

Questions?

Please contact:



Sarah Humphrey

Survivorship Navigator/Wellness & Community
Education Coordinator
814-836-2643 • shumphrey@trcc.org

REGISTER BY:



(814) 836-2643



shumphrey@trcc.org



www.trcc.org/wellness-for-life



**REGIONAL
CANCER
CENTER**

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Wellness for
life
THE REGIONAL CANCER CENTER

**Summer
2017**

May - August

 **REGIONAL
CANCER
CENTER**

Your journey at the Regional Cancer Center incorporates a focus on mind-body-spirit well-being from the day you walk through our doors. We are committed to integrating wellness components into your care and treatment. We want you to feel empowered and to regain a sense of control over your cancer.

Research shows that by integrating physical activity, proper nutrition and mind-body-spirit awareness, you can feel better and reduce the side effects of cancer treatment such as nausea, depression, anxiety, fatigue, and weight gain.

The classes we offer at RCC provide the additional support and knowledge you need during and after your treatment. Anyone who is living with cancer or is a support person can attend free of charge.

Registration

To register for classes, contact **Sarah Humphrey**, Survivorship Navigator/Wellness & Community Education Coordinator at **(814) 836-2643** or by email at **shumphrey@trcc.org**.

You may also register online at **www.trcc.org/wellness-for-life**



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 Sarah Humphrey, Survivorship Navigator/Wellness & Community Education Coordinator at (814) 836-2643 or by email at shumphrey@trcc.org.

Volunteer With Us!

Would you like to give back and make a difference? The Wellness for Life program is looking for dedicated and compassionate people who would enjoy donating a few hours of their time to help with the daily operations of the program; working with the wellness clinics, registering and reminding patients of appointments, helping with special events, and being a volunteer “at large” to help with the many duties that go along with ensuring a successful program.

If you would like more information on volunteering, please contact Sarah Humphrey, Survivorship Navigator/Wellness & Community Education Coordinator at (814) 836-2643 or by email at shumphrey@trcc.org.



Table of Contents

Special Events.....	1
Lecture Series.....	2
Relaxation/Gentle Exercise.....	4
Art Therapy.....	7
YMCA Classes.....	9
The Village of Healing and Wellness Class.....	11
BLOOM Classes.....	12
Ongoing Programs.....	14
Support Groups.....	16
Volunteer With Us.....	19
Give to RCC.....	20

Special Events

Super Summer Salad Cooking Demo

Join Karen Schnaekel, RCC oncology certified Dietician and Sarah Humphrey, Wellness for Life Coordinator and Survivorship Educator, for this fun event where we will be showcasing some delicious entree salads using produce that is fresh, in season and healthy. As we prepare, we will discuss the benefits of these ingredients and why you should incorporate them into your own diet. Our menu will consist of a kale salad, a lettuce and spinach salad and a grain salad – all served up with cucumber mint Mojito “mocktails”. This event will be taking place in the Main Conference Room and is limited to twenty people.

Instructor: RCC Nutritionist Karen Schnaekel, RDN, CSO, LDN & Sarah Humphrey RN, BSN Wellness for Life Coordinator, Survivorship educator

Wednesday, May 24. 2:00 - 3:30 p.m.



Karen Schnaekel
RDN, CSO, LDN
RCC Nutritionist



Sarah Humphrey
RN, BSN
Wellness for Life Coordinator, Survivorship Educator



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.*



Please register with Sarah Humphrey at 814-836-2643 or shumphrey@trcc.org if you plan on attending.

Thursday, June 15 | Thursday, August 10 Noon to 1:00 p.m.

Reflections on Spirituality, A Women’s Faith Group



This group is for all women who are looking for a place to share their thoughts on faith while navigating their own cancer journey. Please join us for tea, coffee, and pastries as you are welcomed in to this safe, accepting and supportive group. *This class will be held in the Courtyard Conference Room.*

Every Monday 1:00 to 2:00 p.m.

New! Networking Groups

These monthly discussion groups provide an opportunity to share information with others living with a similar diagnosis. The group provides peer to peer information sharing related to the physical aspects of living with the diagnosis. Networking groups are facilitated by RCC staff and meet monthly on a drop in basis. *For more information on date and time, please contact Sarah at 814.836.2643.*

Networking Groups for breast cancer, colon rectal cancer and lung/thoracic cancer will be available if there is enough interest. Call for more information.

Support Groups

NEW! Tobacco Cessation Support Group

Are you looking for ongoing support to increase your chance of success in quitting smoking once and for all? Please join Alex for this monthly support group where you will meet other people to help you stay motivated and on track, give you hope and confidence, share coping skills and tactics you need to QUIT FOR GOOD. *This group will take place in the West Conference Room.*

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

2nd Thursday of every month starting May 11. 2:00 to 3:00 p.m.

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 to register or for more information. **RSVP required 24hrs in advance.**

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

Gynecological Cancer Connection Support Group

This support group is open to any woman whose life has been affected by gynecologic cancer, providing an opportunity to share common concerns, fears, solutions and inspiration in a supportive environment. Guest speakers are occasionally scheduled to educate women on subjects of interest.

Contact Sarah Humphrey, Survivorship Navigator at 814-836-2643 or shumphrey@trcc.org to register or for more information. **RSVP required 24hrs in advance.**

2nd Tuesday of every month. 6:00 to 7:00 p.m.

Lecture Series

Breast Cancer Surgery - Past, Present and Future



Dr. Jennifer Saldanha
St. Vincent Health System
Allegheny Health Network

Please join Dr. Jennifer Saldanha, fellowship trained breast surgeon from St. Vincent Health System, Allegheny Health Network as she discusses how surgery for breast cancer is evolving towards a multimodality approach to treating cancer. Dr. Saldanha will address current surgical recommendations, review past surgical techniques, and how surgery plus effective medications can reduce the likelihood that cancer will return or spread. Dr. Saldanha will discuss what types of surgeries are most effective to achieve the best outcomes. *This lecture will take place in the Main Conference Room.*

Thursday, June 1. 6:00 to 7:00 p.m.

Life After Prostate Cancer: Treatment & Managing Side Effects

Fighting prostate cancer is not easy and the side effects of treatment can be difficult to deal with. While surgery and/or radiation can be very effective, they can cause unwanted side effects. What are the side effects of surgery and radiation treatments? What should be expected from these types of therapies and how can these negative side effects be addressed? Please Join Shannon Zoltowski from UPMC Centers for Rehab Services as she discusses these issues and gives you tips to experience a better quality of life.

Instructor: Shannon Zoltowski, DPT, CLT

Wednesday, June 28. 3:00 to 4:00 p.m.

Culinary Herbs: Kitchen Use and Beyond

Join Leslie as she comes back to RCC to talk about herbs and their many benefits in the kitchen. Experts recommend eating a variety of foods with many colors and flavors as a part of a healthy lifestyle. Herbs are a powerful tool to diversify your plate and palate and have been used for over 4,000 years. The benefits of cooking with herbs go far beyond adding color and flavor to meals. Summer is the height of herb season so you won't want to miss this talk!

Instructor: Leslie Alexander, PhD, RH (AHG) Clinical Herbalist, Educator, & Author

Tuesday, July 18. 2:00 to 3:30 p.m.

Recovering From Breast Cancer Surgery and Feeling Your Best

For most women with breast cancer, surgery is part of their treatment plan. Understandably, many different emotions go along with this. How can you maintain a positive self image? What can you do to improve your range of motion? How can you prevent the side effect of lymphedema, which can occur after lymph nodes have been removed? Join Kay Maasz from UPMC Centers for Rehab Services as she discusses these very important issues and gives you helpful suggestions to feel YOUR best. *This lecture will take place in the Main Conference Room.*

Instructors: Kay Maasz, PT, MBA, CLT

Thursday, July 20. 3:00 to 4:00 p.m.

Plant Based Eating 201: Using a Pressure Cooker for Quick & Healthy Meals

Join Lisa as she comes back to RCC to discuss how you can eat healthy plant based meals AND save time by using a pressure cooker. This type of cooking is making a comeback because of the many health benefits and because it can reduce cooking time by up to 70%. Lisa will demonstrate two meals that you, too, can make easily and affordably. As Lisa says, "this isn't your mother's pressure cooker!"

Instructor: Lisa Rose, VeganCheers Owner, Lifestyle Coach & Educator

Thursday, August 17. 5:30 to 7:00 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 for more information.

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

Tobacco Cessation Class

It's never too late to quit. 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, August 2 - September 6. 10:00 to 11:00 a.m.



Ongoing Programs

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. Please talk to Sarah for a full schedule of dates at other locations.

Regional Cancer Center, July 17..... 10:00 a.m. to Noon

St. Vincent Health Center, Women’s Diagnostic Center,
May 15 and August 28..... 4:00 to 6:00 p.m.

UPMC Hamot, Women’s Imaging Center at Sterling Square,
June 19 and September 186:00 to 8:00 p.m.



Look Good Feel Better
Helping Women with Cancer

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 class with a peaceful, deeply restorative sound healing relaxation. *This class will take place in the Main Conference Room.*

Instructor: Nancy Bowden, Certified Sound Healer

Wednesday, June 14..... 2:00 to 3:30 p.m.
OR
Wednesday, July 12.....5:30 to 7:00 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 Michelee 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. *This class will take place in the Main Conference Room.*

Instructor: Michelee Curtze, Certified Yoga and Pilates Instructor

Wednesday, July 2610:00 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.

Source: MD Anderson

Relaxation/Gentle Exercise

Relax Your Mind, Relax Your Body

Yoga therapy is a type of therapy that uses yoga postures, breathing exercises, meditation, and guided imagery to improve mental and physical health. The holistic focus of yoga therapy encourages the integration of mind, body, and spirit. Join Julia for a class that encompasses support, health and healing. *This is a 4 week class and will take place in the Main Conference Room.*

Instructor: Julia Hamilton, Certified Yoga Therapist, RYT 500

Wednesdays, August 9, 16, 23, 30. 10:00 to 11:00 a.m.

Acupuncture Clinic

Acupuncture can improve your quality of life by managing the side effects of surgery, chemotherapy, radiation and hormonal therapies. It can reduce pain and inflammation, improve sleep, support normal digestive function and reduce stress. Join Maki Kurata, Licensed Acupuncturist, for an acupuncture session here, at RCC. The Acupuncture Clinic is offered on Tuesdays, May 23, June 27 and August 8. *Appointments are forty five minutes and by appointment only. Please call Sarah at 814-836-2643 to schedule.*

Massage Mondays

Join Lisa Mertz, LMT and Anita Gray, LMT, both trained in oncology massage, as they offer massage clinics here at RCC. Massage can reduce anxiety and pain, decrease nausea, and improve energy and well-being, and most of all provide you with a deeply relaxing experience. The Massage Clinic is offered two Mondays a month. *Appointments are twenty-five minutes and by appointment only. Please call Sarah at 814-836-2643 to schedule.*

Reiki Wednesdays

How can a Reiki treatment benefit you? It can promote a peaceful, deep relaxation, decrease stress and anxiety, support your inner well being both during and after treatment, and can dissolve energy blockages and tension. Join Cheri Seelinger, Reiki Master, for a Reiki treatment, here at RCC. The Reiki Clinic is offered on Wednesdays, May 17, June 21, July 19, and August 16. *Appointments are twenty-five minutes and by appointment only. Please call Sarah at 814-836-2643 to schedule.*

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 – **no registration necessary.** Just drop in and enjoy the satisfaction of creating something beautiful! This group will take place in the Courtyard Conference Room.*

Instructor: Sharon Wasmund

Every Tuesday. 10:00 to 11:30 a.m.

Physical Therapy Clinic

Are you suffering from the side effects of treatment such as peripheral neuropathy, balance issues, fatigue or generalized weakness? Gannon University's Physical Therapy Doctorate students will have clinic days at RCC to assess patients and offer helpful recommendations that you can take home with you.

The clinic is by appointment only; please call 814-836-2605 to schedule and talk to one of our medical assistants or nurses. You must be a current or former RCC patient in order to make an appointment.

Instructors: Gannon University's Doctoral Physical Therapy Staff and Students

BLOOM Collaborative

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.

Fridays..... 1:30 - 3:30 p.m.

Session Dates: June 9, 16, 23, 30

New at BLOOM!

Join the Erie community in brightening the life of the children served at the Barber National Institute. Lee Steadman, well know international & local artist and Director of BLOOM, is taking the lead on painting a beautiful oceanscape mural to surround the state of the art pool at the Barber National Institute. This pool has a movable floor so children and adults with disabilities can utilize the pool and benefit from being in the water. Different community groups will be taking part in painting part of the mural. RCC’s Wellness for Life program will be involved in painting one part of this mural that will surround the pool. Please join us by making your mark on the lives of the children in our community. Nothing makes us feel better than helping others! **No art experience necessary.** *This 4 week class will take place at BLOOM Collaborative’s Main Building 138 East 26th St., Erie.*

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

Mondays..... 1:30 - 3:30 p.m.

Session Dates: May 1, 8, 15, 22

Reiki Share Group Experience

With giving there is receiving and with receiving there is giving. Giving and receiving is an energy cycle that goes round and round. A Reiki circle is a group of people who come together to share Reiki energy. Join Cheri as she offers work guided imagery and Reiki as well as informs and educates those present about this ancient healing. *This class will take place in the Main Conference Room.*

Instructor: Cheri Seelinger, Reiki Master

Tuesday, June 13..... :2:00 to 3:30 p.m.

Cancer Wellness and Recovery Consultations

The journey towards recovery, after a cancer diagnosis, can be emotionally and physically exhausting. Are you interested in starting an exercise program but don’t know where to start? Are you having pain or worried about your balance when exercising? Are you currently exercising, but unsure if you are doing enough of the right thing? The Gannon Physical Therapy clinic can help. We are now offering wellness consultations to assist you in getting on the right track. Upon completion of your assessment, Gannon Doctor of Physical Therapy students and faculty will design an individualized home exercise program to best suit your needs and current level of physical activity.

If you are interested in learning more or scheduling a wellness evaluation, please contact Sarah at 814.836.2643

What is Reiki?

Reiki is a system of natural healing that involves channeling energy to enhance the body’s natural ability to heal itself through relaxation and balancing of energy. It also works in conjunction with all medical or therapeutic techniques to relieve side effects and promote recovery. During a Reiki session with Cheri, you lay on a massage table fully clothed. The session may involve light touch or it may be done by hovering the hands an inch above the body depending on your individual preference. *To experience the benefits of Reiki, register at trcc.org.*

Source: Mayo Clinic

Art Therapy

Rose Baker is an art therapy/counseling graduate intern at Edinboro University who comes to RCC with many years experience as an educator, wife, mother and artist. Cancer has touched Rose's life in many ways and she is looking forward to being at RCC and helping others through their cancer journey.

Expressive Journaling

This is an ongoing class in which you will use various creative techniques and materials to journal your feelings and emotions, based on specific prompts given at the start of each class. The process of creative journaling combines the right and left hemispheres of the brain in order to promote both mindful and creative functioning. It is structured in a way that puts you in charge of your own exploration, creative expression, and personal growth. Experience this artistic healing with our Art Therapy Intern, Rose Baker. *No prior art experience is necessary and all materials will be provided. This class will take place in the Art Therapy Area.*

Tuesdays, June 13 - August 22. 3:00 to 4:00 p.m.

Self Care Art Therapy



Join Rose as she instructs you on creative mindful techniques designed to address trauma and chronic stress. Using sensory, affective, perceptual, cognitive and symbol expressions, we will build on strengths, allow for grief, improve self care practices and find meaning in our lives. You will be creating art expressions such as memory boxes, vision boards, prayer flags, painting pieces and other projects as a group. *No prior art experience is necessary and all materials will be provided. This class will take place in the Art Therapy Area.*

Wednesdays, June 14 - August 23. 10:00 to 11:00 a.m.



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 pot 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



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: May 16 - June 20

Providing Support with Art

Are you an experienced crafter or would like to learn different crafts? Do you enjoy making things in the company of others? Join us to create together, to support each other, and to help others in their time of need by making items to donate. If you have projects you are working on, please feel free to bring them. We will also have crafting supplies and project ideas available. This group is open to all cancer patients, caregivers, family members, and other support persons. Even if you don't feel like creating, stop by and join us for a chat. No prior art experience is necessary and all materials will be provided. This class will take place in the Art Therapy Area.

Thursdays, June 15 - August 24..... 1:00 to 2:00 p.m.

Individual Expressive Healing Sessions

Do you need someone to talk to? Are you having a difficult time putting into words what you are feeling and experiencing? Join Rose in an individual session in which you can talk and create art together to explore your own personal needs and concerns. *By appointment only. Call Sarah at 814-836-2643 to schedule with Rose.*





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 call the Registration Desk at the Glenwood Y at 814-868-0867. 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.



Glenwood YMCA Holistic Center

Restorative Yoga and Beyond

A practice that will blend yoga poses to help reduce the effect of chronic stress. It stimulates and soothes the organs by providing a complete supportive environment for total relaxation.

Instructor: Ledys Negron, CYT, RMT

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

Session 1: May 9 - June 27

Session 1: July 11 - August 15

Chair/Gentle Yoga: The Perfect Start!

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: Cynthia Peters, 200 RYT

Thursdays..... 10:45 to 11:45 a.m.

Session 1: May 11 - June 29

Session 2: July 13 - August 17

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: May 11 - June 29

Session 2: July 13 - August 17

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

Mondays & Wednesdays..... 8:30 to 9:30 a.m.

Session 1: May 8 - July 3

Session 2: July 10 - August 16