<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 6-6:30 a.m.</td>
<td>Minding Motion™ 8-9 a.m.</td>
<td>Resistance 6-6:30 a.m.</td>
<td>Cardio Intervals (HIIT) 6-6:30 a.m.</td>
<td>LDS Sacrament 10:30 a.m.</td>
<td>6th Floor CLC Multipurpose Room</td>
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<tr>
<td>Core &amp; Stretch 6:30-7 a.m.</td>
<td>Artist in Residence 10 a.m.-5 p.m.</td>
<td>Core &amp; Stretch 6:30-7 a.m.</td>
<td>Yoga 10:30-11:25 a.m. Chemo Education 5-6 p.m.</td>
<td>Protestant Communion 5 p.m.</td>
<td>5th Floor Chapel</td>
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<tr>
<td>Zumba® 7-7:30 a.m.</td>
<td>Tai Chi/Qigong 10-10:30 a.m.</td>
<td>Zumba® 7-7:30 a.m.</td>
<td>Yoga 10:30-11:25 a.m. Chemo Education 5-6 p.m.</td>
<td>6th Floor HCI Auditorium</td>
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<tr>
<td>Tai Chi/Qigong 9:30-10:30 a.m.</td>
<td>Tai Chi/Qigong 10:30-11 a.m.</td>
<td>Chemo Education 5-6 p.m.</td>
<td>Yoga/Qigong 5:15-6:15 p.m.</td>
<td>6th Floor CLC Multipurpose Room</td>
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<tr>
<td>Resistance 6:30-12 p.m.</td>
<td>Guided Relaxation 12-12:30 p.m.</td>
<td>Resistance 6:15-6:45 p.m.</td>
<td>Yoga/Qigong 5:15-6:15 p.m.</td>
<td>5th Floor Chapel</td>
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<tr>
<td>Resistance 11:30 a.m.</td>
<td>Resistance 6:15-6:45 p.m.</td>
<td>Resistance 6:45-7:15 p.m.</td>
<td>Yoga/Qigong 5:15-6:15 p.m.</td>
<td>6th Floor HCI Auditorium</td>
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<tr>
<td>Resistance 11:30 a.m.-12 p.m.</td>
<td>Barre 12-12:30 p.m.</td>
<td>Barre 12-12:30 p.m.</td>
<td>Yoga/Qigong 5:15-6:15 p.m.</td>
<td>Catholics Mass 12-1 p.m.</td>
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<tr>
<td>Zumba® 4:30-5:30 p.m.</td>
<td>Zumba® 4:30-5:30 p.m.</td>
<td>Creative Writing 12-12:30 p.m.</td>
<td>Yoga/Qigong 5:15-6:15 p.m.</td>
<td>Catholics Mass 12-1 p.m.</td>
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<tr>
<td>Yoga 5:40-6:40 p.m.</td>
<td>Yoga 5:40-6:40 p.m.</td>
<td>Yoga/Qigong 5:15-6:15 p.m.</td>
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<td>Catholics Mass 12-1 p.m.</td>
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**JANUARY 2019**

**Tuesday, 1 – Wednesday, 2**
No Wellness Activities, New Year Break

**Thursday, 6**
CTCL Support Group 12-1 p.m.

**Monday, 13**
Brain Tumor Support Group 12-1 p.m.

**Monday, 21**
No Wellness Activities, Martin Luther King Jr. Holiday

**Tuesday, 22**
Lung Cancer Support Group 11 a.m.-12 p.m.
**Education and Support Groups**

**Brain Tumor Support Group**  
Patients and their families dealing with a brain tumor diagnosis meet once a month with Victoria Holmes, LCSW. To register, call 801-581-2585.

**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 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.

**Blog**  
**Mind Body Skills & Stress Reduction Groups**

**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.

**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. *12-1:30 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**

**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 the Patient Education Room and programs, call 801-587-4585.