Mayo Clinic Cancer Center offers free education programs to patients, their families and the public.

We invite you to visit the Stephen and Barbara Slaggie Family Cancer Education Center in the Gonda Building, lobby level, Monday through Friday, 8 a.m. to 5 p.m. All classes are held in the center unless noted otherwise.

Phone: 507-266-9288  Email: canceredprog@mayo.edu  Cancer Education: www.mayoclinic.org/cancer-education-rst  connect.mayoclinic.org/page/cancer-education-center/

MAYO CLINIC CONNECT is a welcoming online community where you can share your experiences, ask questions and find support from people with similar health concerns. Join at Connect.mayoclinic.org.

Visit the Slaggie Family Cancer Education Center page at connect.mayoclinic.org/page/cancer-education-center for classes offered at the center, local support group information as well as up-to-date cancer-related news.
**Monday**

All classes are held in the center unless noted otherwise.

**Toolbox for Wellness: Physical Activity and Cancer**
10:00–10:45 a.m. Meets Monday morning and Thursday afternoon
Learn the benefits of physical activity as they relate to cancer during and after treatment.

**Questions about Nutrition for Patients with Cancer**
10:15–11 a.m. Meets Monday and Friday
Gonda Building, 10th floor lobby
During this drop-in session, dietitians meet with patients and their families to answer questions regarding nutrition.

**Releasing Stress and Renewing Energy**
11 a.m.–noon Meets Monday, Wednesday, and Friday
This session provides tools for relaxation and renewal for physical, emotional or spiritual needs.

**Caring Canines**
1–2 p.m. Meets Monday, Tuesday, Wednesday afternoon, and every other Thursday afternoon
Join our four-legged volunteers for support, companionship and comfort. Specially trained and registered therapy dogs, with their handlers, are available for a visit.

**Strengthening Healing: Breathing and Relaxation Exercises**
1:30–2 p.m. Meets Monday and Wednesday
Learn introductory breathing techniques and relaxation exercises.

**Moving Forward: Life After Cancer Treatment**
2–3 p.m. Meets Monday, Tuesday, Thursday afternoon, and Wednesday morning
Meet with an educator to discuss issues related to cancer survivorship. Topics include: healthy living, ongoing treatment side effects, emotional wellness and follow-up care.

**Tuesday**

All classes are held in the center unless noted otherwise.

**Caregiver Connections: Support and Resources**
9:30–10:15 a.m.
All caregivers are welcome for discussion about self-care tips and coping skills. Come for coffee and conversation.
Nutrition for Cancer Survivors
10:15–11 a.m. Meets Tuesday and Thursday
Cancer survivors receive a wide range of advice from family, friends and the internet about what they should or should not eat. Come to this dietitian-taught class to learn what current nutrition research may recommend for you. Learn the truth about sugar, soy, green tea and immune boosting foods.

The 10-Minute Artist
10:30–11:30 a.m. Cancer Education Center - Gonda Building, Lobby Level
1:30–3:30 p.m. Gonda Building, 10th floor lobby
Join us to create a fun and simple art project that you can complete in a short time. Give yourself the permission to be creative!

Management of Cancer-Related Fatigue
11–11:45 a.m. Meets Tuesday and Thursday
Meet with an educator to learn strategies to help you manage your fatigue.

Caring Canines
1–2 p.m. Meets Monday, Tuesday, Wednesday afternoon, and every other Thursday afternoon
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Moving Forward: Life After Cancer Treatment
2–3 p.m. Meets Monday, Tuesday, Thursday afternoon, and Wednesday morning
Meet with an educator to discuss issues related to cancer survivorship. Topics include: healthy living, ongoing treatment side effects, emotional wellness and follow-up care.

Wednesday

Moving Forward: Life After Cancer Treatment
9–10 a.m. Meets Monday, Tuesday, Thursday afternoon, and Wednesday morning
Meet with an educator to discuss issues related to cancer survivorship. Topics include: healthy living, ongoing treatment side effects, emotional wellness and follow-up care.

Nutrition During Cancer Treatment
10:15–11 a.m.
Registered dietitians present information on nutrition and answer questions about appetite, weight loss, nausea, dietary supplements and related topics.
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Caring Hands Massage
1–2 p.m. Offered Wednesday afternoon and Friday morning
Enjoy a 10-minute gentle hand massage for relaxation. First come, first served.

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Learn introductory breathing techniques and relaxation exercises.

Caregiver Connections: Support and Resources
2–2:45 p.m.
All caregivers are welcome for discussion about self-care tips and coping skills. Come for coffee and conversation.

Mindfulness Meditation Practice
5:15–6 p.m.
Dan Abraham Healthy Living Center - 6th Floor, Presence Room
Guiding Teacher: Roberto P. Benzo, M.D.
Mindfulness is a way of paying attention, awareness of the here and now without judging what is in front of us. Come and participate in a guided mindfulness meditation. No experience necessary.
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Creative Renewal: Workshops for Wellness
Noon–1 p.m.
See listing of dates and topics on Page 6.

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Creative Renewal: Workshops for Wellness
Noon–1 p.m.
This series provides an opportunity to explore complementary/integrative medicine approaches and creative expression. Co-sponsored with Dolores Jean Lavins Center for Humanities in Medicine and Integrative Medicine and Health at Mayo Clinic.

April 2  The 5 Elements/5 Personalities of Chinese Medicine, instructed by Deah Kinion. Chinese medicine recognizes 5 Phases/Elements/Seasons that correlate to the 5 Personalities. Learn practices that benefit your ‘type’.

April 9  Happiness Project, instructed by Barb Schroeder. Explore how to bring more happiness into your day for your own life, as well as those you love.

April 16  The Healing Power of Personal Narrative, instructed by Johanna Rian. Writing exercises help us capture our life stories by reflecting upon our experiences. We will also read sample stories/poems and discuss the role of storytelling as an important part of self-discovery, growth and development.

April 23  Sound Sleep, instructed by Amy Mattila. Learn how to prepare for a successful slumber that will leave you restored with the use of aromatherapy, simple acupressure points, breathing techniques and stretches.

April 30  An Experiential Journey with Music, Imagery and Art, instructed by Christina Wood. Explore how music can be combined with imagery and art for relaxation and self-expression. No art experience needed.

May 7  SoulCollage®, instructed by Char Tarashanti. SoulCollage® is a simple and fun process for self-discovery that allows everyone to become an instant artist. Stir together the ingredients of imagination and intuition with a few powerful images to tap into your own deep personal wisdom and explore the wholeness of your Being.

May 14  Aromatherapy and Healing Touch, instructed by Sharon Whelan. Explore the practice and benefits of aromatherapy and healing touch. Healing touch is a holistic nursing intervention that supports the overall energy balance and nurturance of the body, mind, spirit and emotions. This experience may be enhanced by using aromatherapy.

May 21  Personal Writing — A Healing Place, instructed by Peter Blau. Personal writing combines journaling, memoir and letter writing into a quiet retreat from difficult times. This session will use writing as an affirmative activity, allowing people to explore, empower, and connect. No previous writing experience needed.

May 28  Breath Work with Gentle Seated Yoga, instructed by Joan Wisniewski. Discover and practice gentle seated yoga techniques which may be used daily for mind and body relaxation.

June 4  Myofascial Release: Methods of John F. Barnes, PT, instructed by Robin Khosa. Explore this fascinating mind/body therapy that is used for reducing pain and restoring function.

June 11  Hands-on Acupressure, instructed by Liza Dion. Explore how to use acupressure for self-care with symptoms such as fatigue, nausea, insomnia, anxiety and stress relief.

June 18  Transformational Music, instructed by Roberta Crawford. Experience the music of crystal bowls and acoustic instruments as specific pitches, intervals, melodies, harmonies and rhythms are performed to support the healing process.

June 25  Zentangle: Reconnect with Your Creative Self, instructed by Judy Nichols. Explore the simple art form of Zentangle to help decrease your stress and promote relaxation. No art experience needed.
Friday

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National Cancer Survivors Day
Sunday, June 7, 2020

The Mayo Clinic Cancer Center is proud to collaborate with the Rochester Honkers Baseball Team to celebrate life on National Cancer Survivors Day, Sunday, June 7.

All cancer survivors are invited to attend this special event. Each survivor and one guest will receive a free reserved grandstand ticket and a voucher for a Honker Meal. Additional guests of the survivor can obtain reserved grandstand tickets/Honker meal packages for just $10 per package.

Each survivor will receive a souvenir baseball and will be introduced on the pitching mound at Mayo Field, where each survivor will throw out a Ceremonial First Pitch to officially kick off our Cancer Survivors Day event. There will be fun activities for survivors to participate in throughout the game.

To register visit the event website and complete the registration form at https://northwoodsleague.com/rochester-honkers/cancer-survivors-day-at-the-park/ or call a Honkers ticket representative at 507-289-1170. There are a limited number of reserved seats available, so register early.
Mayo Clinic is honored to name the Cancer Education Center for Stephen and Barbara Slaggie and their family. Mr. Slaggie and four friends founded the Fastenal Company in Winona, Minn. Today, it is one of the foremost industrial supply distributors in the United States. For patients on the Mayo Clinic campus in Rochester, Minn., the Stephen and Barbara Slaggie Family Cancer Education Center serves as a focal point of information and inspiration — and helps empower patients to become active partners in their health care.

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Cancer Education: www.mayoclinic.org/cancer-education-rst
Mayo Clinic Connect: connect.mayoclinic.org/page/cancer-education-center/

Mayo Clinic News Network has a variety of educational resources including podcasts featuring a variety of Mayo Clinic experts on topics related to cancer as well as other important health issues. Check it out here: newsnetwork.mayoclinic.org/category/cancer/

THE STEPHEN AND BARBARA SLAGGIE FAMILY CANCER EDUCATION CENTER
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