October, November, December 2018

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.

Ever wonder what you can do to hedge your bets towards a good outcome during and after your cancer treatment? The Slaggie Family Cancer Education Center offers free sessions every day on stress management and healthy nutrition. Join us to learn more about the role these behaviors can play in your health. Look inside for more information for specific class titles, days and times.

Phone: 507-266-9288  Email: canceredprog@mayo.edu  Cancer Education: www.mayoclinic.org/cancer-education-rst  connect.mayoclinic.org
Caring Canines
10-11 a.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.

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.

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.

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
October 1 & November 5
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

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.

### 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.*

- **October 2 - Cancer-Related “Brain Fog”: What is It and How to Manage It.** Learn about factors that contribute to cancer-related brain fog and strategies that can help. Dr. Alissa M. Butts, Ph.D., L.P., Psychology, Mayo Clinic
- **November 6 - Cancer Prevention Strategies: The Road to Better Health**
  We are all probably hoping to go through life avoiding a cancer diagnosis. While that may not happen, there are some things we can do to influence our overall health and increase our chances of staying cancer free. Join Janine Kokal, MS, RN and Lonnie Fynskov, BSN, RN for a discussion about potential strategies that may help us stay on the road to better health.
- **December 4 - A Gift of Time and Peace of Mind: Enjoying the Holidays in a New Way**
  Being away from home and coping with treatment effects may add to the stress of an already busy season. Explore practical and creative strategies for managing time, energy, expectations and holiday stress. Megan Roessler, M.Ed., Patient Educator
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
October - Artists Choice
Bring your creative spirit and join us for a relaxing time to make something beautiful. No experience necessary.
November - Holiday Fabric Wreaths
Join us to relax and make a small wreath using autumn colors and fabrics.
December - Creative Jewelry
Making items of beauty and function can create a sense of calm and purpose. Participants will work with colorful beads to create a bracelet.

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.
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<th>Time</th>
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<td>Wellness Coaching: Living with Purpose</td>
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Wednesday

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

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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
October 17 & November 14  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.
**Thursday**

### Management of Cancer-Related Fatigue

9:30-10 a.m.
Meet with an educator to learn strategies to help you manage your fatigue.

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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.

Oct 4  Self-Massage the Microsystems for Health with Deah Kinion. Learn the basic practice & principles of massaging the microsystems of the ears, hands and feet to promote wellness for oneself and family.


Oct 18  Personal Writing — A Healing Place with Peter Blau. 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.

Oct 25  The Healing Power of Personal Narrative with Yuko Taniguchi. 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. No previous writing experience needed.

Nov 1  Breath Work with Gentle Seated Yoga with Joan Wisniewski. Discover and practice gentle seated yoga techniques which may be used daily for mind and body relaxation.

Nov 8  Myofascial Release: Methods of John F. Barnes, PT. with Robin Khosa. Explore this fascinating mind/body therapy that is used for reducing pain and restoring function.

Nov 15  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!

Nov 22  No session

Nov 29  Emotional Freedom Technique with Barb Schroeder. Learn about the benefits and how to use emotional freedom techniques to decrease stress and anxiety.

Dec 6  Aromatherapy for Health with Nancy Rodgers. Learn about essential oils and how they are used safely at home or in a hospital setting.

Dec 13  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.

Dec 20  Narrative Healing: Telling Our Stories with Johanna Rian. 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. No previous writing experience needed.

Dec 27  No session
### 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

**Meets Monday and Friday**

**10:15–11 a.m.**

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### Releasing Stress and Renewing Energy

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**11 a.m.–noon**

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LIVESTRONG at the YMCA: Support for survivors in the community

Cancer is a life-changing condition that may take a toll on physical and emotional health. The LIVESTRONG Foundation has partnered with many local YMCAs to provide a structured, supportive, research-based physical activity and well-being program to help survivors move beyond cancer in mind, body and spirit.

The program includes:

- Free 12-week YMCA membership for survivor and primary caregiver
- Two 75-minute classes per week
- Individual instruction and group activities
- Workouts include cardiovascular exercise, strength training, stretching and balance work

The goals are:

- Improve energy levels
- Reduce the severity of treatment side effects
- Reduce stress levels
- Support positive self esteem
- Incorporate physical activity that is safe for each survivor
- Help build muscle strength
- Increase flexibility and endurance
- Restore balance

In addition to the benefits of physical activity, the program offers a sense of connection to fellow survivors.

Fitness instructors receive specialty training in the elements of cancer, post rehabilitation exercises and supportive cancer care. To learn more or find a program near you, visit the LIVESTRONG website, www.livestrong.org/What-We-Do/Our-Actions/Programs-Partnerships/LIVESTRONG-at-the-YMCA.

If you are looking for a program in Minnesota visit www.livestrong@ymcamn.org.

For information on the Rochester, Minnesota LiveStrong program call 507-287-2260 or visit ymcamn.org/rochester.

2019 Rochester, MN Sessions

Jan 15- April 4, Tuesdays and Thursdays 6-7:15 pm
February 26- May 16, Tuesdays and Thursdays 1:30-2:45 pm

Adapted from Partners in Recovery LiveStrong at the YMCA
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.

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:

Phone: 507-266-9288
Email: canceredprog@mayo.edu
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Mayo Clinic Connect: connect.mayoclinic.org