

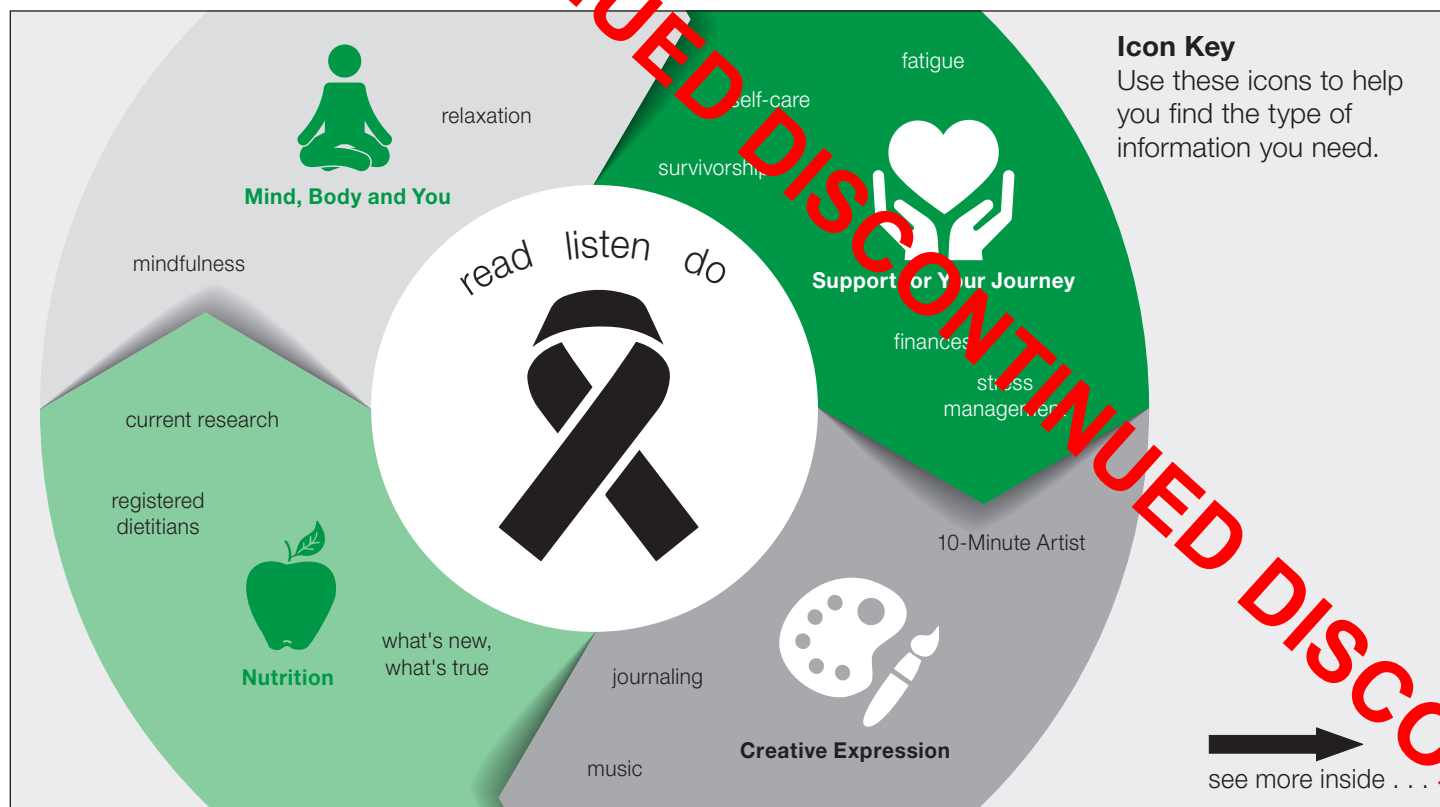
HAPPENINGS

a calendar of patient education events

April, May, June 2020

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](https://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.

Tuesday continued

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.



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.



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Moving Forward: Life After Cancer Treatment

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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.

Wednesday continued

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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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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.

Thursday

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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.

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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.

Resources

I am interested in learning more about:

- | | |
|--|--|
| <input type="checkbox"/> Communicating with family and friends | <input type="checkbox"/> Relaxation and stress management |
| <input type="checkbox"/> Complimentary/integrative therapies | <input type="checkbox"/> Sleep |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Support groups |
| <input type="checkbox"/> Managing financial concerns | <input type="checkbox"/> Wellness, nutrition and physical activity |
| <input type="checkbox"/> Managing side effects of treatment | <input type="checkbox"/> Other: _____ |

All are welcome! Consultations with Cancer Education Program staff are free and do not require a provider referral. Please visit us, Monday through Friday, 8 a.m. to 5 p.m., Gonda Building, lobby level.



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/

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| ■ 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.

MAYO CLINIC	4500 San Pablo Road	200 First Street SW	13400 East Shea Boulevard
mayoclinic.org	Jacksonville, FL 32224	Rochester, MN 55905	Scottsdale, AZ 85259