

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.

Chair Yoga *Moving Online for Fall 2024. Back in-person 2025!*

Chair yoga is a gentle form of yoga that is perfect for anyone, especially patients and caregivers. In this class, we do easy stretches and poses while sitting on a chair or using it for support. It's a great way to relax, improve strength and increase flexibility without putting too much strain on the body. It also helps reduce stress and improve mood. Join us to feel better and stay active in a safe, comfortable way!

A Special Evening Offering: Yoga Nidra

Studies show Yoga Nidra (Sleep Yoga) can provide participants with many physiological and psychological benefit. 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. No Yoga Experience Needed!

Mindfulness II

Join us in guided mediation 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!

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. MBSR has been proven to help lessen anxiety and depression while improving mood, sleep and overall well-being. **Gina Sager**, a retired board-certified general surgeon, leads this eight-week class.

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.

Space is limited; enroll early to secure your spot. Please email ACCPrograms@AdventistHealthCare.com to register.

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!

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

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. **Space is limited; Reserve your spot now for 2025!** Please email ACCPrograms@AdventistHealthCare.com to register.

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

ACCPrograms@AdventistHealthCare.com



Shady Grove Aquilino
Cancer Center

White Oak Cancer Center

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