m.</td>
<td></td>
</tr>
<tr>
<td>Zumba® 4:30-5:30 p.m.</td>
<td></td>
<td>Creative Writing 12-1:30 p.m.*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yoga 5:40-6:40 p.m.</td>
<td></td>
<td>2-4:30 p.m.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Zumba® 4:30-5:30 p.m.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Step Into Life Dance 5:30-6:30 p.m.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**CTCL Support Group**

- Look Good, Feel Better 5-7 p.m.
- Caregiver Support Group 5-7 p.m.
- Lung Cancer Support Group 11 a.m.-12 p.m.
- Brain Tumor Support Group 12-12:30 p.m.
- Memorial Day Holiday No Classes

**Location Details**

- **6th Floor CLC Multipurpose Room**
- **5th Floor Chapel**
- **Red Butte Garden, 300 Wakara Way**
- **Atrium of the Primary Children’s and Families’ Cancer Research Center**
**Education and Support Groups**

**Brain Tumor Support Group**
Patients and their families dealing with a brain tumor diagnosis meet once a month with Victoria Pineiro, LCSW. To register, call 801-213-5609.

**Caregiver Education and Support Group**
Education and support to people caring for a loved one with cancer. This 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. For more information, call the Wayne A. Reaud Center for Infusion and Advanced Therapeutics at 801-585-0162.

**Body and Health Support Group**
This group meets on the 4th Wednesday of each month. For more information, please contact Rainey Bateng, LCSW at 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 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.

**Medicine 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.

**Wellness & Integrative Health Activities**

**Art 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.

**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.

**Movement Workshop**
Awakening whole body expression through movement, writing, and speaking. This is a 6-week workshop. Registration is required, call the Wellness Center to register.

**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.

**Chair Yoga**
Achieve the benefits of yoga with the aid of a chair, allowing accessibility for those of all abilities. Held in the 6th floor Bistro private dining room.

**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.

**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.