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

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.

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
All classes are held in the center unless noted otherwise.

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.
**Tuesday continued**

**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

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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.
Releasing Stress and Renewing Energy
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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.

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.
Thursday

**Nutrition for Cancer Survivors**
10:15–11 a.m. Meets Tuesday and Thursday
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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.

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.
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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!
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.

I am interested in learning more about:

- ☐ Communicating with family and friends
- ☐ Complimentary/integrative therapies
- ☐ Fatigue
- ☐ Managing financial concerns
- ☐ Managing side effects of treatment
- ☐ Relaxation and stress management
- ☐ Sleep
- ☐ Support groups
- ☐ Wellness, nutrition and physical activity
- ☐ 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.

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/

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