

Living Well

Classes & Support Groups



Spring & Summer Edition

CLASSES

Stay Active

Active Women, Healthy Women

Women of all fitness levels are encouraged to join this certified instructor led class. From cancer patients to survivors, there is an exercise activity appropriate for you! Co-sponsored by Team Survivor Northwest, this class focuses on stretching, strength training and cardio-workouts.

To register, call 206-732-8350

Swedish Issaquah – 1st Floor Yoga Flex Space
Mondays, 6:30-7:30pm

Swedish Edmonds – 4th Floor Conference Room
Mondays, 7:00-8:00pm

Gentle Yoga

Create balance in the body, breath and mind in this therapeutic class with registered yoga instructor, Ann Ford. No experience necessary. Bring a mat and blanket.

To register, call 1-800-SWEDISH or visit www.swedish.org/classes

Swedish Ballard – Conference Room BC
Mondays, 3:00-4:00pm

Gentle Yoga & Wellness Skills

Mind-body educator, Sharon, teaches students to develop good breathing patterns, integrated with balanced, healthy posture and a peaceful state of mind. This introductory class is appropriate for all mobility levels and those who are new to yoga. Transitioning to the floor is optional; wheelchairs are welcome.

Please RSVP to katie.scaff@swedish.org or call 206-991-2099

Swedish MS Center - Hedreen Wellness Studio
Tuesdays, 2:30-3:45pm

Get Fit! Staying Active During and After Cancer Treatment NEW!

Toshiko Aramaki, fitness coach for Team Survivor Northwest and LIVESTRONG, and a cancer survivor herself, will be leading Saturday exercise classes and fitness consults for patients who have finished their cancer treatment.

To register, call Meridithe Mendelsohn at 206-215-1743

Swedish Cherry Hill – James Tower, Center for Health & Wellness
Saturdays, 10:00-11:00am

Hawaiian Hula

E komo mai - Welcome! Join hula instructor, JoanMarie Ke'alaileiha'aha'a Hughes to learn the basics of Hula dancing and storytelling (standing or seated) while working your core, arms, and legs at the same time. No prior dance experience required.

To register, call 1-800-SWEDISH or visit www.swedish.org/classes

Swedish Edmonds – Radiation Oncology 2nd Floor Conference Room
Thursdays, Noon-1:00pm

Coping & Stress Management

ABC – After Breast Cancer: What's Next?

This event will provide a safe and supportive space for women who have completed breast cancer treatment to: make peace with the impacts of cancer treatment, reduce stress, overcome the fear of recurrence, and renew hope!

To register, call 1-800-SWEDISH or visit www.swedish.org/classes

Swedish First Hill – A-Floor West, TESH Conference Room C
Saturday One-Day Event, May 13, 10:00am-3:00pm

Cancer and Finances 101

This class will help to ease your financial concerns and alleviate stress by addressing the direct and indirect costs of cancer treatment, and introduce you to community resources and governmental programs available to assist with healthcare costs.

To register, call 1-800-SWEDISH or visit www.swedish.org/classes

Swedish Issaquah – 2nd Floor Conference Center, Leadership Room
Wednesday, July 12, 1:30-2:30pm

Cancer Survivor Celebration! Contemplating Life after Cancer

Join us for a special conference dedicated to coping and managing physical and emotional wellness once treatment is complete. Speakers include experts in sleep, integrative medicine, and coping with fear of recurrence.

To register, call 1-800-SWEDISH or visit www.swedish.org/classes

Swedish Cherry Hill – Campus Auditorium
Saturday, June 3, 9:00am-1:00pm

Don't Keep Putting It Off

An SCI oncology social worker will explain the elements of end-of-life planning, including medical power-of-attorney, living wills, and hospice. Relevant handouts provided.

To register, visit kcls.bibliocommons.com

Issaquah Library – 10 W Sunset Way, Issaquah, WA
Tuesday, July 25, 2:00-3:30pm

Healing Circles

Join us for an ongoing monthly workshop series to explore and engage in healing from the emotional distress of cancer. This program is open to anyone with a cancer diagnosis, companions, caregivers and those in survivorship.

Please RSVP to Meridithe Mendelsohn at 206-215-1743

Swedish Ballard – Conference Room BC
Thursday, May 4, 6:00-8:30pm–Self-Care
Saturday, June 3, 10:00-12:30pm–Stress Response
Thursday, July 6, 1:00-3:30pm–Mindfulness
Thursday, August 3, 6:00-8:30pm–Growing with Emotions

Look Good, Feel Better

This American Cancer Society class focuses on skin care, cosmetics, hair care, and hair loss and is designed for women undergoing cancer treatment.

To register, call 1-800-277-2345

Swedish First Hill – 5th Floor Healing Forum
Monday, May 15, 1:00-3:00pm
Monday, June 19, 1:00-3:00pm
Monday, July 17, 1:00-3:00pm
Monday, August 21, 1:00-3:00pm

Swedish Issaquah – 2nd Floor Conference Center, Teamwork Room
Monday, May 22, 1:00-3:00pm
Monday, July 24, 1:00-3:00pm

Each month, one class attendee will win a

\$50 PCC Gift Card

Register for a class at 1-800-SWEDISH or www.swedish.org/classes to be entered.

SUPPORT GROUPS (CONT. ON BACK)



Above: Patients, Family, Friends, and Staff paint murals for a Paintfest America event hosted by Swedish Cancer Institute.

Look Good, Feel Better (continued)

Swedish Edmonds – 3rd Floor Conference Room
Monday, May 15, 6:00-8:00pm
Monday, June 19, 6:00-8:00pm
Monday, July 17, 6:00-8:00pm
Monday, August 14, 6:00-8:00pm

Mindfulness Meditation at the Frye Art Museum

These weekly drop-in sessions are open to all who are interested in learning how to live with more present moment awareness. No registration required.

Frye Art Museum – Auditorium
Wednesdays, 12:30-1:00pm

Nutrition & Cancer Prevention

PCC Walk, Talk, & Taste Tour: Foods that Help Prevent the “Big C”

Learn basic nutrition principles and sample delicious foods that may help prevent cancer. You will leave with new recipe ideas, tips for eating well on a budget, and a PCC coupon to help put what you learn into practice.

To register, call 206-545-7112 or visit www.pcccocooks.com

Issaquah PCC – 1810 12th Ave NW, Issaquah, WA
Monday, July 10, 7:00-8:30pm

Greenlake Village PCC – 450 NE 71st St., Seattle, WA
Wednesday, August 16, 7:00-8:30pm

Healthy Habits! Lifestyle Tips to Help Lower Your Cancer Risk

Dr. Tracey Thomas will share evidence based nutrition and integrative therapies that can help lower your risk before, during, and after cancer treatment. Come learn the facts and what foods to eat and safe supplements to help improve your quality of life.

To register, call 1-800-SWEDISH or visit www.swedish.org/classes

Northwest Natural Health –
8135 Seaview Ave NW, Suite 300, Seattle, Wa
Saturday, May 13, 10:30am-Noon

Cancer Support Groups

The Swedish Cancer Institute offers a variety of support groups. The groups provide an opportunity to meet with others having experiences similar to your own. Each group is led by an experienced Swedish Cancer Institute support group facilitator and is open to all patients and caregivers, whether you are receiving care at Swedish Medical Center or another cancer facility in the community.

Living with Cancer Support Group

A group for those living with any type of cancer.

Swedish First Hill – A-Floor West, TESH Conference Room A/B
Thursdays, 1:30-3:00pm
For more information, call 206-386-3228

Swedish Issaquah – 2nd Floor Conference Center, Success Room
2nd and 4th Tuesday of each month, 10-11:30am
For more information, call 425-313-4224

Swedish Edmonds – Radiation Oncology 2nd Floor Conference Room
1st and 3rd Wednesday of each month, 1:00-2:30pm
For more information, call 425-673-8328

Caregiver Support Group

A drop-in group for caregivers.

Swedish First Hill – A-Floor West, TESH Conference Room C
Thursdays, 1:30-3:00pm
For more information, call 206-386-3228 or 206-215-3659

Swedish Edmonds – Radiation Oncology 2nd Floor Conference Room
1st and 3rd Wednesday of each month, 1:00-2:30pm
For more information, call 425-673-8328

Gynecological Cancers Support Group

A group for women with gynecological cancers.

Swedish First Hill – A-Floor West, TESH Conference Room C
2nd and last Tuesday of each month, 10:30am-noon
For more information, call 206-386-3228

Prostate Cancer Educational Support Group

A group for men who have been diagnosed with prostate cancer.

Swedish First Hill – A-Floor West, TESH Conference Room C
Every 3rd Thursday of each month, 8:30-9:30am
For more information, please call Leo Ward, prostate cancer survivor, at 425-957-7440

Creative Expression Programs

Art Therapy: A Creative Approach to Healing

People with cancer can benefit from using art therapy to cope with their disease any time during and after treatment. The art therapy sessions introduce creative ways to respond to the cancer experience, and provide a safe space to explore and express feelings about cancer. Art therapy can also help reduce the pain and anxiety associated with cancer, reduce stress, and help patients achieve personal insight. This service is available at no extra cost, and is open to all patients, family members, and caregivers.

To schedule an appointment, call Art Therapist, Zandi Salstrom, at 206-215-8178

Ongoing weekly appointments are offered at Swedish First Hill between 8:30am and 3:30pm, Mondays, Tuesdays, and Wednesdays.

SUPPORT GROUPS (CONT.)

Healing Arts Group

Join Art Therapist, Zandi Salstrom, and experience the healing benefits of making art in a supportive and non-judgmental setting. This drop-in art therapy group is open to patients, family members and caregivers. No art experience or skill is necessary to join. All materials provided free of charge.

For more information, call Zandi at 206-215-8178

Swedish First Hill – 5th Floor Healing Forum
Tuesdays, 10:00am-noon

Knit for Life

This network of volunteers uses knitting as a healing experience to enhance the lives of cancer patients, their family members and caregivers during treatment and recovery. It provides a supportive environment for beginners and experienced knitters. All materials are provided.

For more information, call 206-386-3200

Swedish First Hill – 5th Floor Healing Forum
Wednesdays, 10:00am-Noon

Swedish First Hill – 1st Floor Lobby
Thursdays, 1:00-3:00pm

Swedish Issaquah – Main Lobby in front of the fireplace
Mondays, 1:00-3:00pm

Swedish Edmonds – Medical Oncology Building 1st Floor Lobby
Tuesdays, Noon-2:00pm

Feel the Beat

Drop by to meet with SCI's music therapist, Betsy Hartman, about unique and individualized ways that you can incorporate music into your everyday life to promote relaxation and wellness while reducing pain, anxiety and stress.

Swedish Issaquah – Cancer Resource Center
2nd Monday of each month, 12:30-1:30pm

Music and Wellness

Join us in a dynamic group setting to experience how simple music exercises can change your mood, improve coping skills, and enhance memory and organizational skills. No music confidence or experience required. Drop-ins welcome.

Swedish First Hill – 5th Floor Healing Forum
Thursdays, 12:30-1:30pm

Music Therapy

Music therapy is the use of music to restore, maintain, and improve emotional, physical, and physiological health and well-being. Meet with SCI's music therapist in a supportive one to one setting to explore how music can fit your individualized needs. No music confidence or experience required. To schedule an appointment, call Music

Therapist, Betsy Hartman, at 206-386-8711 or email betsy.hartman@swedish.org

Swedish First Hill
Ongoing weekly sessions are available by appointment only

Ukulele Club

Experience how playing the ukulele can improve your mood while reducing stress and anxiety. We're here to have fun and spread the music love! No prior music experience required. This drop-in group is open to patients, family members, and caregivers.

Swedish First Hill – 5th Floor Healing Forum
Wednesdays, 2:00-3:00pm

Bereavement Support Services

Seattle and Issaquah – Bereavement Support

Swedish is pleased to offer a wide range of bereavement support services through its affiliation with Providence Hospice of Seattle. For a current list of grief support services or to register for a group, visit www.providence.org/grief-support-seattle or call 206-320-4000.

Growing Through Grief

A six-week support group for adults coping with the death of a loved one. Registration required.

Swedish First Hill – 5th Floor Healing Forum
Thursdays, January 12 – February 16, 6:00-8:00pm
Thursdays, April 6 – May 11, 6:00-8:00pm

Swedish Issaquah – 2nd Floor Conference Center
Mondays, January 9 – February 13, 10:00am-noon

Partner/Spouse Loss

A monthly drop-in group for adults who have experienced the death of a spouse or partner in the past 15 months.

Emmanuel Episcopal Church
1st Saturday of each month, 10:00-11:30am

Edmonds – Bereavement Support

Swedish is delighted to offer our Edmonds-specific bereavement support services. If you have any questions about the program or would like to register for a group, please contact the bereavement office at bereavement@swedish.org or 425-640-4404.

Journey of Grief Support Group

This six-week support group provides a safe, confidential time and place for people to learn about grief and loss after the death of a loved one. Registration required. Call for more information and to register.

The Early Days of Grief

This monthly drop-in group is for those who are in the first year of their mourning after the death of a loved one. It will provide an overview of grief responses and coping ideas. No registration is required.

Swedish Edmonds – Auditorium C 4th Floor
2nd Wednesday of each month, 6:30-8:30pm