

CANCER SUPPORT PARTNERSHIP EVENTS: MARCH 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	To find this calendar online, go to sphealth.org , under "Classes and Events," click "Cancer Support Partnership Events."	<p>Events listed in blue are coordinated by St. Peter's.</p> <p>Events listed in gray are coordinated by other partners.</p>	<p>See inside for details on each event</p>		<p>1</p> <p>Tai Chi 1:15 pm Crossroads</p> <p>Getting Back Up 1:45 pm Capital City Health Club</p>	<p>2</p>
<p>3</p> <p>Yoga 4:00-5:00 pm Crossroads</p>	<p>4</p> <p>Yin Yoga 5:30 pm Gentle Healing Wellness Ctr</p> <p>Gentle Touch of Yin 6:45 pm, Loft Studios</p>	<p>5</p> <p>Turbo Kick 10:10 am, Capital City HC</p> <p>Pilates 10:30 am, Fuel Fitness</p> <p>Tai Chi 5:30 pm Gentle Healing Wellness Ctr</p>	<p>6</p> <p>Circle of Hope 12:00 pm, Survivor's Boutique</p> <p>Gentle Yoga 5:45 pm, Gentle Healing Wellness Center</p> <p>Gentle Stretch and Restore 6:30 pm, Elevate Life Studio</p>	<p>7</p> <p>All Day Pool Use 5 am-10 pm, Capital City HC</p> <p>Getting Back Up 10:10 am, Capital City HC</p> <p>Pilates, 10:30 am, Fuel Fit.</p> <p>Free Swim, 1:30-3:30 pm Broadwater Athletic Club</p> <p>Yoga, 4:30 pm, Fuel Fitness</p>	<p>8</p> <p>Tai Chi 1:15 pm Crossroads</p>	<p>9</p>
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<p>24/31</p> <p>Yoga 4:00-5:00 pm Crossroads</p>	<p>25</p> <p>Yin Yoga 5:30 pm Gentle Healing Wellness Ctr</p> <p>Gentle Touch of Yin 6:45 pm, Loft Studios</p>	<p>26</p> <p>Turbo Kick 10:10 am, Capital City HC</p> <p>Pilates, 10:30 am, Fuel Fitness</p> <p>Ostomy Support Group, 5 pm St. Pete's 1-2-3 Conference Rm</p> <p>Tai Chi, 5:30 pm Gentle Healing Wellness Ctr</p>	<p>27</p> <p>Gentle Yoga 5:45 pm Gentle Healing Wellness Ctr</p> <p>Gentle Stretch and Restore 6:30 pm Elevate Life Studio</p>	<p>28</p> <p>All Day Pool Use 5 am-10 pm, Capital City HC</p> <p>Getting Back Up 10:10 am, Capital City HC</p> <p>Pilates, 10:30 am, Fuel Fit.</p> <p>Free Swim, 1:30-3:30 pm Broadwater Athletic Club</p> <p>Yoga, 4:30 pm, Fuel Fitness</p>	<p>29</p> <p>Tai Chi 1:15 pm Crossroads</p>	<p>30</p>

CANCER SUPPORT PARTNERSHIP EVENTS: APRIL 2019

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CANCER SUPPORT PARTNERSHIP EVENTS

St. Peter's Health Resource Center is partnering with the community to provide free programs that complement medical care for cancer through the Cancer Support Partnership. These include: support groups, exercise, education, and more. Family and friends are welcome to participate in most activities.

SUPPORT GROUP

CIRCLE OF HOPE

This is a survivor-led support group for women who have or have had cancer. It is supported by St. Peter's Health and meets the first and third Wednesdays at noon at the Survivor's Boutique, 1054 Helena Ave.



St. Peters honors survivors with colorectal cancer for March Colorectal Cancer Awareness Month.

EDUCATION

COMMUNITY EDUCATION

St. Peter's offers numerous health and wellness classes for the community. Among them are Quit for Life (tobacco cessation), Stepping Out (fitness and diet), Inch by Inch (cardiovascular and diabetes prevention), Arthritis Pool (exercise), First Aid and CPR. Visit www.sphealth.org/classes-events for a full listing.

SURVIVORSHIP SERIES

A series of classes covering various topics intended to increase awareness and management of any long-term physical effects and emotional stressors that could occur after cancer treatment. RSVP is appreciated but not required; contact Tina Stern (406) 438-5029 or ctstern@sphealth.org.

HEALTH RESOURCE LOUNGE

The Health Resource Lounge is a place where people have the opportunity to find the most recent information on the prevention, early detection, and treatment of cancer. It's located just inside St. Peter's East Entrance near the Cancer Treatment Center. Within the center there is also a private wig room where patients can be fitted with an appropriate wig or hat.

LEGAL ASSISTANCE

Cancer Legal Resource Center, a national, joint program of the Disability Rights Legal Center and Loyola Law School Los Angeles, provides free and confidential information and resources on cancer-related legal issues to cancer survivors, caregivers, healthcare professionals, employers, and others coping with cancer. The National Telephone Assistance Line is 866-THE-CLRC, or local contact R. Allan Payne at 443-2211.

WELLNESS

FITNESS CLASSES

Please see the calendar for schedule of classes.

Broadwater Athletic Club is located at 4920 Hwy 12 West

- **Free Swim** - Spend your Thursday relaxing in the pool, swimming laps, or just clearing your head.

Capital City Health Club is located at 1280 N. Montana Ave., across from Helena High School.

- **Getting Back Up** - Getting Back Up is a modified Zumba class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.
- **Turbo Kick (low impact)** - Reduce stress by kicking and punching your way through a high energy low impact kickboxing routine. Boost confidence levels, improve coordination and burn mega calories all while having fun.
- **All Day Pool Use** - Come early, come late—enjoy the use of CCHC's two pools all day.

Crossroads is at 1013 Dearborn.

- **Tai Chi** - Introductory class provides an accessible but challenging foundation to this internal martial arts style with an emphasis on whole-body mechanics, balance, posture and breathing.
- **Yoga** - Gentle and relaxing yoga class which will improve your flexibility and help with body strength. Easily modified and adapted to all levels. A great complement to any workout program, it also helps to de-stress with deep breathing and relaxation techniques.

Elevate Life Studio is located at 1361 Elm St. Suite 2

- **Gentle Stretch and Restore** - This yoga class taught by Suzanne Morgan is perfect for those seeking a restful practice to focus body and mind to relieve stress and tension.

Fuel Fitness is at 3336 N. Montana Ave.

- **Pilates** - Gain flexibility, strength, balance and coordination with this form of exercise that puts emphasis on alignment, breathing, and treating mental and physical health as interrelated.

Gentle Healing Wellness Center is at 513 Saddle Dr. *Seated options are available in all classes.*

- **Yin Yoga** - Gentle stretching and a guided mediation to bring you to deep relaxation.
- **Tai Chi** - Involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.
- **Gentle Yoga** - This well-rounded 75 minute gentle yoga class includes centering breathing techniques, rejuvenating alignment based poses, relaxing restorative poses and ends with a succinct meditation.

Loft Studios is located at 740 Front Street, Unit 2B.

- **Gentle Touch of Yin Yoga** - A yoga class for all levels. You'll be guided through postures beginning with the basic poses. This is a great class for students looking for a gentle experience, those who are new to yoga or yogis who need a change of pace. It's also the perfect class for students with injuries or limitations.

ASSISTANCE

ROAD TO RECOVERY

Through the American Cancer Society's Road to Recovery program, volunteers give their time and use of their vehicles to provide a friendly, supportive, reliable presence and free transportation to and from cancer-related medical appointments. Please call your nurse navigator for more information.

LODGING PROGRAM

Free rooms are offered on a space available basis to cancer patients and one caregiver traveling more than 50 miles to Helena for their treatments; that do not have friends or relatives to stay with; and for whom paying for a hotel would be a financial hardship. Reservation requests must originate with St. Peter's and are filled by the American Cancer Society's patient service center. For more information, ask your nurse navigator.

THANK YOU

The Cancer Support Partnership would like to say a special thank you to all of those community organizations who have donated time, money, and space to our Helena area cancer patients and survivors.

- Broadwater Athletic Club
- Capital City Health Club
- Crossroads
- Fuel Fitness
- St. Peter's Health Foundation

