THE LINDA B. AND ROBERT B. WIGGINS

Wellness
AND INTEGRATIVE HEALTH CENTER

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

CATALOG KEY

P Available to all patients
C Available to family members/caregivers
G Available to HCI staff

Class times and dates are subject to change. Please visit our Facebook page for information: facebook.com/groups/hciwellnesscenter.

Open Monday–Thursday, 7 a.m. to 7 p.m.
Fridays, 7 a.m. to 5 p.m.
1st Floor, HCI Cancer Hospital
1950 Circle of Hope, Salt Lake City, UT 84112
Symptom Management

ACUPUNCTURE
This integrative medicine, 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 treatment, including the following:
- Insomnia
- Nausea
- Neuropathy
- Pain
- Stress
- Dizziness
- Fatigue
- Headaches
- Hot flashes

<table>
<thead>
<tr>
<th>M-Th</th>
<th>7 a.m.-7 p.m. By appointment*</th>
<th>Wellness Center</th>
<th>$40</th>
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* Call 801-587-4585 to schedule an appointment.

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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OSTEOPATHIC MANIPULATION
A gentle, hands-on technique done by a doctor to help muscles, joints, and other body parts and improve motion, reduce pain, and improve health.

| M-F   | By appointment* | Wellness Center | INSURANCE |

* Call 801-587-4585 to schedule an appointment.

LOOK GOOD...FEEL BETTER
(Sponsored by the American Cancer Society)
Women with cancer learn beauty techniques to manage side effects of treatment and find options to cope with hair loss, such as wigs and scarves. Participating patients will receive a makeup kit.

| 1st Thursday | 5-7 p.m. Must register* | Altaview Conference Room | FREE |

* Call 1-800-227-2345 to register.
Creative Arts

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.

T 10 a.m.-5 p.m.* 6th floor multipurpose room FREE
* Drop in any time between 10 a.m.–noon and 12:30–5 p.m. on Tuesdays.

DRUM CIRCLE
Come energize or relax your body and mind by participating in a transformative and healing drum circle, led by our music therapists.

August 3 Noon-1 p.m. 4th floor patient patio FREE
September 28 Noon-1 p.m. 4th floor patient patio FREE

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

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.

T W F By appointment* FREE
* Call 801-587-4585 to schedule an appointment.

WRITER-IN-RESIDENCE
Come practice creativity and express yourself by writing stories, poems, reflective essays, journaling, personal letters, and more! Enjoy pop-up "mini" writing workshops, individual consultation, and group writing activities.

Haiku on the Patio: Enjoy summer surroundings in this fun activity.

W Noon-1 p.m. 4th floor patio of the research building FREE

Oh, the Places You Should Go!: Add your vacation recommendations to the traveling Inspiration Board, which moves through the hospital waiting areas.

W All day Hospital waiting areas FREE

Individual Inpatient or Outpatient Consultations: Call 801-587-4585 or email Susan Sample at susan.sample@hci.utah.edu to schedule an appointment.

W By appointment TBD FREE

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

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.
**Nutrition**

**GOOD LIFE KITCHEN COOKING CLASS**

This class series can help you to prepare nutritious foods that will improve your health and wellbeing. Participants will enjoy samples of delicious recipes.

| TBD* | TBD | TBD | $5 |

Check our Facebook calendar of events or call 801-587-4585 to get updates on class dates, times, and location.

**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!

**M-F**

* Call 801-587-4585 to schedule an appointment.

**By appointment**

*Other locations are available; please inquire for more information.

**Wellness Center**

***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**

Individualized counseling with a registered dietitian nutritionist to assist in planning an optimal diet during any stage of cancer treatment and recovery, maintaining strength, coping with symptoms, and answering questions about the latest findings on cancer and nutrition. *Studies show that a healthy diet is important for cancer!*

| M-F | By appointment* | Wellness Center | FREE |

* Call 801-587-4585 to schedule an appointment.
Mindfulness

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.

4th floor patient patio FREE

Excerpt from “How to Walk this Path”
poem by Diane Fouts

“The labyrinth shows a path
To the center, to your center, and back again.
This is no maze of dead ends. You cannot get lost.
Pause at the opening and take a breath
To quiet your mind. And just walk.”

MIND-BODY SKILLS GROUP
Relax and reduce stress with mindfulness practice. For more information, call 801-213-4246. Pre-registration is required.

6th floor multipurpose room FREE

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

Physical Activity and Movement

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 physician, an exercise prescription, and follow-up exercise sessions from a highly skilled cancer exercise specialist.

Now offering telemedicine appointments. Telemedicine uses a computer, tablet, or smart phone video technology to talk in person with a cancer exercise specialist. It is a convenient way to have a follow-up exercise session if you live far away or have a hard time making it to Huntsman Cancer Institute (HCI). For more information, call 801-587-4585.

By appointment* Locations vary PLEASE INQUIRE

* To schedule at the HCI Wellness Center, call 801-587-4585. To schedule at the HCI South Jordan Clinic, call 801-213-4500 and ask for specialty scheduling.
## Physical Activity and Movement

### GROUP ACTIVITIES

**BARRE**
Combine the best elements of ballet barre with Pilates, sports conditioning, and flexibility training.

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<tr>
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**CARDIO INTERVALS HIIT**
High-intensity training (HIIT) involves repeated bouts of high-intensity movement followed by recovery times. The workout is easily modified for all fitness levels and special conditions.

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**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.

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<tr>
<td>W</td>
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**MINDING MOTION™**
This fun and energizing movement program is done from a chair and standing. Participants of all levels and abilities will reconnect with their bodies and improve balance, coordination, posture, and motor skills.

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<td>T</td>
<td>8-9 a.m.</td>
<td>6th floor multipurpose room</td>
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<td>F</td>
<td>10-11 a.m.</td>
<td>6th floor multipurpose room</td>
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**OUTDOOR FITNESS PROGRAM**
Join us for seasonal activities that include group hiking, road biking, snowshoeing, and more. Please call 801-587-4585 for more information.

| Dates vary monthly | Locations vary | PLEASE INQUIRE |

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**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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**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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**Physical Activity and Movement**

**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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**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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<tr>
<td>M</td>
<td>9:30-10:30 a.m.</td>
<td>Red Butte Garden*</td>
<td>FREE</td>
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<tr>
<td>M</td>
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<td>Research South atrium**</td>
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* Meet in the lobby of Red Butte Garden: 300 Wakara Way, Salt Lake City 84108
** Classes meet in the atrium of The Primary Children’s and Families’ Cancer Research Center (also known as Research South).

**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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**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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**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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<tr>
<td>MW</td>
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<td>MW</td>
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FRIDAY, 7 A.M. TO 5 P.M.

801-587-4585

huntsmancancer.org

facebook.com/groups/hciwellnesscenter