

## Upcoming Programs

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### Exercise and Movement

**Yoga** Fridays 1:00pm -2:00pm

May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>, June 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>

### Educational and Self-Development

#### Power Day

Wednesday June 4<sup>th</sup> – 8:45am -12:00pm

Samantha Loeman; **Benefits of Massage Therapy for Cancer Patients**

Stacey Taylor; **Intimacy & Sexuality After Cancer**

Camille Coates, **Making Sense of Pain, One Step at a Time**

**Nourish by Wellspring** Wednesdays - 1:00pm- 3:00pm

**Beans and Grains (Two Part Series):** May 7<sup>th</sup> and 14<sup>th</sup>

**Nutrition and Breast Cancer (Two Part Series):** May 28<sup>th</sup> and June 4<sup>th</sup>

**Plant Based Eating (Two Part Series):** June 11<sup>th</sup> and 18<sup>th</sup>

**Super Healthy Strategies (Two Part Series):** June 25<sup>th</sup> and July 9<sup>th</sup>

**Nutrition and Prostate Cancer (One Part Series):** July 16<sup>th</sup>

### Symptom Management

**Relaxation and Visualization** Thursdays 3:00pm -4:30pm

**May Sessions (5 weeks):** May 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>

**June Sessions (4 weeks):** June 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

**Cancer Related Fatigue** Thursdays 1:00pm -2:30pm

4 Part Series: July 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>

### Therapeutic Arts

**Art Workshops** Tuesdays 9:30am -11:00am

**Zentangles:** May 13<sup>th</sup>

**Mindful Watercolor:** May 20<sup>th</sup>

**Art Therapy** Tuesdays 9:30am -11:30am

**7-week module covering wide range of different art mediums**

June 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, July 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>

**Music Workshops** Tuesdays 3:30pm-5:00pm

**Glee Club** (singing, vocal work, breath work) – starting in September once a month!

**The Listening Room** (songwriting, song share, lyrics review and listening) – starting in September once a month!

**Music with Purpose (Two Part Series)** – this summer; based on interest – call to sign up!