

Legacy Cancer Institute

Legacy Cancer Healing Center Groups, classes, and workshops Schedule for January - April 2025

Weekly Schedule

Important: Start dates vary, see website for details.

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



Mondays

9 a.m. - 10 a.m.	Gentle Yoga with Nancy (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
4 p.m. - 5 p.m.	Finding Center: Art and Mindfulness
5:15 p.m. - 6:15 p.m.	Gentle Yoga with Addie (Hybrid at Salmon Creek)
5:30 p.m. - 7 p.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 with Wendy
1:30 p.m. - 3:30 p.m.	Open Studio: Art and Community
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 Support Group (3rd Thursdays)

Fridays

9 a.m. - 10 a.m.	Finding Center: Art and Mindfulness
10 a.m. - 12 p.m.	Words for Healing (1st and 3rd) <i>*January will be the 2nd and 4th Friday*</i>
10:45 a.m. - 11:15 a.m.	Yoga with Patti
1 p.m. - 2:30 p.m.	Yoga with Patti

*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, including cancellations.*



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.

Redefining exercise goals during cancer *(Virtual)*

Monday, January 14, 4:30 p.m. - 6 p.m.

Ready to get moving and add more physical activity to your life? Dr. Stacia Akers (Doctor of Physical Therapy) will explain the benefits of exercise throughout cancer treatment, how to redefine your own activity routine, and offer resources for free and low-cost movement programs for cancer patients.

Acupuncture's role in cancer care *(Virtual)*

Wednesday, February 10, 5 p.m. - 6 p.m.

Acupuncture can help manage symptoms associated with chemotherapy, radiation and post-surgical recovery. Join Heather Krebsbach, ND, L.Ac from Inner Gate Health & Wellness to learn more about acupuncture and how it can help stimulate the body's natural repair process during or after cancer care. Q&A to follow.



Cancer Superfoods *(Virtual)*

Wednesday, February 26, 1 p.m. - 2 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.

Pelvic floor health *(In-person, Good Samaritan Auditorium)*

Wednesday, March 13, 11:30 a.m. - 12:30 p.m.

Following cancer treatments, you may have pelvic floor issues such as incontinence, pain and sexual dysfunction. Join pelvic health specialists, Trish Ault and Claudia Von Hammerstein, to discuss common issues following cancer treatment and how physical therapy treatment can help. All genders are welcome.



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Fear of cancer recurrence *(Virtual)*

Thursday, April 10, 5:30 p.m. - 7 p.m.

After treatment ends, one of the most common fears patients have is that the cancer will come back, also called recurrence. Anxiety about recurrence is normal but doesn't need to hold you back from the life you wish to live. Join Clinical Health Psychologist, Dr. Michelle Lee, to learn simple strategies for managing the fear and uncertainty that come with having had a cancer diagnosis, including triggers and anxiety related to follow-up scans or tests.

Special Events

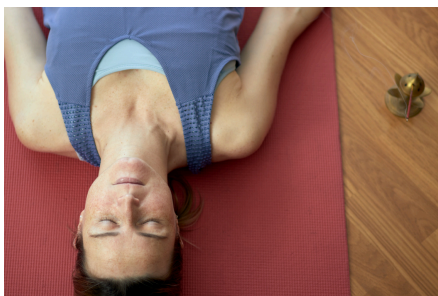
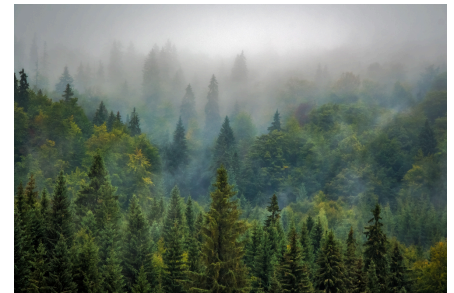
Registration for all groups and classes can be found at www.LegacyHealth.org/CancerClasses
Contact CancerClasses@lhs.org or call 503-413-7284 with questions.

Forest Bathing with Irene Bailey

Sunday, February 9, 10 a.m. - 11:30 a.m. (Virtual)

Saturday, March 29, 9:30 a.m. - 11:30 a.m. (In-person, Hoyt Arboretum)

Forest bathing is a guided nature-connection experience inspired by the Japanese practice of Shinrin-Yoku. Irene Bailey from Tenemos Rising will offer the opportunity this Winter (virtually) and Spring (in-person) to shift away from the stress of daily life and find support and nourishment through engagement with the natural world.



Yoga Nidra *(Virtual)*

Wednesdays, February 12 and April 16, 1:30 p.m. - 2:30 p.m.

Yoga Nidra means "yogic sleep." Yoga Nidra refers to a specific multi-step process for the integration of body and mind, that promotes deep rest and relaxation. The position of the body is usually reclined face-up, using blankets and pillows for support, with the eyes closed and the body still and quiet. No medical release required. All are welcome! Guided by Certified Yoga Therapist, Patti Stone.

***NEW* Sound Bath** *(In-person at The Yoga Space, NW Portland)*

Sunday, March 9, 1:00 p.m. - 2:30 p.m.

A sound bath is a deeply immersive, full-body listening experience that uses sound and simple mindfulness techniques to invite gentle yet powerful therapeutic and restorative processes to the mind and body. Yoga instructor and sound healing facilitator, Allie Lyon will guide participants through a mindfulness practice of yoga nidra followed by sound healing with singing bowls and chimes.



Special Art Therapy Groups

Registration for all groups and classes can be found at
www.LegacyHealth.org/CancerClasses

See the **Weekly Schedule** for more **Art Therapy** groups.

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

Return to Self: Exploring grief and resilience through the creative process *(In-person at Salmon Creek Medical Center)*

Fridays, January 31 - March 7, 12:30 p.m. - 2:30 p.m.

This group offers a unique opportunity to process the grief and loss related to having cancer, and nurture resilience, hope and growth moving forward. Held for 6-weeks, this group is for individuals who are done with primary cancer treatment and wanting to explore and process the emotional aspects of life after cancer through peer-to-peer discussion and art-based techniques, including mixed media and writing. No art experience necessary.



Expanding Doorways: Art therapy for LGBTQ2SIA+ cancer patients *(In-person at Good Samaritan Medical Center)*

Wednesdays, February 5 - March 19, 1 p.m. - 3 p.m.

In this 6-week therapeutic group we will explore topics of identity, grief and loss, resilience within the context of a cancer diagnosis. Open to cancer patients during or post treatment who would like to explore and process emotions through art and peer-to-peer discussion. *No group on February 26.*



Legacy Cancer Healing Center Event Locations

<p>Legacy Good Samaritan Medical Center Legacy Cancer Healing Center 1130 NW 22nd Avenue Medical Office Building 3, Suite LL10 Portland, OR 97210</p>	<p>Legacy Meridian Park Medical Center Legacy Cancer Healing Center 19260 SW 65th Avenue Medical Plaza 2, Suite 140 Tualatin, OR 97062</p>	<p>Legacy Mount Hood Medical Center Legacy Cancer Healing Center 24900 SE Stark Street, Medical Office Building 1, Suite 211 Gresham, OR 97030</p>
<p>Legacy Good Samaritan Medical Center Auditorium 1040 NW 22nd Avenue Medical Office Building 2 Portland, OR 97210</p>	<p>Legacy Salmon Creek Medical Center Legacy Cancer Healing Center 2121 NE 139th Street Medical Office Building A, Suite 160 Vancouver, WA 98686</p>	<p>The Hoyt Arboretum 4000 SE Fairview Blvd. Portland, OR 97221</p> <p>The Yoga Space 210 NW 17th Ave. Portland, OR 97209</p>