### Patient Resource Calendar

#### FEBRUARY 2019

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

- **6th Floor CLC Multipurpose Room**
- **5th Floor Chapel**
- **6th Floor HCI Auditorium**
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 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.

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. *12-1:30 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.

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.

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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.

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.