

CANCER SUPPORT PARTNERSHIP EVENTS: NOVEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	To find this calendar online, go to sphealth.org , under "Classes and Events," click "Cancer Support Partnership Events."	See inside for details on each event		1 All Day Pool Use 5 am-10 pm, Capital City HC Pilates, 10:30 am, Fuel Fit. Free Swim, 1:30-3:30 pm Broadwater Athletic Club Yoga, 4:30 pm, Fuel Fitness	2 Tai Chi 1:15 pm Crossroads Getting Back Up 1:45 pm Capital City Health Club	3
4 Yoga 4:00-5:00 pm Crossroads	5 Gentle Touch of Yin 6:45 pm Loft Studios	6 Pilates 10:30 am Fuel Fitness	7 Circle of Hope 12:00 pm Survivor's Boutique Gentle Stretch and Restore 6:30 pm Elevate Life Studio	8 All Day Pool Use 5 am-10 pm, Capital City HC Pilates, 10:30 am, Fuel Fit. Free Swim, 1:30-3:30 pm Broadwater Athletic Club Yoga, 4:30 pm, Fuel Fitness	9 Tai Chi 1:15 pm Crossroads Getting Back Up 1:45 pm Capital City Health Club	10
11 Yoga 4:00-5:00 pm Crossroads	12 Gentle Touch of Yin 6:45 pm Loft Studios	13 Pilates 10:30 am Fuel Fitness	14 Gentle Stretch and Restore 6:30 pm Elevate Life Studio	15 All Day Pool Use 5 am-10 pm, Capital City HC Pilates, 10:30 am, Fuel Fit. Free Swim, 1:30-3:30 pm Broadwater Athletic Club Yoga, 4:30 pm, Fuel Fitness	16 Tai Chi 1:15 pm Crossroads Getting Back Up 1:45 pm Capital City Health Club	17
18 Yoga 4:00-5:00 pm Crossroads	19 Gentle Touch of Yin 6:45 pm Loft Studios	20 Pilates 10:30 am Fuel Fitness	21 Circle of Hope 12:00 pm Survivor's Boutique Gentle Stretch and Restore 6:30 pm Elevate Life Studio	22 	23 Tai Chi 1:15 pm Crossroads Getting Back Up 1:45 pm Capital City Health Club	24
25 Yoga 4:00-5:00 pm Crossroads	26 Gentle Touch of Yin 6:45 pm Loft Studios	27 Pilates 10:30 am Fuel Fitness	28 Gentle Stretch and Restore 6:30 pm Elevate Life Studio	29 All Day Pool Use 5 am-10 pm, Capital City HC Pilates, 10:30 am, Fuel Fit. Free Swim, 1:30-3:30 pm Broadwater Athletic Club Yoga, 4:30 pm, Fuel Fitness	30 Tai Chi 1:15 pm Crossroads Getting Back Up 1:45 pm Capital City Health Club	

CANCER SUPPORT PARTNERSHIP EVENTS: DECEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
	See inside for details on each event	To find this calendar online, go to sphealth.org , under "Classes and Events," click "Cancer Support Partnership Events."				
2	3	4	5	6	7	8
Yoga 4:00-5:00 pm Crossroads 	Gentle Touch of Yin 6:45 pm Loft Studios	Pilates 10:30 am Fuel Fitness	Circle of Hope 12:00 pm Survivor's Boutique Gentle Stretch and Restore 6:30 pm Elevate Life Studio	All Day Pool Use 5 am-10 pm, Capital City HC Pilates, 10:30 am, Fuel Fit. Free Swim, 1:30-3:30 pm Broadwater Athletic Club Yoga, 4:30 pm, Fuel Fitness	Tai Chi 1:15 pm Crossroads Getting Back Up 1:45 pm Capital City Health Club	
9	10	11	12	13	14	15
Yoga 4:00-5:00 pm Crossroads	Gentle Touch of Yin 6:45 pm Loft Studios	Pilates 10:30 am Fuel Fitness	Gentle Stretch and Restore 6:30 pm Elevate Life Studio	All Day Pool Use 5 am-10 pm, Capital City HC Pilates, 10:30 am, Fuel Fit. Free Swim, 1:30-3:30 pm Broadwater Athletic Club Yoga, 4:30 pm, Fuel Fitness	Tai Chi 1:15 pm Crossroads Getting Back Up 1:45 pm Capital City Health Club	
16	17	18	19	20	21	22
Yoga 4:00-5:00 pm Crossroads	Gentle Touch of Yin 6:45 pm Loft Studios	Pilates 10:30 am Fuel Fitness	Circle of Hope 12:00 pm Survivor's Boutique Gentle Stretch and Restore 6:30 pm Elevate Life Studio	All Day Pool Use 5 am-10 pm, Capital City HC Pilates, 10:30 am, Fuel Fit. Free Swim, 1:30-3:30 pm Broadwater Athletic Club Yoga, 4:30 pm, Fuel Fitness	Tai Chi 1:15 pm Crossroads Getting Back Up 1:45 pm Capital City Health Club	
23/30	24/31	25	26	27	28	29
Yoga 4:00-5:00 pm Crossroads	Gentle Touch of Yin 6:45 pm Loft Studios		Gentle Stretch and Restore 6:30 pm Elevate Life Studio 	All Day Pool Use 5 am-10 pm, Capital City HC Pilates, 10:30 am, Fuel Fit. Free Swim, 1:30-3:30 pm Broadwater Athletic Club Yoga, 4:30 pm, Fuel Fitness	Tai Chi 1:15 pm Crossroads Getting Back Up 1:45 pm Capital City Health Club	

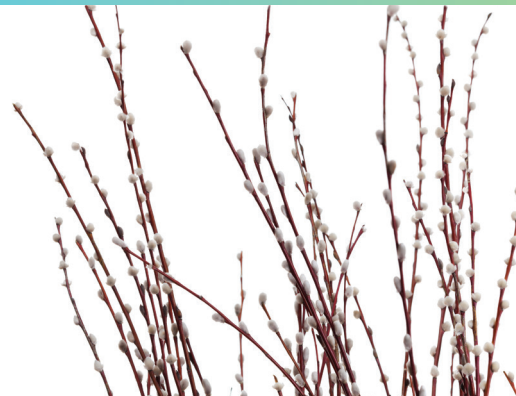
CANCER SUPPORT PARTNERSHIP EVENTS

St. Peter's Health Resource Center is partnering with the community to provide free programs that complement medical care for cancer through the Cancer Support Partnership. These include: support groups, exercise, education, and more. Family and friends are welcome to participate in most activities.

SUPPORT GROUP

CIRCLE OF HOPE

This is a survivor-led support group for women who have or have had cancer. It is supported by St. Peter's Health and meets the first and third Wednesdays at noon at the Survivor's Boutique, 1054 Helena Ave.



St. Peter's honors survivors with Lung and Pancreatic Cancer for November Cancer Awareness.

EDUCATION

COMMUNITY EDUCATION

St. Peter's offers numerous health and wellness classes for the community. Among them are Quit for Life (tobacco cessation), Stepping Out (fitness and diet), Inch by Inch (cardiovascular and diabetes prevention), Arthritis Pool (exercise), First Aid and CPR. Visit www.sphealth.org/classes-events for a full listing.

SURVIVORSHIP SERIES

A series of classes covering various topics intended to increase awareness and management of any long-term physical effects and emotional stressors that could occur after cancer treatment. RSVP is appreciated but not required; contact Tina Stern (406) 438-5029 or ctstern@sphealth.org.

HEALTH RESOURCE LOUNGE

The Health Resource Lounge is a place where people have the opportunity to find the most recent information on the prevention, early detection, and treatment of cancer. It's located just inside St. Peter's East Entrance near the Cancer Treatment Center. Within the center there is also a private wig room where patients can be fitted with an appropriate wig or hat.

LEGAL ASSISTANCE

Cancer Legal Resource Center, a national, joint program of the Disability Rights Legal Center and Loyola Law School Los Angeles, provides free and confidential information and resources on cancer-related legal issues to cancer survivors, caregivers, healthcare professionals, employers, and others coping with cancer. The National Telephone Assistance Line is 866-THE-CLRC, or local contact R. Allan Payne at 443-2211.

WELLNESS

FITNESS CLASSES

Please see the calendar for available classes and locations.

Broadwater Athletic Club is located at 4920 Hwy 12 West

- **Free Swim** - Spend your Thursday relaxing in the pool, swimming laps, or just clearing your head.

Capital City Health Club is located at 1280 N. Montana Ave., across from Helena High School.

- **Getting Back Up** - Zumba Gold is a modified Zumba class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.
- **All Day Pool Use** - Come early, come late—enjoy the use of CCHC's two pools all day.

Crossroads is at 1013 Dearborn.

- **Tai Chi** - Introductory class provides an accessible but challenging foundation to this internal martial arts style with an emphasis on whole-body mechanics, balance, posture and breathing.
- **Yoga** - Gentle and relaxing yoga class which will improve your flexibility and help with body strength. Easily modified and adapted to all levels. A great complement to any workout program, it also helps to de-stress with deep breathing and relaxation techniques.

Elevate Life Studio is located at 1361 Elm St. Suite 2

- **Gentle Stretch and Restore** - This yoga class taught by Suzanne Morgan is perfect for those seeking a restful practice to focus body and mind to relieve stress and tension.

Fuel Fitness is at 3336 N. Montana Ave.

- **Pilates** - Gain flexibility, strength, balance and coordination with this form of exercise that puts emphasis on alignment, breathing, and treating mental and physical health as interrelated.

Loft Studios is located at 740 Front Street, Unit 2B.

- **Gentle Touch of Yin Yoga** - A yoga class for all levels. You'll be guided through postures beginning with the basic poses. This is a great class for students looking for a gentle experience, those who are new to yoga or yogis who need a change of pace. It's also the perfect class for students with injuries or limitations.

ASSISTANCE

ROAD TO RECOVERY

Through the American Cancer Society's Road to Recovery program, volunteers give their time and use of their vehicles to provide a friendly, supportive, reliable presence and free transportation to and from cancer-related medical appointments. Please call your nurse navigator for more information.

LODGING PROGRAM

Free rooms are offered on a space available basis to cancer patients and one caregiver traveling more than 50 miles to Helena for their treatments; that do not have friends or relatives to stay with; and for whom paying for a hotel would be a financial hardship. Reservation requests must originate with St. Peter's and are filled by the American Cancer Society's patient service center. For more information, ask your nurse navigator.

THANK YOU

The Cancer Support Partnership would like to say a special thank you to all of those community organizations who have donated time, money, and space to our Helena area cancer patients and survivors.

- Broadwater Athletic Club
- Capital City Health Club
- Crossroads
- Fuel Fitness
- St. Peter's Health Foundation



St. Peter's Health
CANCER TREATMENT CENTER