January, February, March 2019

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

We invite you to visit the Stephen 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.

SAVE THE DATE! On Saturday, April 27th, 2019, the Slaggie Family Cancer Education Center in collaboration with Brains Together for a Cure, will host a patient education symposium focusing on current topics surrounding brain cancer. This education event will be hosted at Assisi Heights Spirituality Center and is for patients, families, caregivers and the public. The symposium brochure will be available in February 2019.

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

Caring Canines
10-11 a.m. Available Monday morning and Wednesday afternoon
Join our four-legged volunteers for support, companionship and comfort. Specially trained and registered therapy dogs, with their handlers, are available for a visit.

Questions about Nutrition for Patients with Cancer
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.

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 through 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.

Tuesday

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. Available Tuesday morning and Wednesday afternoon
Desk R, Charlton Building, subway level
During this meet and greet, American Cancer Society (ACS) patient navigators are available to discuss 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.
Tuesday continued

**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.

January - No Session, Happy New Year's Day!

February 5 - 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

March 5 - 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 evidence-based dietary guidance regarding healthy choices and some of the nutritional hot topics and controversies.

Angie Murad, Registered Dietitian, Healthy Living Program, 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.
Tuesday continued

Creative Support Sessions-sponsored by Join the Journey
1:30–3 p.m.
Gonda Building, 10th floor lobby
January - Watercolor with SEMVA:
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 water colors 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 water colors 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 through 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.

Wednesday

Reiki and Healing Touch Therapies
30 minute sessions, 9-10 a.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.

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.

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

**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**

1:30-2:15 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. Available Tuesday morning and Wednesday afternoon  
Desk R, Charlton Building, subway level  
During the meet and greet, American Cancer Society (ACS) patient navigators are available to discuss 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.

**Moving Forward: Life After Cancer Treatment**

2–3 p.m., Monday through Thursday  
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.
Thursday

Management of Cancer-Related Fatigue
9:30–10:15 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
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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 Dolores Jean Lavins Center for Humanities in Medicine and Integrative Medicine and Health at Mayo Clinic.

Jan 3  Clutter Clearing with Feng Shui with Deah Kinion. Learn an easy step-by-step approach to creating a healthy, harmonious home or work environment.

Jan 10 T’ai Chi Chih with Bonnie Sokolov. Learn about the practice, purpose and potential benefits of T’ai Chi Chih followed by a demonstration and time to practice.

Jan 17 Gratitude with Barb Schroeder. Learn helpful tips or strategies to provide gratitude for yourself, your loved ones and your friends.

Jan 24 Therapy Dogs, Emotional Support Animals and Assistant Dogs with Jessica Smidt. Learn about the different roles of each of these animals despite the similar titles as well as what is needed to qualify for one.

Jan 31 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.

Feb 1 Relieve Stress Now with Sue Cutshall. Learn about the effect of stress on the body and practice an easy-to-use stress reduction technique.
**Thursday continued**

**Feb 7**  **Self-care for Winter Wellness with Deah Kinion.** Explore traditions and practices for the Chinese/Lunar New Year, celebrating the Year of the Pig. Apply some of these ancient and effective practices for self-care and health promotion.

**Feb 14**  **Massage Techniques for Your Hands and Feet with Nancy Rodgers.** Experience and learn about gentle massage techniques to promote relaxation. The session will also include acupressure points for nausea and relaxation.

**Feb 21**  **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.

**Feb 28**  **Acupuncture and Integrative Medicine with Sara Bublitz.** Learn more about a safe and effective treatment to manage the side effects of cancer and cancer treatment such as nausea, vomiting, pain, fatigue and neuropathy.

**Mar 7**  **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.

**Mar 14**  **The Healing Power of Personal Narrative with Johanna Rian.** Learn how to capture life stories through reflection and written exercises. Discuss the role of storytelling as an important part of self-discovery, growth and development.

**Mar 21**  **Sound Sleep with Amy Mattila.** With the use of aromatherapy, simple acupressure points, breathing techniques and stretches learn how to prepare for a restorative slumber.

**Mar 28**  **Gentle Seated Yoga with Denise Boyum.** Discover and practice gentle seated yoga techniques which may be used daily for mind and body relaxation.

**Friday**

**Caring Hands Massage**

10–11 a.m.

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

**Questions About Nutrition for Patients with Cancer**

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**Releasing Stress and Renewing Energy**

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11 a.m.–noon

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

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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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.

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

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THE STEPHEN AND BARBARA SLAGGIE FAMILY CANCER EDUCATION CENTER

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