

SPECIAL PROGRAMS

■ = PROGRAMS LOCATED OFF-SITE ■ = RSVP REQUIRED

Mind/Body/Spirit Classes are listed on page 10.

HEALING ARTS & STRESS REDUCTION

A study published in the Journal of Pain and Symptom Management found that art therapy can reduce a broad spectrum of symptoms related to pain and anxiety in cancer patients. In the study done at Northwestern Memorial Hospital, cancer patients reported significant reductions in eight of the nine symptoms measured by the Edmonton Symptom Assessment Scale after spending an hour working on art projects of their choice. The diminished symptoms included: pain, tiredness, depression, anxiety, drowsiness, lack of appetite, and shortness of breath (excerpted from <http://www.sciencenews.org>).

Wise Women's Writing Workshops: Writing for Self-Healing and Discovery – RSVP

Eight Tuesdays: January 5, 12, 19, 26 • 10:30 AM – 12:30 PM
February 2, 9, 16, 23 • 10:30 AM – 12:30 PM

If you enjoyed this last quarter, please join us again - new weekly content! This workshop is appropriate for both beginning and experienced writers. The focus will be on writing and sharing with a collaborative group of women. We will engage in a discussion on the therapeutic benefits of writing as related to self-discovery and healing and take time to write and share in our supportive network. A list of several writing prompts will be provided and instructions will be given for the group feedback process, focusing on positive elements of content and style. 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! Marianne Rosenthal, M.A.T., Secondary Language Arts, specializes in working with individuals of all ages to uncover their greatest writing talents.

Scrapbooking for Fun and Stress Reduction! – RSVP

3 Thursdays: January 14, February 11 & March 4 • 10:00 AM - Noon
Jenn Gutierrez is back with three "themed" scrapbooking workshops: "Winter Holidays" (January 14), "Valentine's Day (February 11) and "Spring" (March 4). If you prefer to work on something different – go for it. You bring the photos (at least 5) and we supply the FREE materials. This gentle creative process is fun and soothing as well. See you there!

Music For Recovery – All Welcome!

Amy Camie, Harpist

Siteman Cancer Center West County – lobby area
10 Barnes West Drive, Creve Coeur, MO 63141

Tuesday, January 19 • 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 501(c)3 nonprofit organization



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

that supports the value of creative expression through research, education and community outreach programs.

Kathy Bearman, Pianist

Siteman Cancer Center West County – lobby area
10 Barnes West Drive, Creve Coeur, MO 63141

Monday, March 1 • 10:00 AM – Noon.

Kathy Bearman, MA, LCSW, is a jazz pianist who has performed extensively as a soloist and in duos and trios throughout the St. Louis area for over thirty years. She has entertained at numerous local restaurants, hotels, private functions and clubs, including performing as a pianist at the University Club for thirteen years. Kathy is also a Licensed Clinical Social Worker, Certified Gestalt therapist, and current facilitator of groups at The Wellness Community. She maintains a private psychotherapy practice in Creve Coeur.



Art For Recovery – RSVP

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

Thursday, February 11 • 10:00 AM - Noon

Come, explore and create an art project with an art therapist to inspire and support you and your loved ones in the fight against cancer.



Strategies for Stress Reduction

Siteman Cancer Center @ Barnes Jewish Hospital and Washington University School of Medicine Floors 7, 13 at Center for Advanced Medicine (Main Lobby & Waiting Area)

Friday, February 18 • 1:00 – 3:00 PM

Karen Tripp, MS, LMFT/Author and TWC Clinical Facilitator will be discussing the importance of stress management for strengthening resistance to illness and general wellness.



NUTRITION

Nutritional Soups: What to Eat When In Treatment

Siteman Cancer Center @ Barnes Jewish Hospital and Washington University School of Medicine Floor 7 at Center for Advanced Medicine (Main Lobby & Waiting Area)

Tuesday, January 12 • 11:00 AM - Noon

Robin McClanathan, MT (ASCP) and owner of Nutrition with a Culinary Flair will provide samples of nutritional broths she has created, discuss their beneficial properties and talk about nutrition and cancer treatment.



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

Bridgette Kossor, the "Singing Chef" and Founder of "Food From the Ground Up" is back with tunes and tips on cooking for wellness!

Monday, January 11 • 6:00 – 8:00 PM

Happy New Year, Happy New You! Start the year off with juicy, happy food that feeds your true, joyful self - without the guilt of unhealthy choices. Feel your food freedom!

Thursday, February 4 • Noon – 2:00 PM

Mindful Eating: When There Is Food at the Table, Bring You,

Too. Experience the practice of being in the moment and fully experiencing nourishment, taste and energy when you eat, during the month of love and celebration. This is just for you!

Thursday, March 4 • 6:00 - 8:00 PM

Come Out of Hibernation and Spring into Action! Food and information to help bring out the rising energy of Spring inside of you. Get ready to wake up, clean out and feel the pep!

Nutrition with a Culinary Flair! – RSVP (limited to 12)

Robin McClanathan continues to provide pertinent information on creating a healthy nutritional lifestyle!

Thursday, January 28 • Noon - 2:00 PM

@ TWC Demonstration Kitchen – *Healthy Cooking on a Budget*

Tuesday, February 9 • 10:00 AM - Noon

@ Siteman Cancer Center West County – lobby area
10 Barnes West Drive, Creve Coeur, MO 63141
How to Shop Your Grocery Store for a Healthy Life



Tuesday, February 23 • 6:00 - 8:00 PM

@ TWC Demonstration Kitchen – *Carbs: Good vs. Bad*

For Participants With A Cancer Diagnosis: One-on-One Nutrition Counseling – RSVP (Call to schedule)

Julie Noel, RD, LD, of Nutriwell Associates, LLC returns to offer individualized nutrition counseling designed to promote healthy lifestyle changes by addressing your concerns and goals in a private session. Here's your chance to speak with an expert – Julie has twenty years of experience in individual nutrition counseling to offer TWC participants! NOTE: If you schedule an appointment, PLEASE NOTIFY US if you are unable to attend.

Physician Release required if still in treatment –available at TWC office or download from our website: www.WellnessCommunitySTL.org.

HEALTHY LIVING / EDUCATION

Intro to ZUMBA! – RSVP

Siteman Cancer Center, Center for Advanced
Medicine - Brown Room.



Monday, January 25 • 4:00 – 5:00 PM @ Wellness with a Latin Beat for survivors, thrivers and those who support them!

Intro to Tai Chi – RSVP

Monday, March 22 • 4:00 – 5:00 PM

Jaime Sanchez, brings his 40+ years of experience as practitioner and teacher to this ancient form of movement for health.



RETURN TO WELLNESS IS BACK! – RSVP

For Breast Cancer Survivors Who Have Completed Treatment
Program Information and Overview

Thursday, February 4 • 6:30-7:30 PM



Return to Wellness is an innovative national program designed to address that critical time following the end of treatment, providing education, emotional support, and restorative physical exercise. Participants meet weekly for 10 weeks in an atmosphere of commitment, hope,

and connection with other survivors of breast cancer. Required: Commitment to attend 8 out of 10 sessions and a physician's release for exercise. Those on maintenance drugs are invited to participate with a physician's release.



Caring and Coping - RSVP*

Four Thursdays: January 14, 21, 28 & February 4 • 6:30 – 8:30 PM



THIS EXCITING NEW 4-WEEK PROGRAM will feature the COPE model of problem solving and provide education and support to individuals with breast cancer and a chosen caregiver. Each week, the participant/caregiver pairs will meet for 2 hours to learn how to live through and beyond breast cancer utilizing this problem-solving tool, proven to be effective in resolving difficulties and improving communication. The COPE Model will be taught and practiced, and support will be offered to help program participants develop skills to facilitate their journey. *Pre-registration and interview is required for this program. Space is limited - please call 314-238-2000 ext. 224 or 228 for more information. A Special Thank you to The Breast Cancer Fund of National Philanthropic Trust for making this program possible!

Understanding and Managing Constipation Caused by Pain Medication For Providing Care in Advanced Cancer Patients – RSVP

Tuesday, January 26 • 6:30 – 8:00PM

Presentation and discussion led by a nurse practitioner with palliative care experience

LOOK GOOD...FEEL BETTER® – RSVP (limited enrollment)

Thursday, February 11 • 11:30 AM - 1:30 PM

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.

Cope by Faith: Protestant Track (limited to 10 participants)

Required: Individual Preliminary Informational Meeting
Call TWC at 314-238-2000 to schedule.

Thursdays, starting January 14 • 6:30 – 8:30 PM for 7 weeks
St. Paul's Lutheran Church in Des Peres, NW corner of
Manchester and New Ballas Rd.

Karen Tripp, MS, LMFT and Author will facilitate this free 7-week series. Cope by Faith is a program designed to explore spiritual issues arising out of a cancer diagnosis, utilizing a Christian/Protestant perspective on overcoming the emotional struggles of cancer. This program is open to anyone coping with cancer before, during, and beyond treatment. Attendees must register and attend a short informational meeting (see above) prior to beginning the series. Catholic, Jewish, and Spiritual tracks are planned pending future funding.

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.

Frankly Speaking About Lymphoma – RSVP

Monday, March 1 • 6:00 – 8:00 PM

Registration and refreshments • 5:30 – 6:00 PM

Dr. Michael Bolger, cancer specialist (oncology, hematology) at Missouri Baptist Medical Center and recognized in the Best Doctors guide of 2008 will offer vital information about the most current lymphoma cancer treatments, strategies for symptom/side effect management, and tools for survivorship. Kevin Ferris, LCSW and Associate Program Director for The Wellness Community, will present on the psychosocial aspects of this diagnosis, followed by a panel of young survivors of lymphoma.

CAREGIVER PROGRAMS

Caregivers: Managing Stress with Mindfulness – RSVP

Mondays: January 11, February 8, March 8 • 6:30 – 8:00 PM

Dr. Ellen Ranney facilitates a monthly support group that involves basic mindfulness skills accompanied by experiential exercise and group sharing on the caregiving experience. Deepen your awareness, reduce stress, and enhance the quality of your caregiving “presence” by participating in this unique offering.

MONTHLY WELLNESS LECTURE SERIES

Dental Health and Cancer –

What You Need to Know! - RSVP

Thursday, January 14 • 6:30 – 8:00 PM

Dr. Sheldon C. Cohen will address how dental health is affected by a cancer diagnosis and its subsequent treatment. Dr. Cohen brings over 30 years of experience in dental education and Hospital Dentistry to this topic in which many participants have expressed an interest. Don't miss this opportunity to learn from an expert what to expect and how to cope with problems – bring your questions!

Whole Foods Market Tour on a Budget – RSVP

Balanced Meals without Breaking the Bank

Whole Foods Market in Town and Country @ 141 And Clayton Road
(meet @ the Customer Service Center)

Thursday, February 11 • 6:30 - 8:00 PM

Join us for a tour of Whole Foods with Value Guru Marcia Whelan. Whole Foods believes everyone should be able to afford quality food. If you think higher quality always means higher price, think again—real food, free of artificial ingredients and hydrogenated fats, is available for the best possible price. Learn how you can get the most for your money everyday.

Single with Cancer – RSVP

Thursday March 11 • 6:30 - 8:00 PM

If you're a single person with a cancer diagnosis, you're probably aware that there are many issues specific and unique to your situation. Common concerns include dating (when and if do I tell a potential partner I have cancer? Am I being dishonest if I don't tell? Will it scare him/her away?), commitment (life expectancy, possible recurrence, ability to have children, etc.), and sexuality (physical changes and limitations, intimacy issues). Join Charli Prather, MSW, LCSW and Program Director at TWC as she explores these concerns with participants in an atmosphere of safety and compassion.

SOCIAL

Participant Advisory Council Meeting: POTLUCK! – RSVP

Thursday, February 25 • 6:00 – 7:00 PM

The PAC continues to meet and generate ideas for improving TWC programming, processes, and visibility. Become an active member of our community, and meet others of like mind. Make TWC even better by bringing those minds to bear and a dish to share!

MIND/BODY/SPIRIT CLASSES

CHECK OUT THIS ARTICLE. Cancer Related Fatigue Diminished by Exercise www.medicalnewstoday.com/articles; dated April 16, 2008.

HEALTHY STEPS® (GREAT FOR LYMPHEDEMA) Tuesdays • 4:30 – 5:30 PM
Developed by two GYN surgeons, Healthy Steps®, formerly the Lebed Method, uses progressive patterns of passive and active movement to improve range of motion.

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 Introduction to Qigong – Fridays • 11:00 – 11:45 AM Learning the movements and intentions. **The Practice of Qigong – Fridays • 11:45 – 12:30 PM** For those who have experienced the Intro Class for six sessions. We will also learn to emit chi to others. Led by certified Qigong instructors. Through gentle movements, learn to reduce stress, increase vitality and develop a sense of well-being. Drop in. No reservation necessary. Comfortable clothing and physician approval recommended.

ZUMBA! Fridays • 9:30 – 10:30 AM Wellness with a Latin Beat for Cancer Survivors, Thrivers and those who support them! Fun and fitness with this new aerobic dance offering facilitated by Kathryn Bynum, A.C.E. – don't miss it!

YOGA 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. See info on right.

PILATES IS BACK! Join Heather Needleman, Certified Pilates Instructor each **Wednesday from 4:00-5:00 PM** as she teaches us Classical Pilates Method.

NEXT STEP TO HEALTH NUTRITION AND EXERCISE PROGRAM (NSTH) is sponsored/provided by the St. Louis Cancer and Breast Institute and the Saint Louis Cancer Foundation. It is held on the campus of The Wellness Community.

YOGA OFFERED AT SEVERAL LOCATIONS:

New Location: Brown Room*

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);

1st & 3rd 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)