

WELLNESS FOR CANCER CARE

APRIL, MAY & JUNE 2026



To register for a class, visit AdventistCancerCenters.com/ACC/Calendar to receive your Zoom link immediately. Questions or Need Help? Email ACCPrograms@AdventistHealthCare.com. Programs are virtual unless otherwise noted.

CLASS DESCRIPTIONS

**We follow the Montgomery County Public School System in the event of inclement weather. In person classes will be canceled accordingly.*

MOVE

Gentle yoga and functional exercise and movement classes to build strength, ease fatigue and restore balance.

Gentle Hatha Yoga

Relax, stretch and build gentle strength in this restorative yoga class designed to ease tension and improve flexibility.

Chair Yoga

Stay active and relaxed with simple stretches done from a chair perfect for anyone seeking a gentle, accessible way to move.

Hatha Yoga & Meditation Series

April's Yoga Series with Amy features a slow, gentle mat or chair-based practice with various methods of meditation featured each week. Participants will learn breathing exercises, visualization, mantra meditations and more.

Yoga for Energy & Fatigue Relief Series

A five-week gentle movement series designed to combat fatigue and restore energy. Breath-centered stretching and light strengthening help improve circulation, boost stamina and support overall wellness during recovery.

Yoga for Flexibility & Mobility Series

A four-week supportive yoga series focused on improving mobility and overall flexibility. Gentle stretching and mindful movement help release stiffness, restore range of motion and support comfortable everyday movement.

CALM

Meditation and mindfulness sessions to quiet the mind and restore peace.

Mindfulness-Based Stress Reduction (MBSR)

Learn mindfulness tools to reduce stress, improve focus and find calm through life's challenges in this guided 8-week course.

NOURISH

Nutrition education, one-on-one consults and cooking tips to give your body the fuel it needs.

Nutrition Foundations

Learn how nutrition supports cancer treatment and recovery in this small-group appointment that helps you eat well, feel stronger and stay on track.

PREPARE

Educational talks, financial planning support and navigation help to guide you through treatment.

Ask the Experts: Understanding Advance Directives

In this guided conversation, we will walk you through what an advance directive is, why it matters and how to start the conversation at home.

SUPPORT

Resources for caregivers, families and patients because no one should have to go through cancer alone.

Personalized Individual Support

Receive one-on-one support from experts like an oncology nutritionist, social worker and nurse navigator to help you navigate nutrition and diet, emotional and financial challenges and community resources.

JustRides Transportation Assistance

Free, compassionate rides to and from cancer treatment for eligible patients who need transportation support.

Caregiver Resources

Practical tools, emotional support and education to help caregivers care for themselves while supporting their loved one.

Family & Bereavement Support

Guidance and comfort for families coping with change or loss, offered through counseling, groups and community resources.

CONNECT

Support groups, community gatherings and retreats that foster understanding, friendship and emotional connection.

Hobby Hour: Create & Connect

A welcoming, no-pressure drop-in space where cancer survivors, caregivers, and family members can relax, create, and connect with others through simple creative activities.

Young Women's Retreat

Join us for a day of connection, renewal and self-care at our annual retreat for young women (45 or younger) with cancer.

Young Women's Meet-Up

Quarterly gatherings for young women affected by cancer to share, relax and connect in a supportive space.

REFLECT

Creative arts, writing and storytelling spaces that invite you to slow down, express and explore meaning through your cancer experience.

Writing Your Legacy – Guided Autobiography Workshop

Explore your life stories through guided themes and reflective writing in a supportive, small-group setting.

Healing through SoulCollage®

Create your own collage cards as a form of self-discovery and insight, using imagery to explore the many parts of yourself.

Level 2: Deep Dive into SoulCollage®

This class is designed for experienced SoulCollage® participants who are ready to deepen their practice learning about the SoulCollage® suits, exploring transpersonal cards and practicing ways to read and interpret your cards for everyday insight and guidance.

World of Wellness: A Community Day Honoring the Cancer Journey

Experience our World of Wellness as you explore meaningful activities, meet others in our community, remember loved ones and support those currently in treatment. We warmly welcome all individuals, caregivers, family and friends to share this uplifting day together.

COPE

Emotional support, counseling and coaching to help you navigate life with cancer — with care for both patients and families.

Cancer Coaching

One-on-one supportive counseling to help manage stress, strengthen coping skills, and navigate emotional and practical challenges of cancer.

Kids Coaching

Free supportive sessions for children (ages 6–17) of cancer patients to help them understand and cope with a parent's diagnosis.

RESTORE

Programs to help you feel like yourself again from wigs and skincare to confidence-building self-care.

Free Wig Boutique

Personalized wig fittings and styles at no cost – helping you look and feel your best during treatment.

Sexual Health & Body Image Support

Private consultations to address intimacy, body changes and sexual health with compassion and expertise.

SPIRITUALITY

Offers connection and prayer with a Chaplain.

Connection with a Chaplain

Our chaplains are here for you, offering one-on-one support through prayer, listening and encouragement. Whether you need a quiet moment, a compassionate ear or spiritual guidance, we're here to help.

Connect with a chaplain at your cancer center by calling.

- Aquilino Cancer Center Spiritual Care: 240-826-6352
- White Oak Cancer Center Spiritual Care: 240-637-5265

SEE BACK FOR CLASS OFFERINGS.



Shady Grove Aquilino
Cancer Center
White Oak Cancer Center

All wellness programs are offered in partnership with Adventist HealthCare and Maryland Oncology Hematology and provided free of charge thanks to generous donations by grateful patients and community members.

CLASSES & EVENTS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MOVE	Gentle Hatha Yoga 10–11 a.m. Virtual			Every Wednesday		
	Chair Yoga 1–2 p.m. In-Person, Aquilino Cancer Center		April 9 May 14 June 11			
	Hatha Yoga & Meditation Series 10–11 a.m. Virtual					Fridays in April
	Yoga for Energy & Fatigue Relief Series 10–11 a.m. Virtual					Fridays in May
	Yoga for Flexibility & Mobility Series 10–11 a.m. Virtual					Fridays in June
CALM	Mindfulness-Based Stress Reduction (MBSR) 5:30–7:30 p.m. Virtual			April 15– June 10 <i>No class May 27</i>		
NOURISH	Nutrition Foundations 12–1 p.m. Virtual	April 27		May 20		June 12
PREPARE	Ask the Experts: Understanding Advance Directives 12 – 1 p.m. Virtual				April 23	
SUPPORT	<ul style="list-style-type: none"> • Personalized Individual Support • JustRides Transportation Assistance • Caregiver Resources • Family & Bereavement Support 	<i>For more information about these services, detailed descriptions can be found on the front page.</i>				
CONNECT	Hobby Hour: Create & Connect 1:30 - 2:30 p.m. In person, Aquilino Cancer Center			April 22, May 27 & June 24		
	Young Women's Retreat Saturday, April 11 10 a.m. - 3 p.m. In Person	Saturday, April 11				
REFLECT	Writing Your Legacy – Guided Autobiography Workshop 1:30–3:30 p.m. Virtual			<i>New dates this fall!</i>		
	Healing through SoulCollage® 2–4 p.m. In Person, Aquilino Cancer Center		June 9		April 9 & May 21	
	Level 2: Deep Dive into SoulCollage® 11 a.m.–1 p.m. In Person, Aquilino Cancer Center		June 9		April 9 & May 21	
	World of Wellness: A Community Day Honoring the Cancer Journey Sunday, June 7 1–4 p.m.	Sunday, June 7				
COPE	<ul style="list-style-type: none"> • Cancer Coaching • Kids Coaching 	<i>To access individual counseling, nutrition or navigation, please ask your care team for a referral.</i>				
RESTORE	<ul style="list-style-type: none"> • Free Wig Boutique • Sexual Health & Body Image Support 	<i>For more information about these services, detailed descriptions can be found on the front page.</i>				
SPIRITUALITY	<ul style="list-style-type: none"> • Connection with a Chaplain 	<p>Connect with a chaplain at your cancer center by calling.</p> <ul style="list-style-type: none"> • Aquilino Cancer Center Spiritual Care: 240-826-6352 • White Oak Cancer Center Spiritual Care: 240-637-5265 				