Cancer Support Partnership Events: January 2017

St. Peter's Cancer Treatment Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 **Getting Back Up** 4:20 pm Capital City Health Club	3 **Pilates** 10:30 am Fuel Fitness	4 **Women Surviving Cancer** 12:00 pm St. Peter's Rm 1 **Getting Back Up** 4:20 pm Capital City Health Club	5 **All Day Pool Use** 5 am-10 pm, Capital City HC **Nia**, 10:15, Dancing Lotus **Pilates**, 10:30 am, Fuel Fit. **Free Swim**, 1:30-3:30 pm Broadwater Athletic Club **Yoga**, 4:30 pm, Fuel Fitness	6 **Tai Chi** 1:15 pm Crossroads	7
9 **Yoga** 4:00-5:00 pm Crossroads	9 **Getting Back Up** 4:20 pm Capital City Health Club	10 **Pilates** 10:30 am Fuel Fitness	11 **Getting Back Up** 4:20 pm Capital City Health Club	12 **All Day Pool Use** 5 am-10 pm, Capital City HC **Nia**, 10:15, Dancing Lotus **Pilates**, 10:30 am, Fuel Fit. **Free Swim**, 1:30-3:30 pm Broadwater Athletic Club **Yoga**, 4:30 pm, Fuel Fitness	13 **Tai Chi** 1:15 pm Crossroads	14
15 **Yoga** 4:00-5:00 pm Crossroads	16 **Getting Back Up** 4:20 pm Capital City Health Club	17 **Pilates** 10:30 am Fuel Fitness	18 **Women Surviving Cancer** 12:00 pm St. Peter's Rm 1 **Getting Back Up** 4:20 pm Capital City Health Club	19 **All Day Pool Use** 5 am-10 pm, Capital City HC **Nia**, 10:15, Dancing Lotus **Pilates**, 10:30 am, Fuel Fit. **Free Swim**, 1:30-3:30 pm Broadwater Athletic Club **Yoga**, 4:30 pm, Fuel Fitness	20 **Tai Chi** 1:15 pm Crossroads	21
22 **Yoga** 4:00-5:00 pm Crossroads	23 **Getting Back Up** 4:20 pm Capital City Health Club	24 **Pilates** 10:30 am Fuel Fitness	25 **Getting Back Up** 4:20 pm Capital City Health Club	26 **All Day Pool Use** 5 am-10 pm, Capital City HC **Nia**, 10:15, Dancing Lotus **Pilates**, 10:30 am, Fuel Fit. **Free Swim**, 1:30-3:30 pm Broadwater Athletic Club **Yoga**, 4:30 pm, Fuel Fitness **Survivorship Series: Medical Follow-up & Long-term Effects**, 6-7:30 pm, SPH	27 **Tai Chi** 1:15 pm Crossroads	28
29 **Yoga** 4:00-5:00 pm Crossroads	30 **Getting Back Up** 4:20 pm Capital City Health Club	31 **Pilates** 10:30 am Fuel Fitness	**See inside for details on each event**	Events listed in **green** are coordinated by St. Peter's. Events listed in **gray** are coordinated by other partners.	To find this calendar online, go to **stpetes.org.** under "Classes and Events," click "Cancer Support Partnership Events."	

Cancer Support Partnership Events: February 2016

St. Peter's Cancer Treatment Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Events listed in **green** are coordinated by St. Peter's. Events listed in **gray** are coordinated by other partners.	To find this calendar online, go to **stpetes.org.** under "Classes and Events," click "Cancer Support Partnership Events."	1 **Women Surviving Cancer** 12:00 pm St. Peter's Rm 1 **Getting Back Up** 4:20 pm Capital City Health Club	2 **All Day Pool Use** 5 am-10 pm, Capital City HC **Nia,** 10:15, Dancing Lotus **Pilates,** 10:30 am, Fuel Fit. **Free Swim,** 1:30-3:30 pm Broadwater Athletic Club **Yoga,** 4:30 pm, Fuel Fitness **Survivorship Series: Physical Activity,** 6-7:30 pm, SPH	3 **Tai Chi** 1:15 pm Crossroads	4
5 **Yoga** 4:00-5:00 pm Crossroads	6 **Getting Back Up** 4:20 pm Capital City Health Club	7 **Pilates** 10:30 am Fuel Fitness	8 **Getting Back Up** 4:20 pm Capital City Health Club	9 **All Day Pool Use** 5 am-10 pm, Capital City HC **Nia,** 10:15, Dancing Lotus **Pilates,** 10:30 am, Fuel Fit. **Free Swim,** 1:30-3:30 pm Broadwater Athletic Club **Yoga,** 4:30 pm, Fuel Fitness **Survivorship Series: Emotional Experience,** 6-7:30 pm, SPH	10 **Tai Chi** 1:15 pm Crossroads	11
12 **Yoga** 4:00-5:00 pm Crossroads	13 **Getting Back Up** 4:20 pm Capital City Health Club	14 **Pilates** 10:30 am Fuel Fitness	15 **Women Surviving Cancer** 12:00 pm St. Peter's Rm 1 **Getting Back Up** 4:20 pm Capital City Health Club	16 **All Day Pool Use** 5 am-10 pm, Capital City HC **Nia,** 10:15, Dancing Lotus **Pilates,** 10:30 am, Fuel Fit. **Free Swim,** 1:30-3:30 pm Broadwater Athletic Club **Yoga,** 4:30 pm, Fuel Fitness **Survivorship Series: Nutrition** 6:00-7:30 pm, St. Peter's	17 **Tai Chi** 1:15 pm Crossroads	18
19 **Yoga** 4:00-5:00 pm Crossroads	20 **Getting Back Up** 4:20 pm Capital City Health Club	21 **Pilates** 10:30 am Fuel Fitness	22 **Getting Back Up** 4:20 pm Capital City Health Club	23 **All Day Pool Use** 5 am-10 pm, Capital City HC **Nia,** 10:15, Dancing Lotus **Pilates,** 10:30 am, Fuel Fit. **Free Swim,** 1:30-3:30 pm Broadwater Athletic Club **Yoga,** 4:30 pm, Fuel Fitness **Survivorship Series: Stress** 6:00-7:30 pm, St. Peter's	24 **Tai Chi** 1:15 pm Crossroads	25
26 **Yoga** 4:00-5:00 pm Crossroads	27 **Getting Back Up** 4:20 pm Capital City Health Club	28 **Pilates** 10:30 am Fuel Fitness	**See inside for details on each event**			31

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 Groups

Women Surviving Cancer
This is a support group for women who have or have had cancer. It meets the first and third Wednesdays at noon at St. Peter's Hospital, Room 1. Please call Pam Sasser at 495-6780 or send a message to psasser@stpetes.org for further information.

Look Good, Feel Better
The American Cancer Society's Look Good, Feel Better teaches women how to cope with skin and hair changes as a result of cancer treatment. It meets the second Tuesday of each month from 3-5 p.m., at the Hospital. The group is free, but please contact your nurse navigator for more information or to RSVP.

St. Peters honors survivors with cervical cancer for January National Cervical Health Awareness Month and honors all cancer survivors for February National Cancer Prevention 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.stpetes.org/classes-events** for a full listing.

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. Located just inside St. Peter's East Entrance near the Cancer Treatment Center, the center is staffed by American Cancer Society trained volunteers who assist cancer patients and their families and friends in accessing the latest care-related information, education and support, including information about clinical trials and new treatment options. Within the center there is also a private wig room where patients can be fitted with an appropriate wig or hat.

Survivorship Series
These classes are designed to help empower you so that you are able to manage any long-term physical effects and emotional stressors. We will partner with you as you transition after cancer treatment. If you are receiving ongoing treatment with no set completion date, you are also welcome to join us. Survivorship Series consists of six (6) classes, once a week for six weeks on Thursday, 6-7:30 pm in the Health Resource Lounge. Participants may attend the whole series, or pick specific evenings to attend. RVSP appreciated but not required. Please RSVP to Tina Stern, (406) 438-5029 or cstern@stpetes.org

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 available classes and locations.

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

Fuel Fitness is at 3336 N. Montana Ave.

Crossroads is at 1013 Dearborn.

Broadwater Athletic Club is located at 4920 Hwy 12 West

- **Getting Back Up** - Work with a certified physical fitness trainer for an exercise program to help you "get back up."
- **Free Swim** - Spend your Thursday relaxing in the pool, swimming laps, or just clearing your head.
- **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.
- **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.
- **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.

Nia
Nia is a cardio dance group fitness class that incorporates martial arts, dance arts and healing arts. The class empowers people of all shapes, sizes and fitness levels to become stronger, fitter, and more joyful. Nia is based on the idea that exercise should feel good. We're all about pleasure NOT pain! Come laugh, dance, and get in shape with instructors Kathryn Gustin and Marilyn Bennett at the Dancing Lotus Center, 40 N. Last Chance Gulch (next to the Parrot). Wear loose comfortable clothing. We dance barefoot unless you require shoes, then we ask that you wear shoes that have white soles in order to keep the beautiful floor clean! For more information, please call Marilyn Bennett at 406-459-4142.

Assistance

Individualized Beauty Sessions
Complimentary beauty sessions for women undergoing cancer treatment are available from Judy Colegrove. Call 406-490-6859 for more information.

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.

Financial and Medication Assistance
The Patient Assistance Program can possibly assist with your hospital bill while the Medication Assistance Program may be able to obtain free or low-cost medications for both your inpatient and outpatient needs. Eligibility for these programs depends on gross income and family size. Other requirements may need to be met as well. Please call 444-2140 for the Patient Assistance Program or Mandy at 447-2498 for the Medication Assistance Program.

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.

- Marilyn Bennett
- Broadwater Athletic Club
- Capital City Health Club
- Crossroads
- Fuel Fitness
- St. Peter's Hospital Foundation
- Tutty's Therapeutic Touch