Mayo Clinic’s Cancer Education Program offers free classes and group sessions to patients, their families and the public.

For more information on these programs and resources, call or visit the Stephen and Barbara Slaggie Family Cancer Education Center, Monday through Friday, 8 a.m. to 5 p.m., Gonda Building, lobby level. All classes are held in the center unless noted otherwise.

A Gift for You
As a thank you for attending one of our classes, please ask your educator for your free gift.
Cancer Education Program: Working with You

Meet Monday, Wednesday and Friday
9-9:30 a.m.

Come to the Slaggie Family Cancer Education Center to learn about our resources and meet people who are available to help you. All are welcome.

Questions about Nutrition

Meet Monday and Friday
10:15–11 a.m.

Gonda Building, 10th floor lobby

During this drop-in session, dietitians meet with patients and their families to answer questions regarding nutrition.

Stress Management through HeartMath

Meet Monday and Thursday
11–11:30 a.m.

Have you ever wondered how thoughts, emotions and stress levels affect your body? Come try a brief computer-based biofeedback session that measures heart rate variability. Learn how our thoughts can actually change what is happening in the body. Same day registration recommended.

Caring Canines

Meet Monday and Wednesday
1–2 p.m.

Join our four-legged volunteers for support, companionship and comfort. Specially trained and registered therapy dogs, with their handlers, are available for a visit.

Strengthening Healing: Breathing and Relaxation Exercises

Meet Monday and Wednesday
1:30–2 p.m.

Learn introductory breathing techniques and relaxation exercises.

Moving Forward: Life After Cancer Treatment

Meet Monday, Tuesday and Thursday
2–3 p.m.

Meet with an educator to discuss issues related to cancer survivorship. Topics include: healthy living, ongoing treatment side effects, emotional wellness and follow-up care.

Look Good...Feel Better

No January class, February 5 & March 5 Evening classes meet 6:30–8:30 p.m.

Sandra J. Schulze American Cancer Society Hope Lodge, 411 2nd St NW, Rochester, MNContact: 888-227-6333. Pre-registration required.

A free monthly program intended for women experiencing cosmetic side effects from cancer treatment. Sessions include wig selection, head dressing options, skin care techniques, and makeup demonstration and practice. The program is a collaboration between the American Cancer Society, the Personal Care Products Council Foundation and the Professional Beauty Association.
**What’s New, What’s True in Nutrition for Cancer Survivors**

*Meets Tuesday and Thursday*

10:15–11 a.m.

Cancer survivors receive a wide range of advice from family, friends, and the internet about what they should or should not eat. Come to this dietitian-taught class to learn what current nutrition research may recommend for you. Learn the truth about sugar, soy, green tea and immune boosting foods.

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**Resources to Ease the Financial and Emotional Burdens of Cancer**

*10:30–11 a.m.*

Desk R, Charlton Building, subway level

At this drop-in session, meet with an American Cancer Society patient navigator to explore information related to lodging, transportation, support groups, local resources and financial assistance.

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**The 10 Minute Artist**

*10:30–11:30 a.m.*

Join us to create a fun and simple art project that you can complete in a short time. Give yourself the permission to be creative!

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**Releasing Stress and Renewing Energy**

*Meets Tuesday and Friday*

11 a.m–noon

This session provides tools for relaxation and renewal for physical, emotional or spiritual needs.

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**Beyond the Diagnosis: Empowered to Live Well**

*Meets Monthly*

noon–1 p.m.

**January 9—Exercise and Cancer: Strategies for Prevention and Therapy**  Regular exercise is a valuable tool for the prevention of cancer. Also, it is well-established that exercise provides many benefits for those already diagnosed with cancer. Learn about those benefits as well as strategies for developing a personalized program that will assist you in achieving your fitness goals.  Adam Shultz, MS, Clinical Exercise Physiologist, Mayo Clinic Rochester

**February 6—Building Your Reserves: Stress is universal, the way we respond to stress is not.**  In this experiential-based session, you will learn about stress from a biological and neurological perspective; explore ways to build your own personal resiliency and experience stress reduction techniques that can be put to use immediately. Reduce the impact stress has over you by learning to manage and grow from life’s challenges.  Laura A. Peterson MA, RN Resiliency Specialist, Healthy Living Program, Mayo Clinic Rochester

**March 6—Eating for Good Health: Separating Fact from Fiction**  We know what we eat impacts our health, but many of the messages we read about good nutrition seem to change regularly. Low carb, low fat, detox diets...what is the best advice to follow? Come hear evidenced-based dietary guidance regarding healthy choices and some of the nutritional hot topics and controversies.  Lisa Dierks, Registered Dietitian, Healthy Living Program, Mayo Clinic Rochester
Tuesday

Reiki and Healing Touch Therapies
1–2 p.m.
Reiki and Healing Touch are therapies that work with energy to support and nurture your body, mind and spirit. This practice works in harmony with your standard medical care. Come experience an individual hands-on session with a qualified practitioner. Same day registration recommended.

Creative Support Sessions-sponsored by Join the Journey
1:30–3 p.m.
Gonda Building, 10th floor lobby

January – SEMVA – Watercolor
Using color and your own creativity allows for self-expression and can help to heal the spirit. Join us as we learn to work with watercolors to calm our minds and relax.

February – Watercolor
Using color and your own creativity allows for self-expression and can help to heal the spirit. Join us as we learn to work with watercolors to calm our minds and relax.

March – Greeting Cards, Bags and Bows
Join us using paper to make greeting cards, gift bags, handmade bows, and other unique items of function and beauty. Bring your creativity and be ready to relax and enjoy.

Moving Forward: Life After Cancer Treatment
Meets Monday, Tuesday and Thursday
2–3 p.m.
Meet with an educator to discuss issues related to cancer survivorship. Topics include: healthy living, ongoing treatment side effects, emotional wellness and follow-up care.

Joy through Movement: Tai Chi Chih
5:15–6 p.m.
Facilitator: Ivonne Begue De Benzo
This moving meditation is gentle and easy to learn. Tai Chi Chih benefits may include: stress reduction, increased creativity, heightened energy, and improved physical and emotional well-being. Adults of all ages and abilities are welcome.
Wednesday

Cancer Education Program: Working with You
Meets Monday, Wednesday and Friday
9-9:30 a.m.
Come to the Slaggie Family Cancer Education Center to learn about our resources and meet people who are available to help you. All are welcome.

Fuel for the Journey: Nutrition during Cancer Treatment
10:15–11 a.m.
Registered dietitians present information on nutrition and answer questions about appetite, weight loss, nausea, dietary supplements and related topics.

Wellness Coaching: Living with Purpose
11 a.m.–noon
Experience health and wellness coaching and how it may help you move towards a joy-filled life.

Caring Canines
Meets Monday and Wednesday
1–2 p.m.
Join our four-legged volunteers for support, companionship and comfort. Specially trained and registered therapy dogs, with their handlers, are available for a visit.

Strengthening Healing: Breathing and Relaxation Exercises
Meets Monday and Wednesday
1:30–2 p.m.
Learn introductory breathing techniques and relaxation exercises.

Management of Cancer-Related Fatigue
1:30–2 p.m.
Sandra J. Schulze American Cancer Society Hope Lodge, 411 2nd St NW, Rochester, MN
Meet with an educator to learn strategies to help you manage your fatigue.
Resources to Ease the Financial and Emotional Burdens of Cancer  
2–2:30 p.m.  
Desk R, Charlton Building, subway level  
At this drop-in session, meet with an American Cancer Society patient navigator to explore information related to lodging, transportation, support groups, local resources and financial assistance.

Moving Forward: Life After Cancer Treatment  
2–3 p.m.  
Sandra J. Schulze American Cancer Society Hope Lodge, 411 2nd St NW, Rochester, MN  
Meet with an educator to discuss issues related to cancer survivorship. Topics include: healthy living, ongoing treatment side effects, emotional wellness and follow-up care.

Mindfulness Meditation Practice  
5:15–6 p.m.  
Guiding Teacher: Roberto P. Benzo, M.D.  
Mindfulness is a way of paying attention, awareness of the here and now without judging what is in front of us. Come and participate in a guided mindfulness meditation. No experience necessary.

Look Good...Feel Better  
January 17, February 21 & March 21 Day classes meet 12:30–2:30 p.m.  
Slaggie Family Cancer Education Center, Gonda Building, lobby level. Presented by Mayo Clinic Store Hope and Healing. Pre-registration required. Contact: 507-284-9669 or 888-303-9354  
A free monthly program intended for women experiencing cosmetic side effects from cancer treatment. Sessions include wig selection, head dressing options, skin care techniques, and makeup demonstration and practice. The program is a collaboration between the American Cancer Society, the Personal Care Products Council Foundation and the Professional Beauty Association.
Management of Cancer-Related Fatigue
9:30-10 a.m.
Meet with an educator to learn strategies to help you manage your fatigue.

What’s New, What’s True in Nutrition for Cancer Survivors
Meets Tuesday and Thursday
10:15–11 a.m.
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Moving Forward: Life After Cancer Treatment
Meets Monday, Tuesday and Thursday
2–3 p.m.
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Creative Renewal: Workshops for Wellness
noon–1 p.m.

This series provides an opportunity to explore complementary/integrative medicine approaches and creative expression. Co-sponsored with Humanities in Medicine.

Jan 4  No session

Jan 11  **Momentary Methods - Ways to relax when there is no time to relax** with Bonnie Sokolov. Using breathing techniques, self-applied massage and gentle movement learn how it is possible to “de-stress” in 10 minutes or maybe as quick as 60 seconds – or less!

Jan 18  **Gratitude** with Barb Schroeder
Explore the benefits of incorporating moments of gratitude into each day. Learn helpful tips or strategies to provide gratitude for yourself, your loved ones and your friends.

Jan 25  **An Experiential Journey with Music, Imagery and Art** with Christina Wood
Explore how music can be combined with imagery and art for relaxation and self-expression. No art experience needed.

Feb 1  **Massage Techniques for Your Hands and Feet** with Nancy Rodgers
Experience and learn about gentle massage techniques for the hands and feet to promote relaxation. The session will also include acupressure points for nausea and relaxation.

Feb 8  **The Eight Branches of Chinese Medicine: Self-care for Winter Wellness** with Deah Kinion. Come to understand yin and yang in our lives, and learn to apply some of these ancient and effective practices for self-care and health promotion, for yourselves and your families.

Feb 15  **Mindfulness-It’s about being and not always doing** with Sue Cutshall
Learn how to cultivate the power of happiness, mindfulness and personal strength as steps toward well-being.

Feb 22  **Zentangle: Reconnect with Your Creative Self** with Judy Nichols
Explore how using the simple art form of Zentangle may decrease your stress and promote relaxation. No art experience needed.

Mar 1  **Hands On Acupressure** with Liza Dion
Explore how to use acupressure for self-care with symptoms such as fatigue, nausea, insomnia, anxiety and stress relief.

Mar 8  **Happiness Project** with Barb Schroeder
Explore how to bring more happiness into your day for your own life, as well as those you love.

Mar 15  **The Healing Power of Personal Narrative** with Johanna Rian
Through writing exercises, we will learn how to capture our life stories by reflecting upon our experiences. We will also read sample stories/poems and discuss the role of storytelling as an important part of self-discovery, growth and development.

Mar 22  **Self-Care Series: Sound Sleep** with Amy Mattila
With the use of aromatherapy, simple acupressure points and breathing techniques and stretches you will learn how to prepare for a successful slumber that will leave you restored.

Mar 29  No session
**Cancer Education Program: Working with You**

**Meets Monday, Wednesday and Friday**

9-9:30 a.m.

Come to the Slaggie Family Cancer Education Center to learn about our resources and meet people who are available to help you. All are welcome.

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**Caring Hands Massage**

**10–11 a.m.**

Enjoy a 10 minute gentle hand massage for relaxation. First come, first served.

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**Questions About Nutrition?**

**Meets Monday and Friday**

10:15–11 a.m.

Gonda Building, 10th floor lobby

During this drop-in session, dietitians meet with patients and their families to answer questions regarding nutrition.

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**Releasing Stress and Renewing Energy**

**Meets Tuesday and Friday**

11 a.m.–noon

This session provides tools for relaxation and renewal for physical, emotional or spiritual needs.
Cancer survivor, thriver, previver... how we identify ourselves

By Cancer Education Staff

Today, there are close to 18 million Americans living with cancer and that number is expected to grow as our population ages. With the number of survivors on the rise, it is fair to say that cancer is a chronic condition that can be managed, for a majority of individuals, both children and adults, allowing them to lead fulfilling and meaningful lives as what we call, “cancer survivors.”

The definition of “cancer survivor” was established more than two decades ago by the National Coalition for Cancer Survivorship as follows – any person diagnosed with cancer, from the time of initial diagnosis until death. The definition was refined later to include family, friends and caregivers affected in any way by a cancer diagnosis.

When we hear the words “cancer survivor,” a few different thoughts usually come to mind based on the many survivors we’ve had the pleasure of meeting: strength, endurance, resilience, grace, compassion ... the list goes on. It’s amazing to see the number of people who’ve been touched by cancer who understand the importance of giving back to others. From sharing their personal stories to becoming patient advocates, leading support groups or mentoring recently-diagnosed cancer patients; survivors have powerful and meaningful stories to share.

Yet, patients who are being treated for cancer, or those dealing with recurrence, don’t always identify themselves as survivors. In addition, there are others who don’t like the survivor term, instead identifying themselves as “thivers,” which focuses more on living as well as possible without casting a light on their chronic condition.

We have recently become acquainted with a new term – “previvor.” This refers to persons surviving the risk of cancer because of genetic mutation. With DNA test results in-hand nowadays, people now can make informed decisions as a means to prevent cancer diagnoses. A woman with a BRCA mutation who manages that risk in ways that include preventative measures, such as the removal of ovaries or bilateral mastectomy, to prevent breast or ovarian cancer is one example of a previvor.

It is expected that more people will be considered previvors as more genetic mutations indicating cancer risks are identified. Of course, the discovery of new prevention strategies will help others take an active role in their own cancer prevention.

What do you think about the terms “survivor” “thiver” and “previvor?” Are there certain words you use to describe yourself, your caregivers, family and friends in the context of cancer?

Mayo Clinic Connect

To connect to an online support community and read additional articles, please join Mayo Clinic Connect. Connect.mayoclinic.org A welcoming online community where you can share your experiences, ask questions and find support from people with similar health concerns.
Did you know?

Cancer Education Program staff are available to answer your questions on:

- Managing treatment-related side effects
- Resources to ease the financial and emotional burdens of cancer
- Survivorship
- Moving forward after a cancer diagnosis
- ... and much more!

All are welcome! Consultations are free and do not require a provider referral. Please visit us, Monday through Friday, 8 a.m. to 5 p.m., Gonda Building, lobby level.

Questions I have:

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Classes I am interested in:

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Mayo Clinic is honored to name the Cancer Education Center for Stephen and Barbara Slaggie and their family. Mr. Slaggie and four friends founded the Fastenal Company in Winona, Minn. Today, it is one of the foremost industrial supply distributors in the United States. For patients on the Mayo Clinic campus in Rochester, Minn., the Stephen and Barbara Slaggie Family Cancer Education Center serves as a focal point of information and inspiration — and helps empower patients to become active partners in their health care.

Phone: 507-266-9288
Email: canceredprog@mayo.edu
Cancer Education: www.mayoclinic.org/cancer-education-rst