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.

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

NATIONAL CANCER SURVIVORS DAY EVENT  Sunday, June 2, 2019 (11:00 a.m. to 1:00 p.m.) • Rochester International Event Center, Rochester, MN. This event includes lunch, music and a program to honor cancer survivors and their families. Event is free for survivors and two of their guests. Additional guests welcome for $5 per person. Reservations are required and open from May 1 - May 27. To register, email: cancercedprog@mayo.edu OR call: 507-538-6001.
Monday

**Caring Canines**
10-11 a.m. Meets Monday morning, 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.

**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.

**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

April 2 - Diet and Cancer: Does it matter what I eat?  
Learn evidence-based recommendations for focusing on plant-based nutrition.  
John Shin, MD, Hematology/Oncology

May 7 - 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

June 4 - The Surprising Benefits of Showing Kindness to Yourself.  
If you are like most people, you have an active inner critic and the way you talk to yourself may be pretty harsh. A simple practice of self-compassion and self-kindness can lessen the effects of negative self-talk and build benefits immediately. Join us for a lighthearted look at how to overcome negativity with self-kindness.  
Corinne Thul, M.Div., Staff Chaplain, Mayo Clinic

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 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 Spring Tulips:  
Allow yourself to be creative and celebrate spring by making tulips 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:  
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

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**

**Reiki and Healing Touch Therapies**  
9-10 a.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 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. Meets Monday morning, 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.  
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**  
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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.

April 4  Happiness Project with Barb Schroeder. Explore how to bring more happiness into your day for your own life, as well as those you love.

April 11  Play with Clay, instructed by Jenna Whiting. Shape and mold your very own creation using Sculpey clay. You provide your hands and we’ll provide the tools.

No art experience necessary.

April 18  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!

April 25  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.

May 2  Aromatherapy and Healing Touch, instructed by Sharon Whelan. 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.

May 9  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.

May 16  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.

May 23  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.

May 30  Transformational Music with 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.

June 6  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.

June 13  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.

June 20  Zentangle: Reconnect with Your Creative Self, instructed by Judy Nichols. Explore how using the simple art form of Zentangle may decrease your stress and promote relaxation.

No art experience needed.

June 27  Relieve Stress Now, instructed by Sue Cutshall. Learn about the effect of stress on the body, practice an easy-to-use stress reduction technique and see a demonstration of how this may change some of the physiology of what is happening in your body.
Friday

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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.

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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