

## MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Art Therapy Group 1:00P Massage (South)
<b>4</b> Massage (South) Massage (East) Massage (North) Survivorship 6:30P	<b>5</b> Massage (South) Massage (North) Cardio & Strength <i>Power Pilates</i> 5:30P	<b>6</b> Massage (North)	<b>7</b> Guided Meditation Massage (South) 5:30P	<b>8</b>
<b>11</b> Massage (South) Massage (East) Massage (North)	<b>12</b> Massage (South) Massage (North) Cardio & Strength <i>Cardio &amp; Slow Burn Strength</i> 5:30P	<b>13</b> Massage (North) Patient Support Grp 6:00P	<b>14</b> Guided Meditation 5:30P	<b>15</b> Massage (South)
<b>18</b> Massage (South) Massage (East) Massage (North) Survivorship 6:30P	<b>19</b> Massage (South) Massage (North) Cardio & Strength <i>Toning on the Move</i> 5:30P	<b>20</b> Massage (North)	<b>21</b> Guided Meditation Metastatic Group Massage (South) 5:30P 6:30P	<b>22</b>
<b>25</b> Massage (South) Massage (East) Massage (North)	<b>26</b> Massage (South) Massage (North) Cardio & Strength <i>Sweat, Butts &amp; Guts</i> 5:30P	<b>27</b> Massage (North) Patient Support Grp Prostate Grp 6:00P 6:30P	<b>28</b> Guided Meditation 5:30P	<b>29</b> Massage (South)

## APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Massage (South) Massage (East) Massage (North) Survivorship 6:30P	<b>2</b> Massage (South) Massage (North) Cardio & Strength <i>Power Pilates</i> 5:30P	<b>3</b> Massage (North)	<b>4</b> Guided Meditation Massage (South) 5:30P	<b>5</b> Art Therapy Group 1:00P
<b>8</b> <b>No Programming Cancer Center Closed</b>	<b>9</b> Massage (South) Massage (North) Cardio & Strength <i>Cardio &amp; Slow Burn Strength</i> 5:30P	<b>10</b> Massage (North) Patient Support Grp 6:00P	<b>11</b> Guided Meditation 5:30P	<b>12</b> Massage (South)
<b>15</b> Massage (South) Massage (East) Massage (North) Survivorship 6:30P	<b>16</b> Massage (South) Massage (North) Cardio & Strength <i>Toning on the Move</i> 5:30P	<b>17</b> Massage (North)	<b>18</b> Guided Meditation Metastatic Group Massage (South) 5:30P 6:30P	<b>19</b>
<b>22</b> Massage (South) Massage (East) Massage (North)	<b>23</b> Massage (South) Massage (North) Cardio & Strength <i>Sweat, Butts &amp; Guts</i> 5:30P	<b>24</b> Massage (North) Patient Support Grp Prostate Grp 6:00P 6:30P	<b>25</b> Guided Meditation 5:30P	<b>26</b> Massage (South)
<b>29</b> Massage (South) Massage (East) Massage (North)	<b>30</b> Massage (South) Massage (North) Cardio & Strength 5:30P			

## WELLNESS CLASSES

PLEASE VISIT [ECOMMUNITY.COM/SURVIVORSHIP](https://www.ecommunity.com/survivorship) FOR INFORMATION AND TO REGISTER FOR CLASSES.

### **GENTLE CARDIO & STRENGTH BUILDING** | Every Tuesday • 5:30P

Join us for our re-vamped class structure! Each class will build on the previous class(es). All fitness levels welcome and modifications will be available! Come join us!

**WEEK 1:** Power Pilates

**WEEK 2:** Cardio & Slow Burn Strength

**WEEK 3:** Toning on the Move

**WEEK 4:** Sweat, Butts & Guts

### **GUIDED MEDITATION** | Every Thursday • 5:30P

25-35-minute relaxation technique using breath and mental images to bring us to a place of peace and calmness.

*\*Please note Yoga has been removed from the class offerings. If you are interested in virtual, hybrid or in-person yoga at CSC Indiana, please contact [Hunter@cancersupportindy.org](mailto:Hunter@cancersupportindy.org).*

## SUPPORT GROUPS

PLEASE CALL [317.257.1505](tel:317.257.1505) FOR A BRIEF INTERVIEW FIRST, THEN YOU WILL RECEIVE VIRTUAL LINK TO JOIN.

**PATIENT SUPPORT GROUP** | Second & Fourth Wednesday • 6:00P

**PROSTATE SUPPORT GROUP** | Fourth Wednesday • 6:30P

**METASTATIC CANCER SUPPORT GROUP** | Third Thursday • 6:30P

## ART THERAPY

**ART THERAPY GROUP** | First Friday of the Month • 1:00P

Contact [faith@cancersupportindy.org](mailto:faith@cancersupportindy.org) for more info

## SURVIVORSHIP

PLEASE VISIT [ECOMMUNITY.COM/SURVIVORSHIP](https://www.ecommunity.com/survivorship) FOR INFORMATION AND TO REGISTER FOR THE CLASS.

**COOKING FOR WELLNESS** | Monday, March 4<sup>th</sup> • 6:30P

Join Medical Nutritionist, Jodi Smith, in our virtual education class that explores healthy recipes to support nutritional needs for people impacted by cancer.

**SUPPLEMENTS: THE DOs AND DON'Ts DURING & AFTER TREATMENT** | Monday, March 18<sup>th</sup> • 6:30P

An oncology pharmacist discusses the wide range of supplements and how they can harm, as well as benefit, you in your survivorship.

**NUTRITIONAL WELLNESS** | Monday, April 1<sup>st</sup> • 6:30P

Join Medical Nutritionist, Jodi Smith, in our virtual education class that explores healthy foods to support nutritional needs for people impacted by cancer.

**MINIMIZING SIDE EFFECTS IN PATIENTS WITH HEAD & NECK CANCERS** | Monday, April 15<sup>th</sup> • 6:30P

Join Community's Speech Language Pathologists Physical Therapist as they discuss ways to support head and neck patients during and after cancer treatment. A discussion about self-assessment, prevention, warning signs of lingering or "late" effects of treatment, and helpful strategies to minimize long term side effects impacting speech, swallowing, and/or voice as well as motion.

## MASSAGE THERAPY

BY APPOINTMENT ONLY. MUST CALL FAITH AT 317.499.3083 TO DETERMINE ELIGIBILITY AND SCHEDULE A MASSAGE.

**COMMUNITY EAST** | Monday • Hours Vary – Please call Faith at 317.499.3083 to schedule

**COMMUNITY NORTH** | Mon Tues Wed • Hours Vary – Please call Faith at 317.499.3083 to schedule

**COMMUNITY SOUTH** | Mon Tues Thurs Fri • Hours Vary – Please call Faith at 317.499.3083 to schedule

### **Massage Therapy Eligibility Rules: Effective January 2022**

Must be an active patient at the Community Health Network (currently receiving chemo, radiation or immunotherapy)

OR within 6-months from last chemo or radiation treatment

OR within 6-months of post-cancer-related surgery

**Note: Hormone therapy does not qualify patient for massage therapy at the Community Health Network.**