

# WELLNESS FOR CANCER CARE

JULY, AUGUST & SEPTEMBER 2026



To register for a class, visit [AdventistCancerCenters.com/ACC/Calendar](https://AdventistCancerCenters.com/ACC/Calendar) to receive your Zoom link immediately. Questions or Need Help? Email [ACCPrograms@AdventistHealthCare.com](mailto: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.

#### Yoga with Amy: Balance & Stability Yoga Series

A four-week gentle movement series focused on improving balance, coordination and core support. Through mindful movement and functional poses, participants build stability for greater ease in everyday activities.

#### Yoga with Amy: Breath & Movement

##### Yoga Series

A four-week yoga series focused on the connection between breath and movement. Participants learn practical breathing techniques that can be used both on and off the mat to ease tension and provide a greater sense of calm.

#### Yoga with Amy: Posture & Alignment

##### Yoga Series

A four-week supportive yoga series focused on improving posture, body awareness and spinal alignment. Gentle strengthening and stretching help reduce tension, support daily movement and promote greater comfort throughout the day.

#### 2Unstoppable Strong

Reclaim your strength and confidence with this empowering, 10-week virtual exercise program created for women who have completed cancer treatment. Each class supports safe, progressive movement designed to build strength, boost energy and enhance overall well-being all within a supportive, encouraging community.

### 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.*

#### Eating for Bone Health

This group session, designed specifically for women undergoing maintenance/hormone therapies for breast cancer, will tell you what you need to know about supporting your bone health. We'll explore key nutrients that support bone health, why they matter, and how to incorporate them into your daily diet to maintain and improve bone strength.

#### 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.

### 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.*

#### Young Women's Meet Up

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

#### Finding Meaning Together: A Guided Support Group

Connect with others who understand the cancer experience while exploring purpose, resilience and what matters most. Led by therapists trained in Meaning-Centered Group Therapy, this eight-week group offers guided discussion, reflection and support.

### REFLECT

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

#### Write Your Story: A Guided 7-Week Writing & Storytelling 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.

### COPE

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

#### Supportive Counseling

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.

| CLASSES & EVENTS |                                                                                                                                                                                                               | MONDAY                                                                                                                                                                       | TUESDAY                                    | WEDNESDAY                                                                                                 | THURSDAY                                 | FRIDAY                                      |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------|---------------------------------------------|
| MOVE             | <b>Gentle Hatha Yoga</b><br>10–11 a.m.   Virtual                                                                                                                                                              |                                                                                                                                                                              |                                            | <b>Every Wednesday</b><br>(No class July 15)                                                              |                                          |                                             |
|                  | <b>Chair Yoga</b><br>1–2 p.m.   Virtual                                                                                                                                                                       |                                                                                                                                                                              |                                            |                                                                                                           | <b>August 13</b><br><b>September 10</b>  |                                             |
|                  | <b>Yoga with Amy: Balance &amp; Stability Yoga Series</b><br>10–11 a.m.   Virtual                                                                                                                             |                                                                                                                                                                              |                                            |                                                                                                           |                                          | <b>Fridays in July</b><br>(No class July 3) |
|                  | <b>Yoga with Amy: Breath &amp; Movement Yoga Series</b><br>10–11 a.m.   Virtual                                                                                                                               |                                                                                                                                                                              |                                            |                                                                                                           |                                          | <b>Fridays in August</b>                    |
|                  | <b>Yoga with Amy: Posture &amp; Alignment Yoga Series</b><br>10–11 a.m.   Virtual                                                                                                                             |                                                                                                                                                                              |                                            |                                                                                                           |                                          | <b>Fridays in September</b>                 |
|                  | <b>2Unstoppable Strong</b><br>6:30–7:30 p.m.                                                                                                                                                                  |                                                                                                                                                                              | <b>September 15–</b><br><b>November 17</b> |                                                                                                           |                                          |                                             |
| CALM             | <b>Mindfulness-Based Stress Reduction (MBSR)</b><br>5:30–7:30 p.m.   Virtual                                                                                                                                  |                                                                                                                                                                              |                                            | <b>July 29–</b><br><b>September 16</b>                                                                    |                                          |                                             |
| NOURISH          | <b>Eating for Bone Health</b><br>Hybrid<br>July 16   In person, Aquilino Cancer Center<br>July 21   In person, White Oak Cancer Center                                                                        |                                                                                                                                                                              | <b>July 21</b><br>12–1 p.m.                |                                                                                                           | <b>July 16</b><br>6–7 p.m.               |                                             |
|                  | <b>Nutrition Foundations</b><br>Wednesday, August 26   12 - 1 p.m.<br>Wednesday, September 23   6:30 - 7:30 p.m. @ Hope Connections                                                                           |                                                                                                                                                                              |                                            | <b>August 26</b><br><b>September 23</b>                                                                   |                                          |                                             |
| SUPPORT          | <ul style="list-style-type: none"> <li>• Personalized Individual Support</li> <li>• JustRides Transportation Assistance</li> <li>• Caregiver Resources</li> <li>• Family &amp; Bereavement Support</li> </ul> | For more information about these services, detailed descriptions can be found on the front page.                                                                             |                                            |                                                                                                           |                                          |                                             |
| CONNECT          | <b>Young Women's Meet Up</b><br>6:30–7:30 p.m.   In person, White Oak Cancer Center                                                                                                                           | <b>August 17</b>                                                                                                                                                             |                                            |                                                                                                           |                                          |                                             |
|                  | <b>Finding Meaning Together: A Guided Support Group</b><br>6–7:30   Virtual                                                                                                                                   |                                                                                                                                                                              |                                            |                                                                                                           | <b>September 3–</b><br><b>October 22</b> |                                             |
| REFLECT          | <b>Write Your Story: A Guided 7-Week Writing &amp; Storytelling Workshop</b><br>1:30–4:30 p.m.   Virtual, Exclusive to Caregivers                                                                             |                                                                                                                                                                              |                                            | <b>August 5 –</b><br><b>September 16</b>                                                                  |                                          |                                             |
|                  | <b>Healing through SoulCollage®</b><br>In Person, Aquilino Cancer Center                                                                                                                                      |                                                                                                                                                                              |                                            | <b>July 15</b><br>1–3 p.m.<br><b>August 19</b><br>11 a.m.–1 p.m.<br><b>September 16</b><br>11 a.m.–1 p.m. |                                          |                                             |
| COPE             | <ul style="list-style-type: none"> <li>• Supportive Counseling</li> <li>• Kids Coaching</li> </ul>                                                                                                            | To access individual counseling, nutrition or navigation, please ask your care team for a referral.                                                                          |                                            |                                                                                                           |                                          |                                             |
| RESTORE          | <ul style="list-style-type: none"> <li>• Free Wig Boutique</li> <li>• Sexual Health &amp; Body Image Support</li> </ul>                                                                                       | For more information about these services, detailed descriptions can be found on the front page.                                                                             |                                            |                                                                                                           |                                          |                                             |
| SPIRITUALITY     | <ul style="list-style-type: none"> <li>• Connection with a Chaplain</li> </ul>                                                                                                                                | Connect with a chaplain at your cancer center by calling.<br>• Aquilino Cancer Center Spiritual Care: 240-826-6352<br>• White Oak Cancer Center Spiritual Care: 240-637-5265 |                                            |                                                                                                           |                                          |                                             |