October, November, December 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. All classes are held in the center unless noted otherwise.

THE AIR WE BREATHE: INHALE YOUR FUTURE  Wednesday, November 6, 2019 / 9:30 a.m. – 1:30 p.m.
Mayo Clinic Slaggie Family Cancer Education Center / Gonda Building, Lobby level

Join us for a lung health awareness and disease prevention event that will showcase educational exhibits and meet-the-expert sessions hosted by Mayo Clinic Cancer Education Program.
* Vaping  * E-cigarettes  * Tobacco use  * Radon  * Lung cancer  * Screening  * Lung health

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

Caregiver Conversations
9:30–10:15 a.m.
Sandra J. Schulze American Cancer Society Hope Lodge, 411 2nd St NW, Rochester, MN
All caregivers are welcome for discussion about self-care tips and coping skills. Come for coffee and conversation.

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!
Tuesday continued

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

October 1 – E-cigarettes: Mods and Pods. The Vaping Epidemic!
Although introduced as a way to help people stop smoking, e-cigarettes have created new public health concerns and challenges. Join us for an overview of what is known about these products: the prevalence, health effects, addiction issues and treatment options.
Michael V. Burke, Ed.D., Program Director, Nicotine Dependence Center, Mayo Clinic

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!
The Staff of the Stephen and Barbara Slaggie Family Cancer Education Center, Mayo Clinic

November 19 – Caregiving Conversations: Practical Tips to Meet Daily Challenges.
Caregivers often have significant responsibilities and face challenges balancing the needs of their loved ones with their own. Learn how the Creativity, Optimism, Planning, and Expert information (COPE) framework can guide your approach in facing these challenges and developing solutions.
Kathleen Gander, DNP, APRN, CNS, Medical Oncology/Radiation Oncology, Mayo Clinic

December 3 – 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.
Matthew Powell, PhD, ABPP, LP, Clinical Neuropsychologist, Psychiatry and Psychology, Mayo Clinic

December 17 – Diet and Cancer: Does it matter what I eat?
Learn evidence-based recommendations for focusing on plant-based nutrition.
John Shin, MD, Hematology/Oncology, Mayo Clinic

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### Tuesday continued

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

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

**November – Fabric Wreaths**
Join us to relax and make a wreath using fabrics with winter holiday colors. No experience necessary.

**December – 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

#### 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.

#### Caring Hands Massage
1–2 p.m. Offered Wednesday afternoon and Friday morning
Enjoy a 10-minute gentle hand massage for relaxation. First come, first served.

#### 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.
Dan Abraham Healthy Living Center - 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.

Management of Cancer-Related Fatigue
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Toolbox for Wellness: Physical Activity
1:15–2 p.m.
Learn the benefits of physical activity as they relate to cancer prevention and therapy.
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.

- Oct 3  Sounds of Healing with Tami Briggs. Music can help us feel relaxed, peaceful, and centered. A therapeutic harpist will share stories, practical tips, and live harp selections to inspire and nurture you.
- Oct 10  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.
- Oct 17  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.
- Oct 24  Breath Work with Gentle Seated Yoga, instructed by Joan Wisniewski. Discover and practice gentle seated yoga techniques which may be used daily for mind and body relaxation.
- Oct 31  Emotional Freedom Technique with Barb Schroeder, RN, CNS. Learn benefits and how to use emotional freedom techniques to decrease stress and anxiety.
- Nov 7  Zentangle: Reconnect with Your Creative Self, instructed by Judy Nichols, RN. Explore the simple art form of Zentangle to help decrease your stress and promote relaxation. No art experience needed.
- Nov 14  Therapy Dogs, Emotional Support Animals, and Assistance Dogs, instructed by Jessica Smidt. All hardworking dogs with very different roles.
- Nov 21  Momentary Methods—Ways to relax when there is no time to relax, instructed by 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!
- Dec 5  How Can I use Music to Help Me Sleep?, instructed by Christina Wood. 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.
- Dec 12  Myofascial Release: Methods of John F. Barnes, PT, instructed by Robin Khosa. Explore this fascinating mind/body therapy that is used for reducing pain and restoring function.
- Dec 19  Self-Massage the Microsystems for Health, instructed by Deah Kinion. Learn the basic practice and principles of massaging the microsystems of the ears, hands and feet to promote wellness for oneself and family.
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<td>A welcoming online community where you can share your experiences, ask questions and find support from people with similar health concerns.</td>
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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
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Mayo Clinic Connect: connect.mayoclinic.org/page/cancer-education-center/

Resources
Cancer Education Program staff are available to provide information about these topics:

- Communicating 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.