

WELLNESS FOR CANCER CARE

OCTOBER, NOVEMBER & DECEMBER 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.

Yoga with Amy: October:

Breast Cancer Awareness Month

A four-week gentle movement series emphasizes stretches for the chest, shoulders and upper back to build strength and flexibility during or post-treatment. There will also be a focus on breathing and meditation to promote healing.

Yoga with Amy: November:

Falling into Mindfulness

A four-week yoga series offering techniques to help practitioners live more in the moment. Use mind, body and movement to help release racing thoughts and let our minds be more present and capable of enjoying the present.

Yoga with Amy: December:

Quieting the Mind During Stressful Times

A four-week supportive yoga series during the busy holiday season. Learn meditation and breathing techniques to help find calm during stressful times. Take this time on your mat to relax and enjoy the season!

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.

Mindfulness II

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

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.

Caregiver's Night Out

Join us for a our first evening created especially for those caring for someone with cancer. Come enjoy small bites, live acoustic music and the opportunity to relax, unwind and connect with others who understand the caregiver experience. No pressure. No expectations. Just a chance to step away from your usual routine, and enjoy a night out.

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	Gentle Hatha Yoga 10–11 a.m. Virtual			Every Wednesday		
	Chair Yoga 1–2 p.m. Virtual				October 8 November 12 December 10	
	Yoga with Amy: October: Breast Cancer Awareness Month 10–11 a.m. Virtual					Fridays in October
	Yoga with Amy: November: Falling into Mindfulness 10–11 a.m. Virtual					Fridays in November
	Yoga with Amy: December: Quieting the Mind During Stressful Times 10–11 a.m. Virtual					Fridays in December (No class Dec. 25)
	2Unstoppable Strong 6:30–7:30 p.m.	New session coming February 2027				
CALM	Mindfulness-Based Stress Reduction (MBSR) 5:30–7:30 p.m. Virtual			November 4–December 23		
SUPPORT	• Personalized Individual Support • JustRides Transportation Assistance • Caregiver Resources • Family & Bereavement Support	For more information about these services, detailed descriptions can be found on the front page.				
CONNECT	Young Women's Meet Up 6:30–7:30 p.m. In person, White Oak Cancer Center			Wednesday, November 11		
	Caregiver's Night Out 6:30–8:30 p.m. In person, White Oak Cancer Center Thursday, Nov. 5				November 5	
REFLECT	Write Your Story: A Guided 7-Week Writing & Storytelling Workshop 1:30–4:30 p.m. Virtual, Exclusive to Caregivers	New session coming January 2027				
	Healing through SoulCollage® 10:30 a.m.–12:30 p.m. Aquilino Cancer Center		October 13 December 8	Nov. 11		
COPE	• Supportive Counseling • Kids Coaching	To access individual counseling, nutrition or navigation, please ask your care team for a referral.				
RESTORE	• Free Wig Boutique • Sexual Health & Body Image Support	For more information about these services, detailed descriptions can be found on the front page.				
SPIRITUALITY	• Connection with a Chaplain	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				