April, May, June 2018

Mayo Clinic Cancer Center offers free education programs to patients, their families and the public.

We invite you to visit the Stephe n and Barbara Slaggie Family Cancer Education Center in the Gonda Building, lobby level, Monday through Friday, 8 a.m. to 5 p.m. for more information on these programs and resources or call us at 507-266-9288. All classes are held in the center unless noted otherwise.

National Cancer Survivors Day
Sunday, June 3, 2018 (10:30 a.m. to 12:30 p.m.) • Rochester International Event Center, Rochester, MN

This event includes lunch and a program to honor cancer survivors and their families. Refer to page 10 for additional details.

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

connect.mayoclinic.org
### 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.

### Stress Management through HeartMath

**Meets Monday and Thursday**

11–11:30 a.m.

*Same day registration required.*

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.

### 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.

### 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.

### Look Good...Feel Better

**April 2, May 7 & June 4**

*Evening classes meet 6:30–8:30 p.m.*

Sandra J. Schulze American Cancer Society Hope Lodge, 411 2nd St NW, Rochester, MN Contact: 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.

### Resources to Ease the Financial and Emotional Burdens of Cancer
**10:30–11 a.m.**
Desk R, Charlton Building, subway level
American Cancer Society (ACS), patient navigators introduce topics related to lodging, transportation, support groups, local resources and financial assistance. ACS patient navigators are also available Monday-Friday 8 a.m.-4 p.m. in the Slaggie Family Cancer Education Center.

### 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!

### 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.

### Beyond the Diagnosis: Empowered to Live Well
**Meets Monthly**
**noon–1 p.m.**
- **April 3-HPV Vaccination: The Good News of Cancer Prevention.** The human papillomavirus vaccination is 97% effective at preventing infections that cause most HPV cancers. Hear the latest research regarding how to best protect our next generation from at least 6 different cancers! Holly Guerrero, Health Systems Manager, Hospitals, American Cancer Society
- **May 1-Healthy Sleep While Coping with Illness: There is a “Bright Side” to the “Dark Side” of the Moon!** Learn how to promote healthy sleep and diminish insomnia to achieve better quality sleep. Wendy Moore, MSN, RN, NE-BC, Center for Sleep Medicine, Mayo Clinic Rochester
- **June 12-Marking Life’s Moments!** Life has a way of filling up our days with urgent and necessary tasks. Frequently, we forget to capture and remember what is significant in our life. Join us as we learn more about recognizing the beauty of both the ordinary and extraordinary through rituals and celebrations. Lonnie Fynskov, R.N. Patient Educator, Mayo Clinic Rochester
Reiki and Healing Touch Therapies

30 minute sessions, 1-3 p.m.
Same day registration required.

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.

Creative Support Sessions-sponsored by Join the Journey

1:30–3 p.m.
Gonda Building, 10th floor lobby

April-Candy Flower Bouquet
Allow yourself to be creative and celebrate spring by making flowers from brightly colored wrapped chocolates.

May – 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.

June – Greeting Cards, Bags and Bows
Come 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.
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
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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
April 18, May 16 & June 20 Day classes meet 12:30–2:30 p.m.
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.  
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.

Stress Management through HeartMath  
Meets Monday and Thursday  
11-11:30 a.m.  
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<table>
<thead>
<tr>
<th>Date</th>
<th>Event Title</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Apr 5</td>
<td>Clutter Clearing with Feng Shui</td>
<td>An easy step-by-step approach to creating a healthy, harmonious home or work environment.</td>
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<td>Apr 12</td>
<td>Transformational Music with Roberta Crawford</td>
<td>Experience the music of crystal bowls and acoustic instruments as specific pitches, intervals, melodies, harmonies and rhythms are performed to support the healing process.</td>
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<td>Apr 19</td>
<td>How Can I use Music to Help Me Sleep?</td>
<td>Explore different styles of music that have been used to help with sleep. Identify if music is a tool for you to get a good night’s sleep.</td>
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<td>Apr 26</td>
<td>Momentary Methods - Ways to relax when there is no time to relax</td>
<td>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!</td>
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<td>May 3</td>
<td>Play with Clay with Jenna Whiting</td>
<td>Shape and mold your very own pinch pot, or clay sculpture using air dry clay. You provide your hands, and we’ll provide the tools. No art experience necessary.</td>
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<td>May 10</td>
<td>Breath Work with Gentle Seated Yoga with Joan Wisniewski</td>
<td>Discover and practice gentle seated yoga techniques which may be used daily for mind and body relaxation.</td>
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<td>May 17</td>
<td>Zentangle: Reconnect with Your Creative Self with Judy Nichols</td>
<td>Explore how using the simple art form of Zentangle may decrease your stress and promote relaxation. No art experience needed.</td>
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<td>May 24</td>
<td>No session</td>
<td>No session</td>
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<td>May 31</td>
<td>Aromatherapy and Healing Touch with Sharon Whelan</td>
<td>Explore the practice and benefits of aromatherapy and healing touch. Healing touch is a holistic nursing intervention that supports the overall energy balance and nurturance of the body, mind, spirit and emotions. This experience may be enhanced by using aromatherapy.</td>
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<td>June 7</td>
<td>Personal Writing — A Healing Place with Peter Blau</td>
<td>Personal writing combines journaling, memoir and letter writing into a quiet retreat from difficult times. This session will use writing as an affirmative activity, allowing people to explore, empower, and connect. No previous writing experience needed.</td>
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<td>June 14</td>
<td>Self-Care Series: Sound Sleep with Amy Mattila</td>
<td>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.</td>
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<td>June 21</td>
<td>Narrative Healing: Telling Our Stories with Johanna Rian</td>
<td>We all have stories to tell. The act of sharing stories, whether written or spoken, can be affirming as well as healing. Join us as we use the tools of writing and storytelling to connect with others and reflect on feelings and experiences.</td>
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<td>June 28</td>
<td>Myofascial Release: Methods of John F. Barnes, PT with Robin Khosa</td>
<td>Explore this fascinating mind/body therapy that is used for reducing pain and restoring function.</td>
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Caring Hands Massage
10–11 a.m.
Enjoy a 10 minute gentle hand massage for relaxation. First come, first served.

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.

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.
Celebrate National Cancer Survivors Day - Sunday, June 3, 2018!

Cancer survivors, their families and friends are invited to a celebration of life during the annual National Cancer Survivors Day event on Sunday, June 3, 2018.

Every year, this event is a wonderful day filled with hope, inspiration and friendship as we honor people whose lives have been touched by cancer. Join us this year for our themed celebration “Brunch on the Farm”. The event will be held from 10:30 a.m. to 12:30 p.m. on Sunday, June 3 at the Rochester International Event Center (located near the airport) at 7333 Airport View Dr. SW, Rochester, Minnesota.

Registration, family activities and live music starts at 10:30 a.m., brunch provided at 11:00 a.m., followed by a program to honor cancer survivors and their families.

Activities for kids throughout the event!

The event is sponsored by the André Gauthier Foundation and hosted by Mayo Clinic Cancer Education Program and the American Cancer Society. Admission is free for cancer survivors and two guests. Additional guests are welcome to attend for a nominal fee of $5 per person.

Registration begins May 1, by calling the Slaggie Family Cancer Education Center at (507) 538-6001 or Email: canceredprog@mayo.edu. Early registration will not be accepted.

Reservations are required by May 25, 2018.

Mayo Clinic Connect
To connect to an online support community, 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.
THE STEPHEN AND BARBARA SLAGGIE FAMILY CANCER EDUCATION CENTER

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
Mayo Clinic Connect: connect.mayoclinic.org

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:

Classes I am interested in:

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