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. All classes are held in the center unless noted otherwise.

LIVESTRONG AT THE YMCA: Cancer is a life-changing condition that may take a toll on your 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.

To learn more or find a program near you, visit the LIVESTRONG website: https://www.livestrong.org/ymca-search.
Monday

Questions about Nutrition for Patients with Cancer
10:15–11 a.m.  Meets Monday and Friday
Gonda Building, 10th floor lobby
During this drop-in session, dietitians meet with patients and their families to answer questions regarding nutrition.

Caring Canines
1–2 p.m.  Meets Monday, Tuesday, Wednesday afternoon, and every other Thursday 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.

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

Moving Forward: Life After Cancer Treatment
2–3 p.m.  Meets 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.

Tuesday

What’s New, What’s True in Nutrition for Cancer Survivors
10:15–11 a.m.  Meets Tuesday and Thursday
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.

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
11 a.m.–noon  Meets Tuesday and Friday
This session provides tools for relaxation and renewal for physical, emotional or spiritual needs.
Beyond the Diagnosis: Empowered to Live Well

Noon–1 p.m. Meets Monthly

July 16 – Melanoma
What is it, risk factors, prevention strategies and the tanning bed conundrum.
Jerry Brewer, M.D., M.S., Dermatology, Mayo Clinic

August 6 – Coping with Cancer: Intimacy and Sexuality
Cancer and its treatment can affect sexual functioning, intimacy, and relationships, yet these difficulties can be hard to discuss. Learn about how cancer may affect intimacy and sexuality, and what to do if treatment leads to sexual concerns for you and your partner.
Jennifer A. Vencill, Ph.D., L.P., CST, General Internal Medicine, Mayo Clinic

August 20 – Tool Box for Wellness
Would you like to find some new tools to add to your tool box for wellness? Maybe you already have some, but they are a little rusty! Gain insight for improved energy, sleep, physical and mental health.
Pennie Eisenbeis from the Rochester YMCA will also share about the Livestrong program for cancer survivors and WHY you need the Y.
Tammy Adams, R.N., and Megan Roessler, M.Ed., Cancer Education Program, Mayo Clinic

September 17 – Take Control of Stress
Stressors are a fact of life, but there are some helpful ways to reduce their negative effects and increase our resiliency. Come and learn some research-based techniques from a Mayo Clinic Healthy Living Program expert!
Jamie Friend, NBC-HWC, Healthy Living Program, Mayo Clinic

Caring Canines
1–2 p.m. Meets Monday, Tuesday, Wednesday afternoon, and every other Thursday 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.

Reiki and Healing Touch Therapies
1-3 p.m., 30-minute sessions. 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 learn and 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

July – 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.

August – Artist’s Choice
Bring your creative spirit and join us for a relaxing time to make something beautiful. No experience necessary.

September – Beaded Bracelets
Join us for relaxation and fun by using colored beads and ribbons to make a bracelet. No experience necessary.

Moving Forward: Life After Cancer Treatment
2–3 p.m. Meets 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.

Wednesday

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. Meets Monday, Tuesday, Wednesday afternoon, and every other Thursday 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.

Strengthening Healing: Breathing and Relaxation Exercises
1:30–2 p.m. Meets Monday and Wednesday
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.
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.
DAHLC - 6th Floor, Presence Room
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

10:15–11 a.m. Meets Tuesday and Thursday
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.

Caring Canines

1–2 p.m. Meets Monday, Tuesday, Wednesday afternoon, and every other Thursday 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.

Moving Forward: Life After Cancer Treatment

2–3 p.m. Meets 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.
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.

July 11  Mindfulness — It’s about being and not always doing, instructed by Sue Cutshall. Learn how to cultivate the power of happiness, mindfulness and personal strength as steps toward well-being.

July 18  Your Story is as Powerful as Mine, instructed by Teresa Hirst. Learn simple ways to start writing your story in brief segments of time to draw value out of difficult experiences.

July 25  Clutter Clearing with Feng Shui, instructed by Char Tarashanti. An easy step-by-step approach to creating a healthy, harmonious home or work environment.

Aug 1  Gentle Seated Yoga with Denise Boyum. Discover and practice gentle seated yoga techniques which may be used daily for mind and body relaxation.

Aug 8  Love Letters with Jenna Whiting. Create a postcard using various mediums and mail it off to that special someone in your life. Stamp included! No art experience necessary.

Aug 15  Sound Sleep, instructed by Amy Mattila. Learn how to prepare for a successful slumber that will leave you restored with the use of aromatherapy, simple acupressure points, breathing techniques and stretches.

Aug 22  Transformational Music, instructed by Roberta Crawford. Experience the music of crystal bowls and acoustic instruments as specific pitches, intervals, melodies, harmonies and rhythms are performed to support the healing process.

Aug 29  Acupuncture and Integrative Medicine, instructed by Sara Bublitz. A safe and effective treatment to manage the side effects of cancer and cancer treatment. Conditions for which acupuncture is commonly used include nausea, vomiting, pain, fatigue and neuropathy. Learn more about this ancient system of medicine.

Sept 5  Personal Writing — A Healing Place, instructed by 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.

Sept 12  Hands-on Acupressure, instructed by Liza Dion. Explore how to use acupressure for self-care with symptoms such as fatigue, nausea, insomnia, anxiety and stress relief.

Sept 19  The 5 Elements/5 Personalities of Chinese Medicine, instructed by Deah Kinion. Chinese medicine recognizes 5 Phases/Elements/Seasons that can also correlate to the 5 Personalities. Besides understanding these different types, including their strengths and weaknesses, we can learn practices which benefit our personality.

Sept 26  Therapy Dogs, Emotional Support Animals, and Assistance Dogs, instructed by Jessica Smidt. All Hardworking Dogs with very different roles.
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
10:15–11 a.m. Meets Monday and Friday
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
11 a.m.–noon Meets Tuesday and Friday
This session provides tools for relaxation and renewal for physical, emotional or spiritual needs.

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

Resources

Cancer Education Program staff are available to provide more information on these topics:

- Communication with family and friends
- Complimentary/integrative therapies
- Fatigue
- Managing financial concerns
- Managing side effects of treatment
- Relaxation and stress management
- Sleep
- Support groups
- Wellness: nutrition and physical activity
- Other: ________________________________

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.