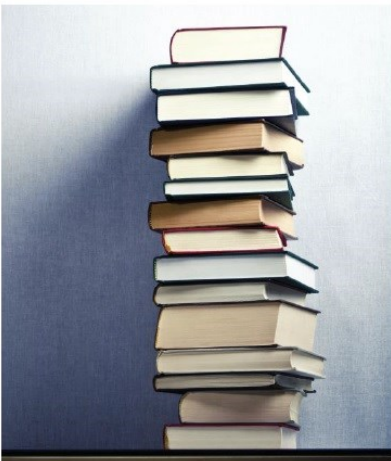


Living Well

Fall 2018 Classes & Support Programs



The Swedish Cancer Institute (SCI) offers programs to assist you, your family, friends and caregivers in making treatment decisions, managing symptoms, and accessing complementary programs to help the mind, body, and spirit to heal.

For questions or feedback regarding these programs, please contact the
SCI Cancer Education Center at 206-386-3200 or email
SCI.Education@Swedish.org

Cancer Prevention

Sound Generations Community Dining Program*

Join us for a nutritious meal prepared by a Sound Generations chef. This monthly lunch & educational series focuses on cancer prevention. [Please RSVP: call 206-386-3200 or email \[SCI.Education@swedish.org\]\(mailto:SCI.Education@swedish.org\)](#)

Friday, Sept. 7, Noon-1:00pm
Ballard NW Senior Center
Topic: Common Cancer Myths and Misconceptions

Friday, Oct. 12, 11:30am-Noon
Kawabe Memorial House
Topic: Liver Cancer Awareness

Tuesday, Nov. 6, 11:30am-12:30pm
South Park Senior Center
Topic: Lung Cancer Awareness

Friday, Dec. 7, 11:30am-Noon
Renton Senior Activity Center
Topic: Self-Care, Stress Reduction and Caregiver Resources

Coping

#BloodFacts Webinar

The Swedish Cancer Institute and the Leukemia & Lymphoma Society have partnered to provide live webinars for hematology patients, caregivers, and providers. Facilitated by Dr. Shamim Nejad.

[To register, email \[erin.paschall@lls.org\]\(mailto:erin.paschall@lls.org\) or call 206-957-4585](#)

Wednesday, Sept. 26, Noon-12:30pm
Topic: Anxiety & Fear of Relapse

Harmony Hill Cancer Wellness Program*

Join us to explore and heal from the emotional distress of cancer. Open to anyone with a cancer diagnosis, companions, caregivers and those in survivorship. Topics; Sept: *Grief, Loss, and Disappointment* Oct: *Closing Circle—Honoring and Celebrating our Journeys*

[To register, please visit \[www.swedish.org/classes\]\(http://www.swedish.org/classes\) or call 1-800-SWEDISH. For more info, call Patti at 206-215-6558](#)

Harmony Hill Cancer Wellness Program* (continued)

Thursday, Sept. 6, 6:00-8:30pm
Thursday, Oct. 4, 6:00-8:30pm
Swedish Ballard – Conference Room 3N

Thursday, Sept. 13, 6:00-8:30pm
Thursday, Oct. 11, 6:00-8:30pm
Swedish Edmonds – 3rd Floor

Thursday, Sept. 20, 5:00-7:30pm
Thursday, Oct. 18, 5:00-7:30pm
Swedish Issaquah – 1st Floor Flex Space

Look Good, Feel Better

This American Cancer Society class focuses on skin care, cosmetics, hair care, and hair loss and is for women in active cancer treatment. [To register, call 1-800-227-2345](#)

Monday, Sept. 17, 6:00-8:00pm
Monday, Nov. 19, 6:00-8:00pm
Swedish Edmonds – 3rd Floor

Monday, Sept 17, 1:00-3:00pm
Monday, Oct 15, 1:00-3:00pm
Monday, Nov 19, 1:00-3:00pm
SCI First Hill – A-Floor West, TESH A/B

Monday, Sept. 24, 1:00-3:00pm
Monday, Nov. 26, 1:00-3:00pm
Swedish Issaquah – 1st Floor Flex Space

Mindfulness Meditation

Weekly drop-in sessions open to all. [Registration not required.](#)

Select Wednesdays, 12:30-1:00pm, visit: <http://fryemuseum.org/program/meditation>
Frye Art Museum – Auditorium

Thoughts About Recurrence*

One of the biggest obstacles in transitioning from cancer patient to survivor is overwhelming fear, anxiety and uncertainty about the future. This class will offer a holistic perspective on healing that includes body, mind and spirit. We offer methods and tools to help reduce fear and anxiety for better well-being over a lifetime. [To register, please visit \[www.swedish.org/classes\]\(http://www.swedish.org/classes\) or call 1-800-SWEDISH. For more info, call Patti at 206-215-6558](#)

Saturday, Oct. 20, 9:30-11:30am
SCI First Hill – A-Floor West, TESH A/B

Thoughts About Recurrence*

(continued)
Saturday, Nov. 10, 9:30-11:30am
Online Webinar

Creative Expression

Art and Wellness

Experience the healing benefits of making art in a supportive and non-judgmental setting. These drop-in groups are open to all oncology patients, family members and caregivers. No art experience or skill is necessary to join. All material provided.

[For more info, call 206-215-6178](#)

Fridays, 10:00-11:30am
SCI Edmonds – Medical Oncology

Tuesdays, 10:00am-Noon
SCI First Hill – 5th Floor Healing Forum

2nd & 4th Tuesday/Month, 2:00-4:00pm
SCI Issaquah – Cancer Education Center

Art, Music, and Mindfulness*

Join us for an evening of art, music & mindfulness where we explore a variety of topics, with a focus on relaxation and stress-reduction. No experience in art, music, or mindfulness are required; supplies and encouragement will be provided. Facilitated by Art Therapist, Bonnie Walchuk. Available September – December 2018.

[To register, please visit \[www.swedish.org/classes\]\(http://www.swedish.org/classes\) or call 1-800-SWEDISH. For more info, call 206-215-6178](#)

1st Tuesday/Month, 5:00-7:00pm
SCI Edmonds – Radiation Oncology

2nd Tuesday/Month, 5:00-7:00pm
Swedish Issaquah – 1st Floor Flex Space

3rd Tuesday/Month, 5:00-7:00pm
SCI First Hill – A-Floor West, TESH A/B

Knit for Life

Use knitting as a healing experience to enhance the lives of cancer patients and survivors, their family and caregivers during treatment. For beginners and experienced knitters. All materials are provided. [For more info, call 206-386-3200](#)

Tuesdays, 10:00am-Noon
SCI Edmonds – Medical Oncology

Knit for Life *(continued)*

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

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

Mondays, 1:00-3:00pm
Swedish Issaquah – Main Lobby

Music and Wellness

Experience the healing benefits of music through activities such as listening to music, instrument playing, songwriting, and singing. This group is open to all patients, family members, and caregivers. No prior music experience or confidence required. Drop-in's welcome. [For more info, call 206-386-6711](#)

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

Ukulele Club

Experience the therapeutic benefits of playing an instrument. This drop-in group is designed for all levels and open to patients, family members, and caregivers. No prior ukulele experience required. [For more info, call 206-386-6711](#)

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

Staying Active

Active Women, Healthy Women

Women of all fitness levels are encouraged to join this certified instructor led class. Co-sponsored by Team Survivor Northwest. [To register, call 206-732-8350](#)

Mondays, 7:00-8:00pm
Swedish Edmonds – Auditorium A/B

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

Gentle Yoga & Wellness Skills

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. [To register, call 206-991-2099](#)

Tuesdays, 2:30-3:45pm
Swedish Cherry Hill – MS Center

Get Fit! Staying Active During and After Cancer

Exercise class and fitness consults for patients who have finished their cancer treatment. [To register, email Toshiko at tosh3aramaki@yahoo.com](#)

Saturdays, 10:00-11:00am
Swedish Cherry Hill

Hawaiian Hula*

Learn the basics of Hula dancing and story telling (standing or seated) while working your core, arms, and legs. No prior dance experience required. [To register, call 1-800-SWEDISH or visit www.swedish.org/classes](#)

Thursdays, Noon-1:00pm
SCI Edmonds – Radiation Oncology

Modified Mat & Chair Pilates

Participate in gentle exercises that stretch, tone, and lengthen your muscles and improve your posture, flexibility, balance, and core strength. [To register, call 206-991-2099](#)

*Mondays & Fridays, Mat: 10:00-11:00am;
Chair: 11:00am-Noon*
Swedish Cherry Hill – MS Center

Support Groups

These groups provide an opportunity to meet with others having experiences similar to your own.

Caregiver Support Group

[For more info, call 206-386-3228](#)

1st & 3rd Wednesday/Month, 1:00-2:30pm
SCI Edmonds – Radiation Oncology

Thursdays, 1:30-3:00pm
SCI First Hill – A-Floor West, TESH C

CLIMB Program

Emotional support for children with a parent or primary caregiver with cancer. A parent/caregiver group occurs at the same time. [Registration required. For more info, call 206-386-6508](#)

Thursdays, Sept. 20-Oct. 18, 5:30-7:30pm
SCI First Hill – Arnold Pavilion

Gynecological Cancers Support Group

[For more info, call 206-386-3228](#)

Last Tuesday/Month, 10:30am-Noon
SCI First Hill – A-Floor West, TESH C

Head & Neck Cancer Support Group

[For more info, call 206-386-3228](#)

4th Wednesday/Month, 11:30am-1:00pm
SCI First Hill – A-Floor West, TESH C

Living With Cancer Support Group

[For more info, call 206-386-3228](#)

1st & 3rd Wednesday/Month, 1:00-2:30pm
SCI Edmonds – Radiation Oncology

Thursdays, 1:30-3:00pm
SCI First Hill – A-Floor West, TESH A/B

2nd & 4th Tuesday/Month, 10:00-11:30am
Swedish Issaquah – 1st Floor Flex Space

Prostate Cancer Educational Group

[For more info, call 425-957-7440](#)

3rd Thursday/Month, 8:30-9:30am
SCI First Hill – A-Floor West, TESH C

Thyroid Cancer Support Group

This group is offered by ThyCa: Thyroid Cancer Survivors' Association, Inc. [For more info call 206-708-7198](#)

3rd Saturday/Month, 10:00-11:30am
Swedish Ballard – Conference Room B/C

Registration

Registration is required unless noted. Find instructions within the program description.

Win a \$50 PCC Gift Card

Register and attend a class marked with an asterisk * in the title to enter into that month's drawing!

Health & Safety

Patients in active cancer treatment have a weakened immune system. If you have any cold or flu-like symptoms, please do not attend the program until all symptoms are gone.

Bereavement Support Edmonds

If you have any questions about the programs or would like to register for a group, please call [425-640-4404](tel:425-640-4404) or email bereavement@swedish.org

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.](#)

Ongoing Grief Support Group

Offered two times a month. You may attend once, or as often as you wish, for as long as two years. [Registration not required.](#)

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. [Registration not required.](#)

Bereavement Support Seattle & Issaquah

For a current list of grief support services, or to register for a group, call [206-320-4000](tel:206-320-4000) or visit: www.providence.org/grief-support-seattle

Diving Into Grief

A new drop-in group for general loss. New topics in grief to be explored each month. [Registration not required.](#)

Growing Through Grief

A six-week support group for adults coping with the death of a loved one. [Registration required.](#)

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. [Call for more information.](#)

Classes & Support Program Locations

Ballard NW Senior Center

5429 32nd Ave NW
Seattle, WA 98107

Frye Art Museum

704 Terry Ave
Seattle, WA 98104

Kawabe Memorial House

221 18th Ave., S.
Seattle, WA 98144

Renton Senior Activity Center

211 Burnett Ave. N.
Renton, WA 98057

South Park Senior Center

8201 10th Ave., S.
Seattle, WA 98108

SCI Edmonds

Radiation Oncology
21605 76th Ave W
Edmonds, WA 98026

SCI Edmonds

Medical Oncology
21632 Highway 99
Edmonds, WA 98026

SCI First Hill

Arnold Pavilion
1221 Madison St.
Seattle, WA 98104

SCI Issaquah

Medical Oncology
751 NE Blakely Dr.
Issaquah, WA 98029

Swedish Ballard

5300 Tallman Ave. NW
Seattle, WA 98107

Swedish Cherry Hill

Center for Health & Wellness
500 17th Ave
Seattle, WA 98122

Swedish Cherry Hill

MS Center Hedreen Wellness Studio
1600 E. Jefferson St.
Seattle, WA 98122

Swedish Edmonds

21601 76th Ave W
Edmonds, WA 98026

Swedish Issaquah

751 NE Blakely Dr.
Issaquah, WA 98029

Cancer Education Center

1221 Madison Street
Seattle, WA 98104
206-386-3200

www.swedish.org/classes