### JULY 2018

**Monday, 4**
- Independence Day Holiday – No Classes or Groups

**Thursday, 5**
- CTCL Support Group
  - 12-1 p.m.
- Look Good, Feel Better
  - 5-7 p.m.

**Wednesday, 11**
- Caregiver Support Group
  - 5-7 p.m.

**Monday, 15**
- Lung Cancer Support Group
  - TBD

**Tuesday, 24**
- Pioneer Day Holiday – No Classes or Groups

**Monday, 30**
- Brain Tumor Support Group
  - 12-1 p.m.

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

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 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.

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.

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. *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.

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.

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 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.

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.