

# SPECIAL PROGRAMS

■ = PROGRAMS LOCATED OFF-SITE ■ = RSVP REQUIRED

## HEALING ARTS AND STRESS REDUCTION

### Art for Recovery – RSVP (space is limited – register early!)

Sideman Cancer Center West County – 2<sup>nd</sup> Floor Conference Room  
10 Barnes West Drive, Creve Coeur, MO 63141

Thursday, April 8 • 10:00 AM – Noon

Thursday, June 17 • 10:00 AM – Noon

Join Art Therapist, Susie Dietz McGaughey, ATR, PLCP, in using art to inspire and support you and your loved ones in the fight against cancer. No previous art experience necessary. This program is for adults only.



### Music For Recovery with Amy Camie, Harpist All Welcome!

Sideman Cancer Center West County – Lobby area  
10 Barnes West Drive, Creve Coeur, MO 63141

Tuesday, May 11 • 10:00 AM – NOON

Amy Camie, a classically trained musician who has been playing harp professionally for over 33 years, has received numerous awards for her talent at local, regional and national levels. She has extensive small group and orchestral experience, and her solo harp CDs are used throughout the country in hospitals, cancer centers, grief support groups, and hospices as well as for general relaxation and stress reduction. She is the Founder/Executive Director of the Scientific Arts Foundation, a nonprofit organization that supports the value of creative expression through research, education, and community outreach programs.



### Wise Women's Writing Workshop - RSVP

Tuesdays: April 6, 13, 20, 27 • May 4, 11, 18, 25 10:30 AM – 12:30 PM

Marianne Rosenthal, M.A.T., Secondary Language Arts, will lead this workshop, which is appropriate for both beginning and experienced writers. The focus will be on writing and sharing with a collaborative and supportive group of women. Discussion will include the therapeutic benefits of writing as related to self-discovery, with time to write and share. The cancer experience may be written about and discussed, or not. Are you ready to discover and recover yourself through your own words? Join in this adventure, while bonding with women from all walks of life. Come write what you know and challenge yourself to grow!

### TAI CHI with Special Guest Instructor! - RSVP

Wednesday, June 30 • 6:30 – 7:30 PM



Sara Burke is the Director/Owner of The City Studio Dance Center in the Central West End, and a certified (by Grand Master William C. C. Chen) Tai Chi Chuan Instructor who has taught the gentle exercise for several years. Tai Chi is known for its flowing movements that improve health and help with stress management. Sara will be making a special guest appearance to teach Tai Chi to our participants!

**In an effort to keep our programs free, we require that you update your visitor form once a year.**

### DANCE! Katherine Dunham Technique: A Way of Life - RSVP

Wednesday, June 23 • 6:30 – 7:30 PM

Katherine Dunham (b.1909 – d. 2006) was known as a legendary dancer, but also writer, advocate, humanist, songwriter, and anthropologist. In the 1930s Dunham developed "Dance Anthropology" based on her experience with the dance of other cultures. The Dunham Technique is a blend of African, Caribbean, ballet, and modern dance that incorporates the chakras, core strength, and breathing techniques. The instructor will be Theodore H. Jamison: Dancer/Performer/Teacher/Choreographer. Theo is the Program Director for SIUE East St. Louis Center for the Performing Arts, and was certified by Katherine Dunham herself to teach the world renowned Dunham Technique.



### ACU-YOGA with Patti Pellerito! - RSVP (Limited to 15)

Tuesday, April 20 and Tuesday, May 18 6:00-7:30 PM

Patti Pellerito will be here to introduce participants to this new offering from The Wellness Community! Acu-Yoga is a system of exercises, integrating two ancient holistic methods of health maintenance, acupressure and yoga. A highly effective practice results from combining these two complementary forms of self-treatment. Both systems relax muscular tension and balance the vital life forces of the body. Yoga does this through controlling the breath while holding the body in certain postures. Acupressure does this by directly manipulating body energy through a system of points and meridians. This process combining the two balances the body as a whole, and stimulates the immune system. As a bonus, the program will be followed by a 15 minute resting pose with Tibetan Singing Bowls, enjoying the sounds and vibrations that these magical bowls offer. A BIG thank you to Patti Pellerito for gifting this program to The Wellness Community!

## NUTRITION

Note regarding cooking classes: The expense of the healthy ingredients provided for our cooking programs require an RSVP in addition to a personal confirmation of attendance within 24 hours of the class – otherwise, the spot is given to someone on our waiting list.

### For Participants With A Cancer Diagnosis: Jerry and Peggy Ritter One-on-One Nutrition Counseling Services – Call to Schedule.

**PLEASE CANCEL YOUR APPOINTMENT IF YOU ARE NOT ABLE TO ATTEND** so that someone else may benefit from this service. Julie Noel, RD, LD, our resident dietician offers individualized nutrition counseling designed to promote healthy lifestyle changes by addressing your concerns and goals in a private session format. Here's your chance to speak with an expert – Julie has 20 years of experience in individual nutrition counseling to offer TWC participants! Physician Release required if still in treatment – available at TWC office or download from our website: [www.wellnesscommunitystl.org](http://www.wellnesscommunitystl.org)

**Jerry Pass Cooking for Wellness – RSVP (limited to 12)**

Bridgette Kossor (the “Singing Chef” and Founder of “Food From the Ground Up” is back to ring in the change of seasons with a song and a spatula!

**Thursday, April 8 • Noon – 2:00 PM - RSVP**

**Satisfying Soups:** Savory and Sweet Soups, made from wholesome and fresh ingredients that support your daily, inner balance by gathering or expanding your energy. Soups are harmonious dishes that are integral to balanced meals.

**Monday, May 17 • 6:00 – 8:00 PM - RSVP**

**Green, Fresh, and Local!** The month of May brings the beginning of new and fresh greens, along with other spring veggies poking out of the ground, into the sunlight. Learn how to prepare scrumptious, yet simple meals with fresh, alive, and local produce that we have waited all winter to eat!

**Thursday, June 10 • Noon – 2:00 PM - RSVP**

**The Energy of Summer:** As the sun rises high in the sky and daylight is longer, it's time to shift our eating choices to stay in harmony with nature's cycles. We will make refreshing, light, and cooling dishes that keep us fluid on the inside as it heats up outside, using foods that are local and organic.

**Discover Your Healthy Self - RSVP**

**Tuesday, May 4 • 6:00 – 7:00 PM**

Nick Young from Metabolic Meals® will join us this evening to discover the importance of incorporating antioxidant rich fruits and vegetables, healthy oils and other SUPERFOODS that promote overall body health.

**HEALTHY LIVING/EDUCATION****Frankly Speaking About Coping With the Cost of Cancer Care – RSVP**

**Siteman Cancer Center West County – 2nd Floor Conference Room  
10 Barnes West Dr., Creve Coeur, MO 63141**

**Tuesday, April 13 • 10:00 AM - Noon**

**(Registration and light snacks 9:30-10:00 AM)**

Ann Plunkett, Attorney and founder of Workplace Partners, and Claudia Abbott, Insurance Specialist, will provide valuable information on the legal issues involved when navigating work place, insurance, billing, and other financial aspects of a cancer diagnosis. In addition, Kevin Ferris, MSW, LCSW, Certified Money Coach, and TWC facilitator will discuss the psychological issues involved and how to manage stress when interacting with “The System.” Shawn Tucker, PT, Brentwood Center of Health, will discuss how to manage physical and emotional distress and optimize your quality of life during and after cancer treatment.

**Introduction to Strength Training for Cancer Patients – RSVP**

**Siteman Cancer Center at Barnes-Jewish Hospital & Washington University School of Medicine, 224 S. Euclid Avenue, St. Louis, MO 63110 LOCATION: BROWN ROOM - Free parking in North Garage for attendees.**

**Wednesday, April 21 • 3:30 – 4:30 PM**

Val Strang, Certified Cancer Exercise Specialist, Master Personal Trainer, and owner of Rock Workout, Inc., will provide basic instruction on strength training for cancer patients.

**Frankly Speaking About Cancer Treatment - RSVP**

**Siteman Cancer Center West County, 10 Barnes West Drive, St. Louis, MO 63141**

**Wednesday, June 9 • 10:00 AM – Noon**

**(Registration and light snacks 9:30-10:00 AM)**

Steven M. Sorscher, M.D., Assistant Professor of Medicine, Division of Oncology and Director of Siteman Cancer Center, West County, and Shawn Tucker, PT, Brentwood Center of Health, will discuss ways to help manage the physical effects of cancer treatment. Karen Tripp, MS, LMFT of The Wellness Community will discuss the psychosocial issues that arise with cancer treatment.

**Young Women's Metastatic Cancer Symposium: A Celebration of Young Women Living with Metastatic Cancer - Registration Required**

**Clayton, MO 63105**

**Saturday, May 15**

Join us for this FREE all-day symposium where you can network with other young survivors, learn from area professionals specializing in medical, psychological, and legal issues, and discuss practical approaches to living with advanced cancer at a young age. Contact Jen Ivanovich, Siteman Cancer Center, to receive registration and program materials: 314-454-5076 or ivanovichj@siteman.wustl.edu.

**LOOK GOOD...FEEL BETTER® - RSVP**

**Thursday, April 8 • 11:30 AM – 1:30 PM**

**Thursday, June 10 • 11:30 AM – 1:30 PM**

**(limited enrollment)** This national program offered by the American Cancer Society helps women undergoing cancer treatment learn to cope with appearance-related side effects. A Certified Cosmetologist will guide participants in a makeover with products provided.

**Cope By Faith (limited to 10 participants)**

**Salem Lutheran Church, 5180 Parker Road, Florissant, MO 63033**

**Required: Preliminary Informational Meeting**

**Call TWC at 314-238-2000, Ext. 245 to schedule.**

**Seven Thursdays: April 22, 29 and May 6, 13, 20, 27 and June 3**

Cope by Faith is a program designed to explore spiritual issues arising out of a cancer diagnosis and examine the Christian perspective to overcoming the emotional struggles of cancer (Jewish and Non-Denominational tracks are planned pending future funding). Through prayer, fellowship and scripture-based teachings, attendees will learn how to distinguish between healing and being cured, to evaluate one's priorities and goals, and to stand firmly in the belief that God is in control-- even of the cancer. This program is open to cancer caregivers and anyone coping with cancer before, during, and beyond treatment. Attendees must register and complete a short informational meeting prior to beginning the series (see above). This program is facilitated by Karen Tripp, MS, LMFT and Author of the book *God is Bigger Than Your Cancer*. Cope by Faith is offered in collaboration with Indiana University School of Medicine. Thank you to the Lutheran Foundation of St. Louis for its generous grant.

**Managing Stress with Mindfulness – RSVP**

**Second Mondays • April 12 / May 10 / June 14 • 6:30 – 8:00 PM**

Dr. Ellen Ranney facilitates a monthly group focused on developing basic mindfulness skills accompanied by experiential exercise and group sharing for participants with cancer and those who support them. Mindfulness practice is supported by research demonstrating it has positive and lasting results physically and mentally. Deepen your awareness, reduce stress, and enhance the quality of your “presence” by participating in this unique offering.

**Eastern vs. Western Medicine: A Frank Discussion - RSVP**

Tuesday, June 22 • 6:00 – 8:00 PM

Captain Robert Konold, M.D., will join us to speak about being “patient active,” the importance of collaboration, and the pros and cons of Western and Eastern medicine. Captain Konold is on active duty for the United States Air Force and practices family medicine at St. Elizabeth’s Hospital (as he describes his profession: “We operate from the womb to tomb principle”).

**MONTHLY WELLNESS LECTURE SERIES****Acupuncture and Immunity – RSVP**

Thursday April 8 • 6:30 – 8:00 PM

Dr. Sharon Fitelson, Chiropractic Orthopedist and Acupuncturist, is the founder of *In Motion Health Center* and has practiced holistic medicine for nearly 30 years. She will discuss the long and short-term effects of acupuncture on the immune system, and explain how this Chinese method of treatment can work alone to boost immunity and healing, or augment the effectiveness of traditional Western treatments.

**Stress and The Body – RSVP**

Thursday, May 13 • 6:30 – 8:00 PM

Join Drs. Nick Barnes and Jerod Posey, Family Wellness Chiropractors and founders of *212 Degrees of Wellness* as they discuss how stress affects the body, mind, and spirit.

**“One Tough Journey” Author Returns! – RSVP**

Thursday, June 10 • 6:30 – 8:00 PM



In celebration of Cancer Survivor Month, we are again offering this popular program. Bruce E. Jacobs (author of the acclaimed book, *One Tough Journey*) will be here to share his experience with cancer that led to the writing of this wonderful book on the “How-To” of managing the diagnosis and its treatment.

This session is about encouragement, inspiration, determination, and developing the attitude that you can win your fight with cancer. First 20 attendees will receive a free copy, so register early!

**SOCIAL****Participant Advisory Council Meeting and Potluck – RSVP**

Friday, May 7 • Noon – 1:30 PM

The PAC continues to meet and generate ideas for improving TWC programming, processes, and visibility. This meeting we will focus on 4<sup>th</sup> quarter and 2010. Become an active member of our community, meet others, and bring a dish to share.

**MIND/BODY/SPIRIT CLASSES**

**NIA—EXPRESSIVE MOVEMENT • Tuesdays • 12:30 – 1:30 PM** NIA is an expressive fitness and movement program which combines the concentration of Tai Chi, the poses of Yoga, the power of Martial Arts, and the grace of dance to stay fit and enhance well-being. Led by a certified NIA instructor. Drop in – no reservation necessary.

**QIGONG (“Life Force”) • Introduction to Qigong Fridays • 11:00 – 11:45 AM** Introduces the movements and intentions, and is followed by **The Practice of Qigong • Fridays • 11:45 AM – 12:30 PM** for those who have experienced the Intro Class for six sessions. Through gentle movements, learn to reduce stress, increase vitality and develop a sense of wellbeing. Drop in - no reservation necessary. Comfortable clothing and physician approval recommended.

**ZUMBA! • Fridays • 9:30 – 10:30 AM** It's wellness with a Latin Beat for cancer survivors, thrivers, and those who support them! Fun and fitness with this aerobic dance offering facilitated by Kathryn Bynum, A.C.E. – don't miss it!

**YOGA** (See yoga listing below for times and locations) Led by certified yoga instructors. Through rhythmic breathing, gentle stretching, and mental focus, participants can learn to ease physical and emotional tension. For cancer patients, survivors, and caregivers at any level of performance and physical condition. Drop in - no reservation necessary. Comfortable clothing and physician approval recommended.

**PILATES • Wednesdays • 4:00 – 5:00 PM** Join Heather Needleman, Certified Pilates Instructor, each week as she teaches Classical Pilates Method (great training for those who have experienced abdominal surgery). This gentle exercise class teaches awareness of breath and alignment of the spine, and aims to strengthen the deep torso muscles.

**BELLY DANCING WITH YOELIT (Women only, please)**

2<sup>nd</sup> and 4<sup>th</sup> Thursdays • 7:00 – 8:00 PM A safe space to bring out your inner Goddess with this expressive movement class (and FUN)!

**NEXT STEP TO HEALTH NUTRITION AND EXERCISE PROGRAM (NSTH)**

**Monday Evenings** (Check calendar posted in movement room for times and class description, or call TWC) NSTH is sponsored by the St. Louis Cancer and Breast Institute and the Saint Louis Cancer Foundation. It is held at The Wellness Community in Des Peres (cancer survivors only).

**EXERCISE & CANCER RECOVERY • Saturdays • 10:15 - 11:15 AM**

**Rock Workout Studio, 3001 Locust Street, Suite 103 (Lower Level), St. Louis, MO 63103 (near Saint Louis University)**

Owner of Rock Workout, Inc., Certified Cancer Exercise Specialist and Master Personal Trainer Val Strang will provide instruction for those who are ready to incorporate this training into their exercise regimen. She will help you minimize the side effects of treatment, reverse postural and range of motion issues, and focus on working with the WHOLE body. **NOTE:** You must register at TWC in order to receive a class card. A Physician's Release Form (download form at [www.wellnesscommunitystl.org](http://www.wellnesscommunitystl.org)), is required at time of registration if you are currently in treatment, can be faxed from your physician's office to 314-909-9900, or call to request one be sent to you.

**YOGA OFFERED AT SEVERAL LOCATIONS:****The Wellness Community**

1058 Old Des Peres Rd. • Des Peres MO 63131

Wednesdays • 9:30 – 10:30 AM (Intermediate & Advanced)

5:15 – 6:15 PM (Gentle);

1<sup>st</sup> & 3<sup>rd</sup> Thursdays • 5:45 – 6:45 PM (Gentle)

**St Louis University Cancer Center** *Free parking for yoga attendees.*

*Sponsored by St. Louis University Cancer Center*

3655 Vista • St Louis MO 63110 • 314-268-7015

Fridays • Noon – 1:00 PM (Gentle)

**The Center for Cancer Care at St. Luke's Hospital**

*Sponsored by the Center for Cancer Care at St Luke's Hospital*

232 S Woods Mill Rd. • Chesterfield MO • Please call for location – 314-205-6090

Wednesdays • 5:30 – 6:30 PM (Intermediate & Advanced)

**Big Bend Yoga Center**

88 N. Gore • Webster Groves, MO 63119 • 314-918-9642

Wednesdays • 7:30 – 8:45 PM (Gentle); Sundays • 3:00 – 4:15 PM (Gentle)

Register at TWC for a membership card to the class.

**Siteman Cancer Center at Barnes-Jewish Hospital and Washington**

**University School of Medicine** *Free parking in North Garage for yoga attendees.*

224 S. Euclid Avenue • St. Louis, MO 63110 • \*New Location: Brown Room

Tuesdays 5:30 – 6:30 PM (Gentle Yoga)