



In order for the Wellness for Life program to continue to grow and meet the needs of the many people living with cancer in our community, we rely on the generosity of individuals like you...no donation is too small. Donations make it possible for us to offer our programs completely free of charge to those diagnosed with cancer as well as the support people that are on the journey with them.

The Wellness for Life program is part of The Regional Cancer Center, a private not-for-profit, 501(c)(3) organization so your donations are tax deductible within the limit of the tax laws.

Would you like to learn more or how you can support the Wellness for Life program? Please contact RCC at (814) 838-9000.



**REGIONAL  
CANCER  
CENTER**

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2500 West 12th Street Erie, PA 16505  
(814) 838-9000 | [www.trcc.org](http://www.trcc.org)



Wellness for  
**life**  
THE REGIONAL CANCER CENTER

**Fall-Winter  
2017**

September - December











# Relaxation/Gentle Exercise

## Sound Healing for the Soul

Join Nancy as she discusses how sound healing can clear your energy centers, balance your mind, and energize your spirit. Nancy uses ancient energetic techniques and Tibetan Singing Bowl practices to restore energy and promote healing. Nancy will end the evening with a peaceful, deeply restorative sound healing, vibrational relaxation. *This class will take place in the Main Conference Room.*

**Instructor: Nancy Bowden, Certified Sound Healer**

Friday, September 22..... 1:00 to 2:30 p.m.

AND/OR

Wednesday, October 18..... 5:00 to 6:30 p.m.

## Mindfulness, Meditation and Movement

Living mindfully is all about embracing the present moment. Practicing mindfulness and meditation can bring a myriad of physical, emotional, and social benefits. Cultivating a personal practice can be difficult but you don't have to be completely still to learn to meditate and be mindful. Join Michele as she guides you through a practice that can increase positive emotions while reducing negative emotions and stress, reduce fatigue, improve focus and attention and bring peace to your day.

**Instructor: Michele Curtze, Certified Yoga and Pilates Instructor**

Friday, October 13 .....10:00 to 11:30 a.m.

### What is Mindfulness and How Do I Practice It?

Mindfulness is the practice of focusing on your thoughts, emotions and feelings in the present moment with acceptance and without judgment. It is one simple coping technique that's been found to reduce stress, boost energy and improve well-being. While it may sound complicated, mindfulness practices are simple. One easy way to stay mindful is to focus on your breath. Studies show that patients who practice mindfulness begin to feel better despite their medical problems. Physical symptoms don't necessarily go away, but that's not the aim of mindfulness. Rather, the goal is to help you find a different perspective and a new way of coping with your illness. *Register for programs at [www.trcc.org](http://www.trcc.org).*

Source: MD Anderson

## The Breast Cancer Support Group

This group is an opportunity for women to gather for support, share concerns and exchange information in a caring, supportive environment. Guest speakers are occasionally scheduled to educate women on subjects of interest.

Contact Maryann Frontino, RCC Social Worker, at 814-836-2636 or [mfrontino@trcc.org](mailto:mfrontino@trcc.org) to register or for more information. **RSVP required 24hrs in advance.**

3rd Wednesday of every month..... 6:00 to 7:00 p.m.

## Wellness for Life Caregiver Lunch and Learn

Are you a primary caregiver to someone dealing with cancer? We invite you to The Regional Cancer Center's Caregiver Lunch & Learn. Learn about the ABC's of care giving and what resources are available to you and for you. Bring your own insight, thoughts, and concerns as you meet other caregivers and support staff from RCC. *This program will take place in the Main Conference Room and lunch will be provided.*

Contact Ann Marie Cronk, RCC Social Worker, at 814-836-2618 or [acronk@trcc.org](mailto:acronk@trcc.org) to register or for more information.

Friday, October 6| Friday, November 17..... Noon to 1:00 p.m.



# Support Groups



## Adolescent Support Group: When Your Parent Has Cancer

Having a parent with cancer can add many challenges to the world of a teenager. Does your young teenager need someone to talk to that understands? Are you struggling with how to talk to your adolescent/teenager? This group provides a safe place for your child to talk and express his/her emotions in a non-threatening, supportive environment. Snacks and refreshments will be provided.

For more information, contact Ann Marie Cronk, MS, and RCC Social Worker at 814-836-2618.

## Thrivers: A Support Group for Patients with Advanced Cancer

Living with advanced cancer can bring anxiety and uncertainty to your life. It can also be a time of personal growth and, maybe, even second chances. You can still have hope and joy in your life, even as you cope with what lies ahead. Thrivers Support Group at Regional Cancer Center is made up of patients who understand where you are and know how to live a full life, even with cancer. Thrivers are still active in living, taking life one day at a time.

Please contact Julie Cole, Palliative Care Nurse, at 814-836-5619 or [jcole@trcc.org](mailto:jcole@trcc.org) for more information.

3rd Monday of Every Month. . . . . 1:30 to 2:30 p.m.

## Tobacco Cessation Class

Quit in time for the Holidays! Are you ready to quit but don't know where to start? Fortunately, there's help available. Join this 6 week, free of charge class sponsored by the Erie County Department of Health and learn the tools to help you quit once and for all. *This group will take place in the West Conference Room.*

**Instructor: Alex Iorio, B.S., Tobacco Cessation Specialist, Erie County Department of Health**

Wednesdays, October 11-November 15. . . . . 5:00 to 6:00 p.m.



In keeping with our mission of providing comprehensive care with a commitment to optimal quality of life for patients and families, RCC has partnered with the YMCA to offer supportive, holistic classes in a nurturing and spacious environment at the Glenwood YMCA location. These classes will be taught by expert fitness professionals and will be offered to cancer survivors and caregivers only, completely free of charge.

**To register for any of the below classes, please visit the Registration Desk IN PERSON at the Glenwood YMCA. If you are a current WFL/YMCA participant, you maybe call (814) 868-0867 to register. Please inform the Y what class(es) you are interested in and that you are a Wellness for Life participant.**

**All classes will take place at the Glenwood YMCA's Holistic Center and Comfort Zone: 3727 Cherry St, Erie, PA 16508.**



## Gentle and Restorative Yoga

A practice that combines movements to help increase physical strength, stamina and mental focus to reduce the effects of chronic stress. It stimulates and soothes the organs by providing a complete supportive environment for total relaxation.

**Instructor:** Ledys Negron, CYT, RTM, RYT

Tuesdays..... Noon to 1:00 p.m.

**Session 1:** September 5 - October 24

**Session 2:** November 7 - December 19

## Chair Yoga

A gentle approach to yoga using seated as well as standing postures. Stretch and strengthen your muscles while lubricating your joints. Learn to deepen your breath and quiet your thoughts. Start where you are – no prior yoga experience needed.

**Instructor:** Chris Sanner, 200 RYT

Thursdays..... Noon to 1:00 p.m.

**Session 1:** September 7 - October 26

**Session 2:** November 9 - December 21

## Gentle Yoga

Whether you are new to yoga or looking to revitalize your practice, this class provides you with the tools & inspiration you need to make yoga, and its benefits, a regular part of your life.

**Instructor:** Cynthia Peters, 200 RYT

Thursdays..... 5:30 to 6:45 p.m.

**Session 1:** September 7 - October 26

**Session 2:** November 9 - December 21

## Strength and Courage

This class aims to preserve muscle tone and joint motion, combat treatment related side effects, increase energy & self-confidence. The class will be held in our Comfort Zone, a smaller more secluded area that includes exercise bikes, treadmill, and simple to use strength equipment. Strength & Courage will incorporate a little of everything!

**Instructor:** Robin Adams, Certified Trainer

Mon./Wed. .... 8:30 to 9:30 a.m. OR Tues./Thurs. .... 8:30 to 9:30 a.m.

**Session 1:** September 6 - October 25

**Session 2:** November 6 - December 20

## Look Good Feel Better

A program through the American Cancer Society, the Look Good Feel Better program is dedicated to improving the self-esteem and quality of life of people undergoing treatment for cancer. The classes can improve your self-image and appearance through complimentary group, individual, and self-help beauty sessions that create a sense of support, confidence, courage, and community! *See below for class locations and times. You must register by calling the ACS at 1-800-277-2345.*

Regional Cancer Center, October 16..... 10:00 a.m. to Noon

St. Vincent Health Center, Women's Diagnostic Center,  
November 20..... 4:00 to 6:00 p.m.

UPMC Hamot, Women's Imaging Center at Sterling Square,  
September 18 and December 18.....6:00 to 8:00 p.m.



**Look Good Feel Better**  
Helping Women with Cancer



# Ongoing Programs

## Circle of Hope Yarn Group

Would you like to learn how to knit? Are you an experienced knitter or crocheter that would enjoy the company of others? If yes to either, please join the Circle of Hope Yarn Group! This is a casual group, open to all cancer patients, caregivers, and support persons. All beginning supplies will be provided at no cost. If you are experienced, please bring your projects and knit/crochet, talk, and laugh with friends. Working with yarn relaxes the mind and body and can be a great tool to reduce stress. *Please join us by registering at (814) 838-9000. This group will be held in the Wellness for Life art area.*

Every Friday, starting September 8. . . . . 10:00 to 11:30 a.m.



2558 West 8th Street, Erie, PA

Sifu Fred Popeski, 5th Generation of the Wu Yi Jie He Family System, is the owner of The Village of Healing and Wellness and Mind Body Healing. Fred has studied the martial arts since 1992 with Tai Chi as his main area of interest. He has always had an interest in helping people maintain health and wellness. He is also a Certified Quantum Touch Practitioner and Certified Instructor, which is a natural healing modality. Fred also holds certificates in several other modalities. The combination of Mind Body Healing and Wu Yi Jie He Family System is a great benefit not only for himself but for his clients as well. Fred stresses that while a healing session can be beneficial, Tai Chi and QiGong allows the client to participate in their own well-being. Fred continues his training with Sifu George Picard, a Four Generation Master of the Wu Yi Jie He Family System.

## Qi Gong for Health, Healing and Longevity

This Qi Gong class, for both men and women, is a combination of two ideas. "Qi" means air, breath of life, or vital energy of the body. "Gong" means the skill of working with, or cultivating, self-discipline and achievement. It consists of meditation, relaxation, physical movement, mind-body integration, and breathing exercises. It is believed that regular practice of Qi Gong helps to boost the immune system, reduce inflammation, restore energy, reduce stress and anxiety, and help individuals maintain a healthy and active lifestyle. *This 6 week session will take place at The Village of Healing & Wellness in the Colony Plaza, 2558 West 8th Street, Erie, PA.*

Tuesdays. . . . . 11:00 a.m. to Noon

Session Dates: September 26 - October 31



BLOOM is located on a four acre oasis in the center of Erie, Pennsylvania. Participants begin to heal the instant they step on campus, influenced by the picturesque surroundings. An atmosphere of fresh air, running water, colorful gardens and unique architecture together inspire visitors before even taking a class! The Carriage House Art Studio, Blossom's Clay Studio, distinctive yoga studio and galleries all help participants find the language and the means to make their day better.

BLOSSOM'S Clay Studio, a one-of-a-kind ceramics studio crafted with beautiful materials and infused with natural light, provides everything you need to transform raw clay to finished form - whether an artfully glazed tile or sculpture, skillfully thrown port or a delicate teacup.

This inventive space on the BLOOM campus invited creativity and provides an opportunity that is unmatched in the region for using clay as a means to heal, grow and connect to others in the community.



*Bloom Collaborative Studio*

## Healing with Clay Pottery Class

Join instructor Jessie Simmons and learn how to “mold” less stress and more peace into your life by learning the art of pottery. While working with clay, your mind and body are in natural synergy, wrapped around your creative ambitions and goals. Pottery is oftentimes described as therapeutic and relaxing; this thoughtful, artistic activity can open up the mind and relieve you of outside worries. *This 4 week class will take place at BLOOM Collaborative's Clay Workshop at 138 East 25th St., Erie.*

**Please Note: You MUST be able to commit to all 4 weeks in order to register for this class.**

**Mondays..... 1:00 - 3:00 p.m.**

**Session Dates: September 18 & 28 , October 2 & 9**

