

WELLNESS FOR CANCER CARE

APRIL, MAY & JUNE 2024

All programs are currently offered virtually. To register for a class, email ACCPrograms@AdventistHealthCare.com.

CLASSES & EVENTS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MIND, BODY & SPIRIT	Gentle Hatha Yoga 10 – 11 a.m.			Every Wednesday			
	Gentle Yoga with Meditation 10 – 11 a.m.					Every Friday	
	A Special Evening of Yoga Nidra 5:30 – 7:00 p.m.			April 10			
	Mindfulness Based Stress Reduction 5:30 – 7:30 p.m.			April 17 – June 5			
	Meaning Centered Group Therapy 6 – 7:30 p.m.			June 6 – Aug. 1 <i>*No class July 4</i>			
	Mindfulness II 5:30 – 7:30 p.m.			June 12 – July 24			
EATING WELL	Nutrition Foundations: Cancer and Diet 12 – 1 p.m.	April 8 May 13 June 10					
	Nutrition Foundations: Mitigating Treatment Side Effects 12 – 1 p.m.		April 16 May 21 June 18				
	Ask Me Anything! Nutrition and Food 1 – 2 p.m.				April 25 May 30 June 27		
NAVIGATING CANCER	Young Women's Breast Cancer Retreat <i>Special Event</i> 9:15 a.m. – 2:15 p.m.						April 13
	Ask the Experts: Understanding Advance Directives 12 - 1:30 p.m.			April 24			
	Psychedelics and Cancer: Ongoing Research at the Aquilino Cancer Center	April 29 <i>6:30 – 7:30 p.m.</i>			May 9 <i>12 – 1 p.m.</i>		
	Writing Your Legacy: Finding Meaning through Sharing Your Stories <i>Seven-Week Workshop</i> 1:30 – 3:30 p.m.			April 17 – May 29			

SEE BACK FOR CLASS DETAILS.

CLASS DESCRIPTIONS

MIND, BODY & SPIRIT

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.

A Special Evening of Yoga Nidra

Studies show Yoga Nidra (Sleep Yoga) has been shown to provide participants with many physiological and psychological benefits. Join us for this special evening dedicated to exploring this healing modality. Come experience how yoga nidra may help with reducing fatigue, stress, anxiety, insomnia and enhance overall well-being.

Meaning Centered Group Therapy

This eight session course of Meaning Centered Group Therapy (MCGT), led by Memorial Sloan Kettering trained therapists, is designed specifically for cancer patients looking to enhance meaning in their life. In these eight sessions, participants will engage in group discussion and homework assignments that help participants discover and connect to their own individual sources of meaning. Additional registration information required. Email ACCPrograms@AdventistHealthCare.com to sign up.

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.

Mindfulness II

Join us in guided meditation and yoga nidra. Together, these practices benefit your body's immune and nervous systems. It also has the same effect as getting two to six hours of restful sleep. This class helps patients find ease in their current mindset. Beginner's welcome.

EATING WELL

Nutrition Foundations: Cancer and Diet

Understanding the crucial link between nutrition and cancer care is fundamental to your journey. This class serves as an initial consult in a group setting, providing a supportive environment for your nutrition-related questions and concerns. In this class you'll learn insights into the significance of nutrition during cancer treatment. How healthy eating can help prevent breaks in treatment and promote overall well-being.

This class is designed specifically to suit the needs of all patients undergoing cancer care and caregivers are encouraged to join!

EATING WELL (CONTINUED)

Nutrition Foundations: Mitigating Treatment Side Effects

Patients or their caregivers can self-enroll in this shared group education session about mitigating cancer treatment side effects through nutrition. The focus is on the most common side effects of constipation, diarrhea, gas, sore mouth, taste changes, nausea and vomiting.

Ask Me Anything! Nutrition and Food

Patients who have specific questions and want to meet with a nutritionist are welcomed to participate in a small, shared group appointment in an "Ask Me Anything" (AMA) style where they are encouraged to ask specifics about their diets, food selection, deeper dive into side effects or dietary needs. This is scheduled in a group setting to foster community support and understanding as many others may have similar concerns or situations.

Space is limited and filled on first enrolled basis. Please email ACCPrograms@AdventistHealthCare.com to reserve your spot.

NAVIGATING CANCER

Special Event: Young Women's Breast Cancer Retreat

This Young Women's Retreat for Women Living with Breast Cancer, hosted in partnership with Hope Connections for Cancer Support, will provide a safe space for young women diagnosed with breast cancer at age 40 or younger to find friendship and connection; relax and unwind; and gain information and education about topics important to them.

RSVP by April 6 to ACCPrograms@AdventistHealthCare.com.

Ask the Experts: Understanding Advance Directives

Making an advance directive is important for EVERYONE 18 years and older. Talking to loved ones about your healthcare wishes around serious illness and end of life care can be difficult. Join our expert panel of professionals as they offer practical advice to help you prepare for this important conversation. Bring your questions about advance care planning to this panel of experts and gain the knowledge and skills to have this important conversation.

Writing Your Legacy: Finding Meaning through Sharing Your Stories

In this seven-week workshop, instructor **Sheryl Sieracki** will guide you in exploring themes that have been influential in shaping your life. Each week you will write two pages about a theme at home; share your story in class; and receive positive, supportive feedback. Note that this is not a class on writing mechanics but rather a way to gain insight into your life through your memories and stories.

Psychedelics and Cancer: Ongoing Research at the Aquilino Cancer Center

In 2023, **Manish Agrawal, MD**, and a team of researchers at the Shady Grove Aquilino Cancer Center, published their research findings on psilocybin assisted therapy and its potential to provide a rapid and long-lasting antidepressant effect. Join Dr. Agrawal as he shares these promising results and discusses ongoing clinical trials of psychedelic assisted therapy for cancer patients and caregivers taking place at Sunstone Therapies in Rockville, MD.

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

Dietitian

Dorcas Lwanga Msc. RDN, LDN, Outpatient Oncology Dietitian
DLwanga@AdventistHealthCare.com

Wellness Programs

Paula Ernst, Wellness Program Manager
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Shady Grove Aquilino
Cancer Center
White Oak Cancer Center

*All wellness programs offered are in partnership with
Adventist HealthCare and Maryland Oncology Hematology.*