

# Cancer Support Partnership Events: May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>See inside for details on each event</b></p>	<p><b>1</b></p> <p>Getting Back Up 4:20 pm Capital City Health Club</p>	<p><b>2</b></p> <p>Pilates 10:30 am Fuel Fitness</p> <p>“Restore Your Body, Restore Your Mind” Yoga 11:00-11:45, Loft Studios</p>	<p><b>3</b></p> <p>Circle of Hope 12:00 pm St. Peter's Rm 1</p> <p>Getting Back Up 4:20 pm Capital City Health Club</p>	<p><b>4</b></p> <p>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</p>	<p><b>5</b></p> <p>Tai Chi 1:15 pm Crossroads</p>	<p><b>6</b></p>
<p><b>7</b></p> <p>Yoga 4:00-5:00 pm Crossroads</p>	<p><b>8</b></p> <p>Getting Back Up 4:20 pm Capital City Health Club</p>	<p><b>9</b></p> <p>Pilates 10:30 am Fuel Fitness</p> <p>“Restore Your Body, Restore Your Mind” Yoga 11:00-11:45, Loft Studios</p>	<p><b>10</b></p> <p>Getting Back Up 4:20 pm Capital City Health Club</p>	<p><b>11</b></p> <p>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</p>	<p><b>12</b></p> <p>Tai Chi 1:15 pm Crossroads</p>	<p><b>13</b></p>
<p><b>14</b></p> <p>Yoga 4:00-5:00 pm Crossroads</p>	<p><b>15</b></p> <p>Getting Back Up 4:20 pm Capital City Health Club</p>	<p><b>16</b></p> <p>Pilates 10:30 am Fuel Fitness</p> <p>“Restore Your Body, Restore Your Mind” Yoga 11:00-11:45, Loft Studios</p>	<p><b>17</b></p> <p>Circle of Hope 12:00 pm St. Peter's Rm 1</p> <p>Getting Back Up 4:20 pm Capital City Health Club</p>	<p><b>18</b></p> <p>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</p>	<p><b>19</b></p> <p>Tai Chi 1:15 pm Crossroads</p>	<p><b>20</b></p>
<p><b>21</b></p> <p>Yoga 4:00-5:00 pm Crossroads</p>	<p><b>22</b></p> <p>Getting Back Up 4:20 pm Capital City Health Club</p>	<p><b>23</b></p> <p>Pilates 10:30 am Fuel Fitness</p> <p>“Restore Your Body, Restore Your Mind” Yoga 11:00-11:45, Loft Studios</p>	<p><b>24</b></p> <p>Getting Back Up 4:20 pm Capital City Health Club</p>	<p><b>25</b></p> <p>Pool Use, 5 am-10 pm, CCHC Nia, 10:15, Dancing Lotus Pilates, 10:30 am, Fuel Fit. Free Swim, 1:30-3:30 BAC 5pm Pinwheel Ceremony, SPH 5:30 Survivor Celebration, CTC Yoga, 4:30 pm, Fuel Fitness</p>	<p><b>26</b></p> <p>Tai Chi 1:15 pm Crossroads</p>	<p><b>27</b></p>
<p><b>28</b></p> <p>Yoga 4:00-5:00 pm Crossroads</p>	<p><b>29</b></p> 	<p><b>30</b></p> <p>Pilates 10:30 am Fuel Fitness</p> <p>“Restore Your Body, Restore Your Mind” Yoga 11:00-11:45, Loft Studios</p>	<p><b>31</b></p> <p>Getting Back Up 4:20 pm Capital City Health Club</p>	<p><b>31</b></p> <p>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</p>	<p>To find this calendar online, go to <a href="http://stpetes.org">stpetes.org</a>. under “Classes and Events,” click “Cancer Support Partnership Events.”</p>	<p><b>Events listed in green are coordinated by St. Peter's.</b></p> <p>Events listed in gray are coordinated by other partners.</p>

# Cancer Support Partnership Events: June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Events listed in <b>green</b> are coordinated by St. Peter's.</p> <p>Events listed in <b>gray</b> are coordinated by other partners.</p>	To find this calendar online, go to <a href="http://stpetes.org">stpetes.org</a> under "Classes and Events," click "Cancer Support Partnership Events."	<b>See inside for details on each event</b>	<p><b>All Day Pool Use</b> <b>1</b> 5 am-10 pm, Capital City HC <b>Nia</b>, 10:15, Dancing Lotus <b>Pilates</b>, 10:30 am, Fuel Fit. <b>Free Swim</b>, 1:30-3:30 pm Broadwater Athletic Club <b>Yoga</b>, 4:30 pm, Fuel Fitness</p>	<p><b>Tai Chi</b> <b>2</b> 1:15 pm Crossroads</p>	<b>3</b>
<b>4</b> <p><b>Yoga</b> 4:00-5:00 pm Crossroads</p>	<b>5</b> <p><b>Getting Back Up</b> 4:20 pm Capital City Health Club</p>	<b>6</b> <p><b>Pilates</b> 10:30 am Fuel Fitness</p> <p><b>"Restore Your Body, Restore Your Mind" Yoga</b> 11:00-11:45, Loft Studios</p>	<b>7</b> <p><b>Circle of Hope</b> 12:00 pm St. Peter's Rm 1</p> <p><b>Getting Back Up</b> 4:20 pm Capital City Health Club</p>	<b>8</b> <p><b>All Day Pool Use</b> <b>8</b> 5 am-10 pm, Capital City HC <b>Nia</b>, 10:15, Dancing Lotus <b>Pilates</b>, 10:30 am, Fuel Fit. <b>Free Swim</b>, 1:30-3:30 pm Broadwater Athletic Club <b>Yoga</b>, 4:30 pm, Fuel Fitness</p>	<b>9</b> <p><b>Tai Chi</b> 1:15 pm Crossroads</p>	<b>10</b>
<b>11</b> <p><b>Yoga</b> 4:00-5:00 pm Crossroads</p>	<b>12</b> <p><b>Getting Back Up</b> 4:20 pm Capital City Health Club</p>	<b>13</b> <p><b>Pilates</b> 10:30 am Fuel Fitness</p> <p><b>"Restore Your Body, Restore Your Mind" Yoga</b> 11:00-11:45, Loft Studios</p>	<b>14</b> <p><b>Getting Back Up</b> 4:20 pm Capital City Health Club</p>	<b>15</b> <p><b>All Day Pool Use</b> <b>15</b> 5 am-10 pm, Capital City HC <b>Nia</b>, 10:15, Dancing Lotus <b>Pilates</b>, 10:30 am, Fuel Fit. <b>Free Swim</b>, 1:30-3:30 pm Broadwater Athletic Club <b>Yoga</b>, 4:30 pm, Fuel Fitness</p>	<b>16</b> <p><b>Tai Chi</b> 1:15 pm Crossroads</p>	<b>17</b>
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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 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.

St. Peter's honors survivors with bladder cancer, brain tumors and melanoma. May is the awareness month for these cancers.

## 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](http://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.

### 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

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

- **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.

- **Restore Your Body, Restore Your Mind Yoga** - A 45 minute yoga class designed for cancer survivors that will guide you to greater health of body, mind and spirit.
- **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

### 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

