

Wellness & Support Programs *September 2016*

Check our online calendar for the most up-to-date program listings and information.
www.massgeneral.org/cancer/supportservices

NOTE: Look at our online calendar to view the most up-to-date class information

Sept. 1-11: Thursday - Sunday

Thursday, 9/1	Tuesday, 9/6	Wednesday, 9/7	Thursday, 9/8	Friday, 9/9
<p>Gentle Yoga 12-1 pm HG</p> <p>Moving Forward After Treatment 1-2 pm Y7</p> <p>Gentle Yoga 1:15-2 pm LL2</p> <p>Coping with Newly Diagnosed Breast Cancer 2-3 pm Y7</p>	<p>Intro to Supportive Care 9:30-10 am Y7</p> <p>Qi Gong 10-11 am LL2</p> <p>Look Good, Feel Better 10-11:30 am LH</p> <p>Spiritual Tune-Up 10:30-11:30 am LL3</p> <p>Tai Chi 2-3 pm HG</p> <p>Gentle Yoga 4:30-5:30 pm HG</p>	<p>Meditation for Relaxation 1-2 pm Y7</p> <p>Chemotherapy 101 Workshop 2-3 pm Y7</p> <p>Music Therapy: A Creative Path to Wellness 3-4 pm HG</p>	<p>Gentle Yoga 12-1 pm HG</p> <p>Caring For Yourself 12-1 pm Y7</p> <p>Gentle Yoga 1:15-2 pm LL2</p>	<p>Learn about Acupuncture 10-11am LL3</p> <p>Chemotherapy 101 1:30-2:30 pm Y7</p>
				Saturday, 9/10
				No Classes
				Sunday, 9/11
				No Classes
Friday-Monday, 9/2-9/5				
No Classes				

SUPPORT SERVICES LOCATIONS

- LL2** Lunder Building, LL2 (Patient Ed. Room)
- NS** North Shore (Danvers)
- LL3** Lunder Building, LL3
- HG** Healing Garden, 8A

- Y7** Yawkey 7 (Support & Education Hub)
- Y2** Yawkey 2220 (Conf. Room)

- LH** Lawrence House (1st Floor)

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Sept. 12-18: Monday–Sunday				
Monday, 9/12	Tuesday, 9/13	Wednesday, 9/14	Thursday, 9/15	Friday, 9/16
Look Good, Feel Better 10am -12 pm NS Brain Tumor Support 12-2 pm Spiritual Well-Being 12:30-1:30 pm Y7 Chemotherapy 101 Workshop 1:30-2:30 pm Y7	Intro to Supportive Care 9:30-10 am Y7 Qi Gong 10-11 am LL2 Tai Chi HG 2-3 pm Gentle Yoga 4:30-5:30 pm HG Support for People with Oral, Head, and Neck Cancers 6-7:30 pm	Breast Cancer Support Group 1-2 pm Y7 Chemotherapy 101 Workshop 2-3 pm Y7 Music Therapy: A Creative Path to Wellness 3-4 pm HG Prostate Cancer Support Group 5:45-7:15 pm	Gentle Yoga 12 - 1 pm HG Gentle Yoga 1:15-2 pm LL2 Coping with Newly Diagnosed Breast Cancer 2-3 pm Y7	Chemotherapy 101 1:30-2:30 pm Y7
				Saturday, 9/17
				Thyroid Cancer Support Group 10:30 am - 12:00 pm
				Sunday, 9/18
				No Classes

Introducing the Support and Education Hub! At the end of the hallway in Yawkey 7, you can now find information about Cancer Center resources, supportive care, and emotional needs, rest and relax, or take part in an educational workshop!

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- LL2** Lunder Building, LL2 (Patient Ed. Room) **NS** North Shore (Danvers)
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Sept. 19-25: Monday–Sunday				
Monday, 9/19	Tuesday, 9/20	Wednesday, 9/21	Thursday, 9/22	Friday, 9/23
<p>Moving Forward After Treatment LL2 1-2 pm</p> <p>Chemotherapy 101 Workshop Y7 1:30-2:30 pm</p>	<p>Intro to Supportive Care Y7 9:30-10 am</p> <p>Qi Gong LL2 10-11am</p> <p>Spiritual Tune-Up LL3 10:30-11:30 am</p> <p>Lung and Esophageal Support Group 12-1 pm</p> <p>Tai Chi HG 2-3 pm</p> <p>Gentle Yoga HG 4:30-5:30 pm</p>	<p>Meditation for Relaxation Y7 1-2 pm</p> <p>Chemotherapy 101 Y7 2-3 pm</p> <p>Music Therapy: A Creative Path to Wellness HG 3-4 pm</p>	<p>Gentle Yoga HG 12-1pm</p> <p>Gentle Yoga LL2 1:15-2 pm</p>	<p>Chemotherapy 101 Y7 1:30-2:30 pm</p>
				Saturday, 9/24
				No Classes
				Sunday, 9/25
				No Classes

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- NS North Shore (Danvers)
- LL3 Lunder Building, LL3
- HG Healing Garden, 8A

- Y7 Yawkey 7 (Support & Education Hub)
- Y2 Yawkey 2220 (Conf. Room)













- LH Lawrence House (1st Floor)

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Sept. 26-30 : Monday–Friday

Monday, 9/26	Tuesday, 9/27	Wednesday, 9/28	Thursday, 9/29	Friday, 9/30
Brain Tumor Support 12-2 pm	Intro to Supportive Care 9:30-10:00 am 	Breast Cancer Support Group  1-2 pm	Gentle Yoga  12-1 pm	Chemotherapy 101  1:30-2:30 pm
Spiritual Well-Being 12:30-1:30 pm 	Qi Gong 10-11am 	Chemotherapy 101 2-3 pm 	Gentle Yoga 1:15-2 pm 	
Chemotherapy 101 1:30-2:30 pm 	Tai Chi  2-3 pm	Music Therapy: A Creative Path to Wellness 3-4 pm 		
	Gentle Yoga  4:30-5:30	Black Men and Women Cancer Support Group 6-7:30 pm		


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 Lunder Building, LL3

 Healing Garden, 8A

 Yawkey 7 (Support & Education Hub)

 Lawrence House (1st Floor)

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