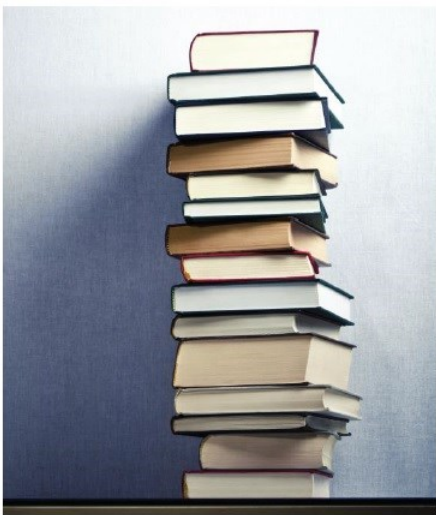


# Living Well

## Classes & Support Programs



Spring & Summer 2018

## 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.

**Registration:** Registration is required unless otherwise indicated. 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.

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

## Education Classes

### 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 at minimum two weeks prior to each event: call 206-386-3200 or email \[SCI.Education@swedish.org\]\(mailto:SCI.Education@swedish.org\)](#)

*Friday, May 11, Noon-1:00pm*  
*Ballard NW Senior Center*  
*Topic: The Cancer Connection - Nutrition & Exercise*

*Friday, June 8, 11:30am-12:30pm*  
*International Drop-In Center*  
*Topic: Self-Care, Stress Reduction, & Caregiver Resources*

*Friday, July 13, Noon-12:45pm*  
*Greenwood Senior Center*  
*Topic: Skin Cancer Awareness*

#### Sound Generations Community Dining Program\* (continued)

*Friday, Aug. 10, 11:30am-12:30pm*  
*Shoreline-Lake Forest Park*  
*Topic: Colorectal Cancer Awareness*

#### 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 \[www.pcccooks.com\]\(http://www.pcccooks.com\)](#)

*Thursday, May 24, 7:00-8:30pm*  
*Issaquah PCC*

*Tuesday, June 19, 7:00-8:30pm*  
*Greenlake Village PCC*

### Coping

#### 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:  
May: Reframing Our Thoughts & Beliefs  
June: Healing Through Art & Gratitude  
July: Self Care  
Aug.: Relationships & Communication  
[To register, please visit \[www.swedish.org/classes\]\(http://www.swedish.org/classes\) or call 1-800-SWEDISH. For more information, call Meridithe at 206-215-1743](#)

*1st Thursday/Month, 6:00-8:30pm*  
*Swedish Ballard – Conference Room 3N*

*2nd Thursday/Month, 6:00-8:30pm*  
*Swedish Edmonds – 3rd Floor*

*3rd Thursday/Month, 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, May 14, 6:00-8:00pm*  
*Monday, July 16, 6:00-8:00pm*  
*Swedish Edmonds – 3rd Floor*

#### Look Good, Feel Better (continued)

*Monday, May 14, 1:00-3:00pm*  
*Monday, June 18, 1:00-3:00pm*  
*Monday, July 16, 1:00-3:00pm*  
*Monday, Aug. 20, 1:00-3:00pm*  
*SCI First Hill – A-Floor West, TESH A/B*

*Monday, May 28, 1:00-3:00pm*  
*Monday, July 23, 1:00-3:00pm*  
*Swedish Issaquah – 1st Floor Flex Space*

#### Mindfulness Meditation

These weekly drop-in sessions are open to all. [No registration is required.](#)

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

### Online Webinars

#### #BloodFacts Coffee Break Webinar Series

The Swedish Cancer Institute and the Leukemia & Lymphoma Society have partnered to provide live webinars for hematology patients and caregivers. [To register, please visit: <http://www.lls.org/washingtonalaska>](#)

*Thursday, Apr. 19, Noon-12:30pm*  
*Topic: #EatingWellWithLymphoma*

### 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. [Please RSVP to \[Erin.Carper@swedish.org\]\(mailto:Erin.Carper@swedish.org\) or call 206-991-2099](#)

*Tuesdays, 2:30-3:45pm*  
*Swedish 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, call Meridithe at 206-215-1743](#)

*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 \[www.swedish.org/classes\]\(http://www.swedish.org/classes\)](#)

*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. [Please RSVP to \[Erin.Carper@swedish.org\]\(mailto:Erin.Carper@swedish.org\) or call 206-991-2099](#)

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

# Support Programs

## 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 materials are provided. [For more information, call 206-215-6178](#)

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

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

## Knit for Life

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

*Tuesdays, Noon-2:00pm*  
SCI Edmonds – Medical Oncology

*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

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. [For more information, call 206-386-6711](#)

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

## Ukulele Club

Experience how playing the ukulele can improve your mood while reducing stress and anxiety. This drop-in group requires no music experience or confidence. [For more information, call 206-386-6711](#)

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

## SCI Support Groups

These 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. [For more information, call 206-386-3228](#)

## Caregiver Support Group

A drop-in group for caregivers.

*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 information, call 206-386-6508](#)

*Thursdays, May 3-31, 5:30-7:30pm*  
SCI First Hill

## Gynecological Cancers Support Group

A group for women with gynecological cancers.

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

## Head & Neck Cancer Support Group

A group for those with head & neck cancers.

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

## Living With Cancer Support Group

A group for those living with any cancer.

*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

A group for men with prostate cancer. [For more information, please call Leo Ward, prostate cancer survivor, at 425-957-7440](#)

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

## Bereavement Support – Edmonds

If you have any questions about the program or would like to register for a group, please contact [bereavement@swedish.org](mailto:bereavement@swedish.org) or call 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.](#)

### 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. [No registration is 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. [No registration is required.](#)

## Bereavement Support – Seattle & Issaquah

For a current list of grief support services, or to register for a group, visit [www.providence.org/grief-support-seattle](http://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.](#)

*Thursdays, July 12 – Aug. 16, 6:00-8:00pm  
SCI First Hill*

*Mondays, June 4 – July 9, 10:00am-Noon  
Swedish Issaquah*

### 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.](#)

## Education Classes & Support Program Locations

### Ballard NW Senior Center

5429 32nd Ave NW  
Seattle, WA 98107

### Frye Art Museum

704 Terry Ave  
Seattle, WA 98104

### Greenlake Village PCC

450 NE 71st St.  
Seattle, WA 98155

### Greenwood Senior Center

525 N. 85th St.  
Seattle, WA 98103

### International Drop-In Center

7301 Beacon Ave S  
Seattle, WA 98108

### Issaquah PCC

1810 12th Ave NW  
Issaquah, WA 98027

### Shoreline-Lake Forest Park Senior Center

18560 1st Ave NE  
Shoreline, WA 98155

### 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

### Swedish Ballard

5300 Tallman Ave. NW  
Seattle, WA 98107

### Swedish Cherry Hill

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

### Swedish Edmonds

21601 76th Ave W  
Edmonds, WA 98026

### Swedish Issaquah

751 NE Blakely Dr.  
Issaquah, WA 98029

### Swedish MS Center

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

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### Cancer Education Center

1221 Madison Street  
Seattle, WA 98104

1-800-SWEDISH

[www.swedish.org/classes](http://www.swedish.org/classes)