

Legacy Cancer Institute

Legacy Cancer Healing Center Groups, classes, and workshops ~Schedule for May-August 2025~

Weekly Schedule

All groups are **virtual**
unless otherwise noted.
Pre-registration required.



Mondays

9 a.m. - 10 a.m. **Gentle Yoga**
at Meridian Park
11 a.m. - 12:30 p.m. **Yoga with Patti**
1 p.m. - 2:30 p.m. **Yoga with Patti**

Tuesdays

11:30 a.m. - 12:30 p.m. **Qigong and T'ai Chi**
1:30 p.m. - 3 p.m. **Finding Center**
Art and Mindfulness
5:15 p.m. - 6:15 p.m. **Gentle Yoga**
Hybrid at Salmon Creek
5:30 p.m. - 7p.m. **Breast Cancer Support**
Group 1st Tuesdays

Wednesdays

5:30 p.m. - 7 p.m. **Prostate support Group**
2nd Wednesdays
6 p.m. - 7:30 p.m. **Candlelight Finding**
Center: Art and Mindfulness

Thursdays

10 a.m. - 11 a.m. **Qigong and T'ai Chi**
4 p.m. - 5:30 p.m. **Head and Neck Support**
Group 1st Thursdays
5 p.m. - 6:30 p.m. **Women's Advanced and**
Metastatic Group
4th Thursdays

Fridays

10 a.m. - 12 p.m. **Words for Healing**
Twice a month
10:45 a.m. - 12:15 p.m. **Yoga with Patti**
1 p.m. - 2:30 p.m. **Yoga with Patti**
Hybrid at Mount Hood

Our groups and classes are offered for **FREE** to those affected by cancer thanks to generous donations to the **Cancer Funds** of the **Legacy Hospital Foundations**. Visit our website: www.legacyhealth.org/cancerclasses or scan the **QR code** with your phone for the latest information.



Cancer Education Series

In our cancer education series, you will hear from experts in the cancer community on ways to support your wellbeing from diagnosis on. These events are free to attend and recordings of virtual lectures will be available in our [cancer education video library](#).

Nutrition in Survivorship: Seasonal Foods for Spring *(Hybrid)*

Thursday, May 15th, 12 - 1:30 p.m. at Mount Hood Medical Center

Join us for a fun afternoon of cooking and discussion about foods to support your health in survivorship. Our dietitians, Marci Reed and Alexa Billy, will show you how to prepare seasonal recipes and explain the health benefits of the ingredients used. Marci and Alexa will be available to answer your questions while you get to sample the food prepared. Patients and loved ones are welcome.



Lymphedema: Understanding the Basics *(Virtual)*

Monday, May 19th, 5 - 6 p.m.

Lymphedema is swelling in a limb or body part and it can be a side effect after cancer treatment. Few people know how to recognize it or know what to do if it starts. Join occupational therapist, Kate Long, to learn what impacts your risk for getting lymphedema, how to recognize it, and what to do if you have concerns. Learn about the new recommendations on exercise, preventative compression, Manual Lymph Drainage (MLD), and more.

Cancer Superfoods *(Virtual)*

Wednesday, July 23rd, 12 - 1 p.m.

Come learn about the cancer fighting powers and health benefits of different food groups. Oncology-certified dietitian, Maran Scott will explain which foods help the body fight inflammation and cancer, give you useful tips and recipes to inspire you to enjoy these superfoods every day, as well as answer your questions.

Save the Date: Saturday, October 4th **Young Cancer Survivor Seminar**

Who: Women diagnosed with cancer before the age of 45.

What: Join Oncology Nurse Navigators, Cherith Rivinius and Laurie Christensen as we explore topics including early menopause, long-term effects of treatment, sex and intimacy, self-care after cancer.

Where: Legacy Salmon Creek Healing Center, Vancouver, WA

When: Saturday, October 4th from 8:30 a. m. - 1:00 p.m.

Mind-Body Events

Registration for all groups and classes can be found at: www.legacyhealth.org/cancerclasses
Contact cancerclasses@lhs.org or call 503-413-7284 with questions.

Forest Bathing (In Person)

Saturday, June 7, 9:30 - 11:30 am (Leach Botanical Garden)

Monday, July 14, 9:30 - 11:30 am (Tryon Creek)

Saturday, August 23, 9:30 - 11:30 am (Forest Park)

Forest bathing is a guided nature-connection experience inspired by the Japanese practice of Shinrin-Yoku. Join us as we shift away from the stress of daily life and find support and nourishment through engagement with the natural world.



Yoga Nidra (Virtual)

Wednesdays, June 18 and August 6, 1:30-2:30pm

Yoga Nidra means "yogic sleep." Yoga Nidra refers to a specific multi-step process for the integration of body and mind, promoting deep rest and relaxation. The position of the body is usually reclined face-up, using blankets and pillows for support, with the eyes closed, the body still and quiet. Guided by Certified Yoga Therapist, Patti Stone.

***NEW* Gong Sound Bath** (In Person)

Sunday, July 27, 1:00-2:30pm at Meridian Park Medical Center

A meditative immersion in the powerful sounds and vibrations of Gong, complemented by other sound healing instruments. This class will consist of a short, guided meditation followed by an extended Gong Sound Bath. It helps to support deep rest, relaxation and stress reduction for the nervous system, body, mind, and spirit. Facilitated by Laura Fong of Crown and Heart Healing.



Meditation "for people who can't sit still" (In Person)

Sunday, June 15 and August 3, 1:30-3:30 p.m. at Salmon Creek Medical Center

If you're interested in learning to meditate but find it challenging to sit in stillness and quiet, give these workshops a try! One of the secrets to meditation is preparing your body and mind beforehand. We will start with gentle movements, learn breathing practices and practice guided mindfulness meditation seated in a chair. By the end of this workshop, you may be surprised to find that you CAN settle into stillness and actually enjoy meditation! Taught by Addie deHilster, Mindfulness Meditation Teacher and Yoga Therapist.

Movement and Exercise

Gentle Yoga *(Virtual and In Person see below)*

These free, weekly yoga classes are for patients who have received a cancer diagnosis. Whether you are in treatment or post treatment, yoga is a gentle way to develop strength, flexibility, breathing, and relaxation in a supportive group environment. All of our instructors are certified yoga therapists.

*Mondays from 9 - 10 a.m. at **Meridian Park** with Nancy McFarlane*

Mondays from 11 a.m. - 12:30 p.m. Virtual with Patti Stone

Mondays from 1 - 2:30 p.m. Virtual with Patti Stone

*Tuesdays from 5:15- 6:15 p.m. Hybrid at **Salmon Creek** with Addie DeHilster*

Fridays from 10:45 - 12:15 p.m. Virtual with Patti Stone

*Fridays from 1 - 2:30 p.m. Hybrid at **Mount Hood** with Patti Stone*



Qigong and T'ai Chi *(Virtual)*

A gentle movement, breath, and meditation practice that improves strength and balance, while supporting a peaceful state of mind.

Facilitated by Certified Qigong, T'ai Chi Instructor, Wendy Tucker.

Tuesdays from 11:30 a.m. - 12:30 p.m.

Thursdays from 10 - 11 a.m.

Art Therapy Program

Finding Center *(Virtual)*

During this group you will use simple art processes and mindfulness exercises to connect with yourself and to set an intention for your week. No art experience necessary. Cancer patients, family and caregivers welcome to join for one or all virtual sessions. Facilitated by Licensed Counselor and Art Therapist, Margaret Hartsook.

Finding Center Tuesdays from 1:30 - 3 p.m.

Candlelight Finding Center Wednesdays from 6 - 7:30 p.m.



Words for Healing *(Virtual)*

Writing with a group of peers in a safe, respectful environment creates community and connection can reduce stress while bolstering confidence and resiliency.

Facilitated by Dawn Thompson, MA.

Fridays twice a month from 10 a.m. - 12 p.m.

✧ Register for all events at www.legacyhealth.org/cancerclasses ✧

Summer Open Studio *(In Person)*

Thursday, June 26, 11 a.m. - 2 p.m. Good Samaritan

Thursday, July 17, 11 a.m. - 2 p.m. Mount Hood

Friday, August 8, 11 a.m. - 2 p.m. Salmon Creek

Thursday, August 21, 11 a.m. - 2 p.m. Meridian Park

Art making can bring joy and reduce stress—before, during or after cancer treatment. Whether you are recently diagnosed, in treatment or have finished treatment, you are welcome to join us as we explore a variety of art processes to create insight, healing and community. No art experience necessary.



Horses, Heart and Healing Workshop *(In Person at Forward Stride, Hillsboro, OR)*

Saturday, June 28, 1-5 p.m.



In this full-day workshop we pair horses and art to explore the horse's capacity to calm our nervous system after cancer. Art making allows us to deepen learning from the horses. Individuals will be interacting with the horses but not riding, must be Legacy Cancer patients, and able to commute to Forward Stride, a therapeutic riding stable in Hillsboro, OR. Facilitated by Licensed Counselor and Art Therapist, Margaret Hartsook and Equine Specialists. No horse or art making experience is necessary.

Contact Margaret Hartsook with questions about the Art Therapy Program. Email mhartsoo@lhs.org or call 503-413-8404.

Save the Date: Sunday, September 7th

Family Matters: A day-long Retreat for Families after Cancer

Who: Parents who have gone through/are going through treatment and have children at home.

What: Turn towards yourself and your family, acknowledging the impact cancer has had on you.

Through delicious food, interactions in the natural setting of the beautiful Washington Park, music and art, you will come together with yourselves and other families to heal and reconnect.

The day will be facilitated by Art Therapists, no art experience necessary.

Lunch and snacks will be provided.

Where: World Forestry Center Cheatham Hall, Portland, Oregon

When: Sunday, September 7th from 11:00 a. m. - 4:30 p.m.

Support Groups

Breast Cancer Support Group *(Virtual)*

First Tuesdays from 5:30 - 7:30 p.m.

Open and topical discussion to support women in any stage of breast cancer, from diagnosis to post-treatment. Facilitated by Oncology Certified Social Worker, Sara Butler, and Licensed Counselor and Art Therapist, Margaret Hartsook.

Head and Neck Cancer Support Group *(Virtual)*

First Thursdays from 4 - 5:30 p.m.

Support for individuals and their loved ones coping with the impact of a head, neck or oral cancer diagnosis. Facilitated by Speech Language Pathologist, Julia Robinson.

Prostate Cancer Support Group *(Virtual)*

Second Wednesdays from 5:30 - 7:30 p.m.

Support for individuals with a prostate cancer diagnosis. Spouses and partners are respectfully asked not to attend. Open discussion group with guest speakers or specific topics offered. Facilitated by Registered Nurse, Janet Vanoni, and Licensed Social Worker, Austin Shaw Phillips.

Women's Advanced and Metastatic Cancer Support Group *(Virtual)*

Fourth Thursdays from 5 - 6:30 p.m.

Support for women coping with advanced cancer, or cancer that has metastasized. All cancer types welcome. Co-sponsored by the Pink-Lemonade Project and facilitated by Oncology Certified Social Worker, Sara Butler, and Chaplain Caroline K. Murphy.

Legacy Cancer Healing Center Locations

Legacy Good Samaritan Medical Center Legacy Cancer Healing Center 1130 NW 22nd Avenue Medical Office Building 3, Suite LL10 Portland, OR 97210	Legacy Meridian Park Medical Center Legacy Cancer Healing Center 19260 SW 65th Avenue Medical Plaza 2, Suite 140 Tualatin, OR 97062
Legacy Salmon Creek Medical Center Legacy Cancer Healing Center 2121 NE 139th Street Medical Office Building B, Suite 160 Vancouver, WA 98686	Legacy Mount Hood Medical Center Legacy Cancer Healing Center 24900 SE Stark Street, Medical Office Building 1, Suite 211 Gresham, OR 97030