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.

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.

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

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.

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.

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

Caregiver Conversations
9:30–10:15 a.m.
Sandra J. Schulze American Cancer Society Hope Lodge, 411 2nd St NW, Rochester, MN
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.
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
Join our four-legged volunteers for support, companionship and comfort. Specially trained and registered therapy dogs, with their handlers, are available for a visit.

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.
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.

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.

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

Caregiver Conversations
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.

All classes are held in the center unless noted otherwise.
Thursday

All classes are held in the center unless noted otherwise.

**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.

**Management of Cancer-Related Fatigue**
11:00–11:45 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
Join our four-legged volunteers for support, companionship and comfort. Specially trained and registered therapy dogs, with their handlers, are available for a visit.

**Toolbox for Wellness: Physical Activity and Cancer**
1:15–2 p.m. Meets Monday morning and Thursday afternoon
Learn the benefits of physical activity as they relate to cancer during and after treatment.

**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.
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.

Jan 9  **Acupuncture and Integrative Medicine with Sara Bublitz.** A safe and effective treatment to manage the side effects of cancer and cancer treatment. Conditions for which acupuncture is commonly used include nausea, vomiting, pain, fatigue and neuropathy. Learn more about this ancient system of medicine.

Jan 16 **T'ai Chi Chih, instructed by Bonnie Sokolov.** Learn about the practice, purpose, and potential benefits of T'ai Chi Chih. Demonstration and practice included.

Jan 23 **Clutter Clearing with Feng Shui, instructed by Deah Kinion.** An easy step-by-step approach to creating a healthy, harmonious home or work environment. Also, discover practices for the upcoming Lunar New Year!

Jan 30 **Therapy Dogs, Emotional Support Animals, and Assistance Dogs with Jessica Smidt.** All hardworking dogs with very different roles.

Feb 6 **Emotional Freedom Technique instructed by Barb Schroeder.** Learn benefits and how to use emotional freedom techniques to decrease stress and anxiety.

Feb 13 **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.

Feb 20 **Massage Techniques for Your Hands and Feet, instructed by Nancy Rodgers.** Experience and learn about gentle massage techniques for the feet and hands to promote relaxation. Acupressure points for nausea and relaxation will be included.

Feb 27 **How Can I Use Music to Help Me Sleep?, instructed by Christina Wood.** Explore different styles of music that have been used to help with sleep. Identify if music is a tool for you to get a good night’s sleep.

March 5 **Having Fun with Watercolor, instructed by Jenna Whiting.** Discover how to use watercolor pencils with step-by-step guidance to create a beautiful picture. No art experience necessary.

March 12 **Gentle Seated Yoga with Denise Boyum.** Discover and practice gentle seated yoga techniques which may be used daily for mind and body relaxation.

March 19 **Mindfulness-It’s about being and not always doing, instructed by Sue Cutshall.** Learn how to cultivate the power of happiness, mindfulness and personal strength as steps toward well-being.

March 26 **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.
Friday

Caring Hands Massage
10–11 a.m. Offered Wednesday afternoon and Friday morning
Enjoy a 10-minute gentle hand massage for relaxation. First come, first served.

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.

66th Annual 5th District Eagles Cancer Telethon
Mayo Civic Center, January 2020

Held every January, the 5th District Eagles Cancer Telethon is the longest locally-run telethon in the United States, thanks to our community's dedication to lessening the burden of cancer. Last year over $1 million was raised to support cancer research in the community, with funding provided to Mayo Clinic Cancer Center, Hormel Institute and University of Minnesota Masonic Cancer Center.

It's a weekend full of talented performers you won't want to miss! Mark your calendars for this year's telethon, which will be held on January 18th and 19th. Attend in person or watch live on KTTC. Together we can make a difference!
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.

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

---

**THE STEPHEN AND BARBARA SLAGGIE FAMILY CANCER EDUCATION CENTER**

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.