WINTER 2019

THE LINDA B. AND ROBERT B. WIGGINS

Wellness

AND INTEGRATIVE HEALTH CENTER

PROGRAM CATALOG

Contact us by calling 801-587-4585.
Follow our Facebook group and check our calendar of events to get updates.
FACEBOOK.COM/GROUPS/HCIWELLNESSCENTER

CATALOG KEY

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

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.

OPEN MONDAY–THURSDAY, 7 A.M. TO 7 P.M.
FRIDAY, 7 A.M. TO 5 P.M.
1st Floor, HCI Cancer Hospital
1950 Circle of Hope, Salt Lake City, UT 84112
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 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>
</tr>
</thead>
<tbody>
<tr>
<td>F</td>
<td>7 a.m.–5 p.m. by appointment*</td>
<td>Wellness Center</td>
<td>$40</td>
</tr>
</tbody>
</table>

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

INPATIENT ACUPUNCTURE
Ask your doctor or nurse for a referral.

Monday, Wednesday, and Thursday afternoons
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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>M–Th</td>
<td>7 a.m.–7 p.m. by appointment*</td>
<td>Wellness Center</td>
<td>$40</td>
</tr>
<tr>
<td>F</td>
<td>7 a.m.–5 p.m. by appointment*</td>
<td>Wellness Center</td>
<td>$40</td>
</tr>
</tbody>
</table>

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

INPATIENT MASSAGE

Ask your doctor or nurse for a referral.

OSTEOPATHIC MANIPULATION

A gentle, hands-on technique done by a doctor to help muscles, joints, and other body parts, improve motion, and reduce the following:

- Headache
- Neck pain
- Mid and low back pain
- Rib pain
- Peripheral joint pain
- Pelvic pain

<table>
<thead>
<tr>
<th>Day</th>
<th>By appointment*</th>
<th>Location</th>
<th>INSURANCE**</th>
</tr>
</thead>
<tbody>
<tr>
<td>M–Th</td>
<td></td>
<td>Wellness Center</td>
<td></td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>T</th>
<th>10 a.m.–5 p.m.*</th>
<th>6th floor multipurpose room</th>
<th>FREE</th>
</tr>
</thead>
</table>

* Drop in any time between 10 a.m.–noon and 12:30–5 p.m. on Tuesdays.

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.

<table>
<thead>
<tr>
<th>T W F</th>
<th>By appointment*</th>
<th>FREE</th>
</tr>
</thead>
</table>

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

YOUR STORY

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

<table>
<thead>
<tr>
<th>Web-based program*</th>
<th>yourstory.utah.edu</th>
<th>FREE</th>
</tr>
</thead>
</table>

* Call 801-587-4585 for more information.

WRITER-IN-RESIDENCE

Practice creativity and express yourself by writing stories, poems, reflective essays, journaling, personal letters, and more! Schedule a one-on-one consultation with writing instructor Susan Sample. Email susan.sample@hci.utah.edu or call 801-587-4585 to make an appointment.

<table>
<thead>
<tr>
<th>W</th>
<th>By appointment</th>
<th>TBD</th>
<th>FREE</th>
</tr>
</thead>
</table>

AVAILABLE FOR INPATIENTS

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

Jan 29, Feb 26, and Mar 26  11 a.m.-12:30 p.m.  Harmon’s Grocery**  $8

* Check our Facebook calendar of events or call 801-587-4585 for updates.
** Harmon’s Grocery in Holladay is located at 4675 Holladay Blvd E in Holladay, UT

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  By appointment*  Wellness Center**  INSURANCE***

* Call 801-587-4585 to schedule an appointment.
** 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 to talk about your dietary needs. 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 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 traveling. For more information, call 801-587-4585.

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.

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

“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.”

Excerpt from “How to Walk this Path”
poem by Diane Fouts
Huntsman Cancer Institute
Patient and Staff Member

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.

Jan 16, 23, 30, and Feb 6 2-3:30 p.m. 6th floor multipurpose room FREE

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

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 traveling. 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 season, the POWER Outdoors program offers four chances to walk, hike, or snowshoe in a fun, group-led environment. Gather with other patients, caregivers, and HCI staff members to get outside and get moving. All fitness levels welcome.

Jan 17, Feb 7 and 21, and Mar 9 10 a.m.–noon Locations vary

* Email wellness.community@hci.utah.edu to receive information about activity locations, schedule updates, and future events.

** Join us March 21 for our spring planning meeting. Call 801-587-4585 for details.

Follow our Facebook group and check our calendar of events to get updates.
FACEBOOK.COM/GROUPS/HCIWELLNESSCENTER
BARRE
Combine the best elements of ballet barre with Pilates, sports conditioning, and flexibility training.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>Noon—12:30 p.m.</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
</tr>
<tr>
<td>W</td>
<td>12:30–1 p.m.</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>F</td>
<td>6–6:30 a.m.</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>6:30–7 a.m.</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
</tr>
<tr>
<td>W</td>
<td>11:30 a.m.—Noon</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>T</td>
<td>8–9 a.m.</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
</tr>
<tr>
<td>F</td>
<td>10–11 a.m.</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>F</td>
<td>11:30 a.m.–Noon</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
</tr>
<tr>
<td>F</td>
<td>Noon–12:30 p.m.</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>11-11:30 a.m.</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
</tr>
<tr>
<td>M</td>
<td>11:30 a.m.–Noon</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
</tr>
<tr>
<td>M W</td>
<td>6–6:30 a.m.</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
</tr>
<tr>
<td>W</td>
<td>Noon–12:30 p.m.</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
</tr>
<tr>
<td>T</td>
<td>6:15–6:45 p.m.</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
</tr>
<tr>
<td>T</td>
<td>6:45–7:15 p.m.</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
</tr>
<tr>
<td>F</td>
<td>12:30–1 p.m.</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
</tr>
</tbody>
</table>

Please note that fitness classes will be canceled on the following holidays and University Closure Days:

JANUARY 1, 2, 21, AND FEBRUARY 18
Please note that fitness classes will be canceled on the following holidays and University Closure Days:

JANUARY 1, 2, 21, AND FEBRUARY 18

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.

| W     | 5:30–6:30 p.m. | 6th floor multipurpose room | FREE |

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.

| M     | 9:30–10:30 a.m. | 6th floor multipurpose room | FREE |
| T     | 10–10:30 a.m.   | Eccles Auditorium*          | FREE |
| T     | 10:30–11 a.m.   | Eccles Auditorium*          | FREE |
| Th    | 9:30–10:30 a.m. | 6th floor multipurpose room | FREE |

* HCI’s George S. and Dolores Doré Eccles Auditorium is located on the 6th floor, across from the Point Restaurant.

YOGA

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

| M     | 5:40–6:40 p.m. | 6th floor multipurpose room | FREE |
| Th    | 10:30–11:25 a.m.| 6th floor multipurpose room | FREE |
| Th    | 11:30 a.m.–Noon | 6th floor multipurpose room | FREE |
| F     | 6:30–7 a.m.    | 6th floor multipurpose room | FREE |
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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Th</td>
<td>5:15–6:15 p.m.</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
</tr>
</tbody>
</table>

"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!

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>M W</td>
<td>7–7:30 a.m.</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
</tr>
<tr>
<td>M W</td>
<td>4:30–5:30 p.m.</td>
<td>6th floor multipurpose room</td>
<td>FREE</td>
</tr>
</tbody>
</table>

Please note that fitness classes will be canceled on the following holidays and University Closure Days:

JANUARY 1, 2, 21, AND FEBRUARY 18
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

To schedule, call 801-213-4500 and 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.

To schedule a massage appointment, call 801-213-4500 and 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)

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.

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 traveling. To schedule, call 801-213-4500 and ask for specialty scheduling.
THE LINDA B. AND ROBERT B. WIGGINS
WELLNESS AND INTEGRATIVE HEALTH CENTER

1ST FLOOR, HCI CANCER HOSPITAL
1950 CIRCLE OF HOPE, SALT LAKE CITY, UT 84112

OPEN MONDAY–THURSDAY, 7 A.M. TO 7 P.M.
FRIDAY, 7 A.M. TO 5 P.M.

801-587-4585

huntsmancancer.org

facebook.com/groups/hciwellnesscenter

COVER PHOTO BY: SUSAN CHILDRESS