

WELLNESS FOR CANCER CARE

JULY, AUGUST, SEPTEMBER 2023



All programs are currently offered virtually. Visit AquilinoCancerCenter.com/Calendar or scan the QR code to view our updated calendar and register for classes. Questions? Contact ACCPrograms@AdventistHealthCare.com.

| CLASSES & EVENTS | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------|---|--------|--|---------------------------|----------|-------------------|
| MIND, BODY & SPIRIT | Mindfulness Based Stress Reduction 5:30 – 7:30 p.m. | | | Every Wednesday | | |
| | Gentle Hatha Yoga 10 – 11 a.m. | | | Every Wednesday | | |
| | Gentle Yoga with Meditation 10 – 11 a.m. | | | | | Every Friday |
| EATING WELL | Healthy Eating After Treatment 1:30 – 2:30 p.m. | | | | | July 7 Sept. 8 |
| | Ask a Dietitian <i>New Topics Each Month</i> 1:30 – 2:30 p.m. | | July 11 Aug. 8 Sept. 12 | | | |
| | Good Nutrition for Cancer Care 2 – 3 p.m. | | July 18 Aug. 15 Sept. 19 | | | |
| | Nutritional Management of Side Effects of Treatment <i>New Topics Each Month</i> 1:30 – 2:30 p.m. | | | | | Aug. 4 |
| | Cooking with Patty and Nick <i>Hybrid Class</i> 6 – 7 p.m. | | | Aug. 9 | | |
| NAVIGATING CANCER | Coping Conversations 1 – 2 p.m. | | July 11 & 25 Aug. 8 & 22 Sept. 12 & 26 | | | |
| | Conversation with an Integrative Oncologist Series <i>New Topics Each Quarter</i> 4 – 5 p.m. | | | | July 13 | |
| | Importance of Exercise and Movement for Cancer Patients <i>Educational Seminar</i> 1 – 2 p.m. | Aug. 7 | | | | |
| | Financial Strategies for Life with Cancer <i>Educational Seminar</i> 1 – 2 p.m. | | | | Sept. 21 | |
| | Whole Person Integrative Workshop <i>New Six-Week Workshop Starts in September</i> 5 – 6:30 p.m. | | | Wednesdays, Sept. 2023 | | |

SEE BACK FOR CLASS DETAILS.

CLASS DESCRIPTIONS

MIND, BODY & SPIRIT

Mindfulness Based Stress Reduction

MBSR helps guide people through the challenges of day-to-day life. The basis of MBSR is mindfulness. This is the state of being aware of something and focusing on those thoughts and feelings. **Gina Sager**, a retired board-certified general surgeon, leads this eight-week class.

Gentle Hatha Yoga

Gently de-stress and de-compress while building strength and flexibility with yoga teacher, **Dee Gold, RYT**.

Gentle Yoga with Meditation

Amy Morrison, RYT, leads you in a relaxing hour of gentle yoga. Improve energy and ease of movement. The class uses stretches and gentle yoga positions. Beginners are welcome.

EATING WELL

Healthy Eating After Treatment

Our oncology nutrition specialists help you learn to thrive in survivorship by making wise eating choices and coping with post treatment concerns such as maintaining a healthy weight and reducing the possibility of recurrence.

Ask a Dietitian

Topics: July – Anemia August – Bone Health September – Immunity

Join our oncology nutrition specialists for a short talk on interesting and important nutrition topics followed by an open conversation answering your questions about diet, cancer, wellness and more!

Good Nutrition for Cancer Care

Join our oncology nutrition specialists to learn the building blocks of good nutrition and healthy eating to help you do well during treatment and beyond.

Nutritional Management of Side Effects of Treatment

Topic: August – Diarrhea, Constipation and/or Gas

Managing common side effects of chemo and radiation therapy can help avoid breaks in treatment. Q&A to follow presentation where patients are encouraged to ask or help with any treatment concerns.

Cooking with Patty and Nick

Oncology nutritionist **Patricia Guay-Berry**, and Adventist HealthCare Executive Chef, **Nick Haller**, invite you to bring healthy eating choices into your kitchen! The duo demonstrates how to prepare delicious and nutritious recipes in this fun online cooking show.

NAVIGATING CANCER

Coping Conversations

Topics: July 11 – Communicating with Your Healthcare Team

July 25 – Self-Image (Mind, Body, Spirit)

Aug. 8 – Talking with Kids About Cancer (Adults Only)

Aug. 22 – Priorities & Values After Diagnosis

Sept. 12 – Cancer & Careers

Sept. 26 – Coping with Stress and Anxiety

Life with cancer brings a unique set of practical, physical, emotional, and spiritual challenges. Join us to learn new information and skills essential to coping well.

Stephanie Stern leads this conversation where she brings years of knowledge working with patients and families in all stages. Each month a new focus topic will start the conversation. Drop-in to any or all sessions.

Conversation with an Integrative Oncologist Series

Topic: The Dirt on Dirt

Join Integrative oncologist, **Laurie Herscher, MD** to take a deeper dive into integrative health topics important to cancer patients and their families.

The conversation will be focused on soil and how this seemingly simple part of agriculture impacts your health.

Importance of Exercise and Movement for Cancer Patients – Educational Seminar

Join **Michelle Stravitz** from 2Unstoppable as she presents the importance of keeping our bodies moving after a cancer diagnosis. In this seminar she will also discuss tips for what exercise really means, getting motivated and finding the social support you need to get yourself moving at this challenging time. There will be time for Q&A after the presentation.

Financial Strategies for Life with Cancer – Educational Seminar

The financial burden of cancer treatment affects people diagnosed with cancer and their families regardless of income or insurance coverage. Join **Mark Romero**, oncology social worker, for this informative seminar that focuses on strategies and practices to promote financial wellbeing during life with cancer.

Whole Person Integrative Workshop

New Six-Week Workshop Starts in September!

Integrative oncologist, **Laurie Herscher, MD** and psychologist, **Mark Bates, PhD**, lead patients in focusing on whole person health and finding small, simple changes to make toward their health goals. Class size is limited. Additional registration info required. Please contact ACCPrograms@AdventistHealthCare.com to register.

This program is designed for patients who have completed treatment and are willing to engage in the content through group participation, goal setting and can attend all or most modules as the program progressively builds.

CONNECTING WITH YOUR CANCER CARE TEAM

Navigation & Social Work

Aquilino Cancer Center: Michele McBride

Oncology Nurse Navigator

240-826-2014 | MMcBride@AdventistHealthCare.com

White Oak Cancer Center: Mark Romero, MSW, LMSW

Oncology Social Worker

301-933-3216, Ext. 4722 | Mark.Romero@USOncology.com

Resource Support

Marie Daly, Community Resource Specialist

301-850-4506 | MarieD@CaringMatters.org

Nutrition

Aquilino Cancer Center: Patricia Guay-Berry, RD, CSO, IFNP, CLT

Oncology and Integrative Nutritionist (RDN)

240-826-2012 | PBerry@AdventistHealthCare.com

White Oak Cancer Center: Dorcas Lwanga, Msc. LDN

Registered Dietitian Nutritionist (RDN)

240-637-7152 | DLwanga@AdventistHealthCare.com

Wellness Programs

Paula Ernst, Wellness Program Manager

ACCPrograms@AdventistHealthCare.com



Shady Grove Adventist
Aquilino Cancer Center
White Oak Cancer Center

All wellness programs offered are in partnership with Adventist HealthCare, Maryland Oncology Hematology and Associates in Radiation Medicine.