Follow our Facebook group and check our calendar of events to get updates.

FACEBOOK.COM/GROUPS/HCIWELLNESSCENTER

Contact us by calling 801-587-4585.
Available at the HCI South Jordan Clinic. For more information about services in South Jordan, see page 14.

Class times and dates are subject to change. Please visit our Facebook page for information: facebook.com/groups/hciwellnesscenter.
VALUES
Hope • Respect • Compassion • Innovation • Exceptional Care • Integrity

MISSION STATEMENT
The Wellness and Integrative Health Center provides individualized care for people affected by cancer. We offer compassionate support, diverse treatments, and wellness guidance to enhance quality of life through evidence-informed practices.

VISION STATEMENT
Our goal is to expand services and reach individuals throughout our diverse communities by offering exceptional care at the forefront of integrative health.

MOTTO
Imagine Wellness - Discover You

“The Wellness and Integrative Health Center staff are uniformly excellent. They focus on my individual situation, condition, and potential. Attitude is critical, and positive attitude is the hallmark of everyone I have met here.”

Program Participant
ACUPUNCTURE

This integrative service, adapted from traditional Chinese medicine, uses fine needles placed in the skin at specific points. Acupuncture can help control many side effects of cancer and its treatments, including the following:

- Dizziness
- Fatigue
- Headaches
- Hot flashes
- Insomnia
- Nausea
- Neuropathy
- Pain
- Stress

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<th>M–Th 7 a.m.–7 p.m. by appointment*</th>
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"Getting acupuncture was an awesome experience! I'm looking forward to coming weekly.”
Program Participant

MASSAGE THERAPY

Licensed massage therapists use touch and pressure on muscles to help the body heal and relax. Massage therapy can help reduce stress, anxiety, and pain in people with cancer. It can help increase mobility and gives many people a feeling of well-being.

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* TO SCHEDULE SYMPTOM MANAGEMENT APPOINTMENTS, CALL 801-587-4585.
MIND-BODY SKILLS GROUP

Learn mindfulness-based skills from trained facilitators in this four-week class. These skills can help reduce stress and pain as well as restore well-being. For more information, call 801-213-4246. Pre-registration is required.

TBA  
2:30-4 p.m. 
6th floor multipurpose room 
FREE

OSTEOPATHIC MANIPULATION

This gentle, hands-on technique done by a doctor helps muscles, joints, and other body parts work and feel better. It can reduce pain in these areas:

- Head
- Joints
- Middle and lower back
- Neck
- Pelvis
- Ribs

M–Th  
By appointment* 
Wellness Center 
INSURANCE**

**Call your insurance provider before making an appointment. Some plans may not cover this service.

“I am so thankful for Dr. Zingg. She has the gift of healing and helped my body in many ways. I have hope in my future because of her.”

Program Participant

* TO SCHEDULE SYMPTOM MANAGEMENT APPOINTMENTS, CALL 801-587-4585.
ARTIST-IN-RESIDENCE

A means of self-expression and communication through drawing, painting, sculpture, photography, and more. All materials are provided. Each workshop explores a different medium. Visit our Facebook page for more information about upcoming classes. Drop by during the hours below and start creating!

| T | 10 a.m.–Noon and 12:30–5 p.m. | 6th floor multipurpose room | FREE |

LABYRINTH

Mindful walking can help reduce pain and improve your mood. The labyrinth at HCI offers a winding path for all to walk toward stillness and peace of mind.

Always open | 4th floor patient patio | FREE
MUSIC THERAPY

Music therapy can help reduce stress, pain, anxiety, and depression caused by cancer and its treatments. Work with our music therapists to express yourself and reach treatment goals. Inpatient and outpatient appointments available.

M–F  Call 801-587-4585 to schedule an appointment  FREE

“Music therapy was encouraging and inspiring. It was fun to jump right in and play a song while others sang along.”
Program Participant

PARTICIPANTS NEEDED FOR A MUSIC AND ENTERTAINMENT STUDY

If you have had at least one chemotherapy treatment or one radiation treatment, the FAME study needs you! Call 801-587-4389 or 801-755-3680 for more information.

YOUR STORY

Share your story with loved ones and create a recorded personal history.

Web-based program*  yourstory.utah.edu  FREE

*Call 801-587-4585 for more information.

WRITER-IN-RESIDENCE

Practice creativity and express yourself by writing stories, poems, reflective essays, journal entries, personal letters, and more! Check our Facebook page for events.

Weekly Drop-In Session: Open to all.

W  Noon–2 p.m.  Bistro Private Dining Room  FREE

Visiting Guest Writer: Join Star Coulbrooke, former Logan City Poet Laureate, for a reading and writing workshop.

Mar. 6  Noon–1 p.m.  Bistro Private Dining Room  FREE

One-on-One Consultations: Email susan.sample@hci.utah.edu or call 801-587-4585 to schedule an appointment.

W  By appointment  TBD  FREE
GOOD LIFE KITCHEN COOKING CLASS

This class series can help you prepare nutritious foods that will improve your health and well-being. Participants enjoy samples of delicious recipes. Check Facebook for upcoming class dates or call 801-587-4585.

Jan. 28 and TBD 11 a.m.–12:30 p.m. Harmon’s Grocery ** $8

**Harmon’s Grocery in Holladay is located at 4675 Holladay Blvd.

THE NEW YOU PROGRAM

Focusing on Nutrition, Exercise, and Wellness, this 12-month program helps you change your lifestyle habits and maintain a healthy weight using the latest research, counseling, and group meetings. Become a NEW YOU!

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<tr>
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<th>Wellness Center**</th>
<th>INSURANCE***</th>
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</table>
| **Other locations are available; see page 14 or call 801-587-4585 for more details. **
| ***If you have Medicare, this program is covered by your insurance. Other insurance providers may cover the program. Please inquire for more information. |

NUTRITION COUNSELING

Meet one on one with a registered dietitian nutritionist. Make an eating plan to help you stay strong, manage symptoms, and recover from cancer treatment. Studies show that a healthy diet is important for people with cancer!

Telemedicine appointments are available. Use your computer, tablet, or smart phone to talk face to face with your dietitian. These digital follow-up appointments can help you save time and reduce travel. For more information, call 801-587-4585.

* TO SCHEDULE APPOINTMENTS, CALL 801-587-4585.

“The dietitian at the Wellness and Integrative Health Center offered solutions to my mother’s diet that have been helping her dramatically.”

Caregiver of Program Participant
POWER PROGRAM
(PERSONAL OPTIMISM WITH EXERCISE RECOVERY)

The POWER program helps improve quality of life, reduce treatment side effects, and increase strength for daily living. Personalized exercise plans are based on diagnosis, cancer type and phase, and fitness goals. They include a medical and fitness assessment by a doctor, an exercise prescription, and follow-up exercise sessions from a highly skilled cancer exercise specialist.

Telemedicine appointments are available. Use your computer, tablet, or smart phone to talk face to face with your cancer exercise specialist. These digital follow-up exercise sessions can help you save time and reduce travel. For more information, call 801-587-4585.

By appointment* Locations vary PLEASE INQUIRE

* To schedule at the HCI Wellness Center, call 801-587-4585. See page 14 for information about POWER at the HCI South Jordan Clinic.

POWER OUTDOORS

This program offers several chances to walk, hike, run, or snowshoe in a fun, group-led environment. All fitness levels are welcome.

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<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Locations vary</th>
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<tbody>
<tr>
<td>W</td>
<td>Jan. 22, Feb. 26, and Mar. 25</td>
<td>9–11 a.m.</td>
<td>Locations vary</td>
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<tr>
<td>Sat</td>
<td>Jan. 10, Feb. 15, and Mar. 14</td>
<td>9 a.m.–Noon</td>
<td>Locations vary</td>
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</table>

JOIN US FOR OUR 2020 SEASON KICKOFF EVENT

| M   | Mar. 9 | 6–7 p.m. | Shoreline Conference Room |

Follow us on Facebook, email wellness.community@hci.utah.edu, or call the POWER Outdoors hotline at 801-213-8411 for information about activity locations, schedule updates, and future events.

“These sessions have improved my core strength and, for the first time in years, I am able to go off my fentanyl patches. This staff is amazing.”

Program Participant
PHYSICAL ACTIVITY and MOVEMENT

Please note that fitness classes will be canceled on JANUARY 1, JANUARY 2, JANUARY 20, AND FEBRUARY 17 for holidays.

BARRE
Combines elements of ballet barre with Pilates, conditioning, and flexibility training.

W 12:30–1 p.m. 6th floor multipurpose room FREE

CARDIO INTERVALS HIIT
High-intensity interval training (HIIT) involves repeated bouts of high-intensity movement followed by recovery times. It can be modified for all fitness levels and special conditions.

F 6–6:30 a.m. 6th floor multipurpose room FREE

CORE AND STRETCH
A fusion of flexibility exercises and core conditioning to strengthen the back, abs, and hips using stability balls, BOSU balance trainers, dumbbells, and resistance bands.

M W 6:30–7 a.m. 6th floor multipurpose room FREE
W 11:30 a.m.–Noon 6th floor multipurpose room FREE

MINDING MOTION™
This fun and energizing movement program is done seated in a chair and standing. Participants of all levels and abilities reconnect with their bodies and improve balance, coordination, posture, and motor skills.

T 8–9 a.m. 6th floor multipurpose room FREE
F 10–11 a.m. 6th floor multipurpose room FREE

“Minding Motion is an inspiring and invigorating activity. After class, all I could think about is how grounded and energized I felt.”

Program Participant

Follow our Facebook group and check our calendar of events to get updates.

FACEBOOK.COM/GROUPS/HCIWELLNESSCENTER
PILATES MAT
Similar to yoga, Pilates mat focuses on basic exercises to improve core stability, strength, balance, flexibility, and posture. Pilates mat helps you be aware of breath, practice spinal alignment, and use core muscles.

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<tr>
<td>F</td>
<td>11:30 a.m.–Noon</td>
<td>6th floor multipurpose room</td>
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<tr>
<td>F</td>
<td>Noon–12:30 p.m.</td>
<td>6th floor multipurpose room</td>
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RESISTANCE TRAINING
Target all of the major muscle groups using dumbbells, mats, resistance bands, and balls. Learn exercises that help strengthen bones and muscles. Regular resistance training increases metabolism to help maintain a healthy weight.

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<td>6–6:30 a.m.</td>
<td>6th floor multipurpose room</td>
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<tr>
<td>W</td>
<td>Noon–12:30 p.m.</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
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<tr>
<td>F</td>
<td>12:30–1 p.m.</td>
<td>6th floor multipurpose room</td>
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STEP INTO LIFE
This therapeutic movement class for the mind, body, and spirit helps build strength, flexibility, and endurance through dance exploration. Taught by Tanner Dance faculty with live piano accompaniment. No dance experience needed.

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<tr>
<td>W</td>
<td>5:30–6:30 p.m.</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
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Please note that fitness classes will be canceled on JANUARY 1, JANUARY 2, JANUARY 20, AND FEBRUARY 17 for holidays.
T’AI CHI/QIGONG

This practice uses slow, flowing movement and mindful breathing. Benefits include improved strength, relaxation, immune system function, blood circulation, and balance, as well as decreased symptoms of neuropathy.

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<td>6th floor multipurpose room</td>
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<tr>
<td>M</td>
<td>Noon–12:30 p.m.</td>
<td>6th floor multipurpose room</td>
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<tr>
<td>M</td>
<td>12:30–1 p.m.</td>
<td>6th floor multipurpose room</td>
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<td>T</td>
<td>10–10:30 a.m.</td>
<td>Eccles auditorium</td>
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<tr>
<td>T</td>
<td>10:30–11 a.m.</td>
<td>Eccles auditorium</td>
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<tr>
<td>Th</td>
<td>9:30–10:30 a.m.</td>
<td>Eccles auditorium</td>
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YOGA

Yoga uses poses, deep stretches, breathing exercises, and meditation to improve mood and increase flexibility, balance, range of motion, and muscle tone.

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<td>M</td>
<td>5:40–6:40 p.m.</td>
<td>6th floor multipurpose room</td>
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<td>4:30–5:30 p.m.</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
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<tr>
<td>Th</td>
<td>10:30–11:25 a.m.</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
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<tr>
<td>Th</td>
<td>11:30 a.m.–Noon</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
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<tr>
<td>F</td>
<td>6:30–7 a.m.</td>
<td>6th floor multipurpose room</td>
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YOGA/QIGONG

Yoga/qigong is a non-aerobic exercise program that combines poses, breathing exercises, meditation, and slow, flowing movement. This can improve strength, mindfulness, and relaxation, while reducing blood pressure, cholesterol, risk of falls, anxiety, stress, and pain.

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<td>5:15–6:15 p.m.</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
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“This program has been a gift to me. It’s made me stronger and has provided the support that I needed as a cancer patient. I am so grateful for this opportunity.”

Program Participant

ZUMBA®

A fusion of international music and dance themes designed for all levels of fitness. Ditch the workout and join the party!

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<td>6th floor multipurpose room</td>
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SERVICES at HCI’S SOUTHERN JORDAN CLINIC

Follow our Facebook group and check our calendar of events to get updates.
FACEBOOK.COM/GROUPS/HCIWELLNESSCENTER

ACUPUNCTURE

This integrative service, adapted from traditional Chinese medicine, uses fine needles placed in the skin at specific points. Acupuncture can help control many side effects of cancer and its treatments, including the following:
- Dizziness
- Fatigue
- Headaches
- Hot flashes
- Insomnia
- Nausea
- Neuropathy
- Pain
- Stress

For scheduling and pricing, please call 801-213-4500. Ask for specialty scheduling.

MASSAGE THERAPY

Licensed massage therapists use touch and pressure on muscles to help the body heal and relax. Massage therapy can help reduce stress, anxiety, and pain in people with cancer. It can help increase mobility and gives many people a feeling of well-being.

For scheduling and pricing, please call 801-213-4500. Ask for specialty scheduling.

THE NEW YOU PROGRAM

Focusing on Nutrition, Exercise, and Wellness, this 12-month program helps you change your lifestyle habits and lose weight using the latest research, counseling, and group meetings. Become a NEW YOU!

If you have Medicare, this program is covered by your insurance. Other insurance providers may cover the program. Please inquire for more information.

Call 801-213-4500 to join the NEW You Program at South Jordan. This program is also available in Farmington. Call 801-213-5277 for more information.

POWER PROGRAM (PERSONAL OPTIMISM WITH EXERCISE RECOVERY)

Improve quality of life, reduce treatment side effects, and increase strength for daily living. Personalized exercise plans are based on diagnosis, cancer type and phase, and fitness goals. They include a medical and fitness assessment by a doctor, an exercise prescription, and follow-up exercise sessions from a highly skilled cancer exercise specialist. Call 801-213-4500 for more information.
INPATIENT SERVICES

ACUPUNCTURE

Acupuncture can help with these cancer symptoms and treatment side effects:

- Anxiety
- Constipation and diarrhea
- Depression
- Insomnia
- Loss of appetite
- Nausea and vomiting
- Pain
- Stress

Provided on a case-by-case basis  
Ask your doctor or nurse for a referral

MASSAGE THERAPY

Massage can help with these cancer symptoms and treatment side effects:

- Anxiety
- Depression
- Fatigue
- Pain
- Poor quality of life

Provided on a case-by-case basis  
Ask your doctor or nurse for a referral

MUSIC THERAPY

Use music to express yourself and reach treatment goals. This evidence-based therapy offers a new and different way to engage in treatment and connect with loved ones.

By appointment  
Call 801-587-4585 to schedule

WRITER-IN-RESIDENCE

Practice creativity and express yourself by writing stories, poems, reflective essays, journal entries, personal letters, and more! Email susan.sample@hci.utah.edu or call 801-587-4585 to schedule a one-on-one consultation.

By appointment  
Email susan.sample@hci.utah.edu to schedule

Follow our Facebook group and check our calendar of events to get updates.
FACEBOOK.COM/GROUPS/HCIWELLNESSCENTER

INPATIENT SERVICES