

# CANCER SUPPORT PARTNERSHIP EVENTS: JANUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
See inside for details on each event	To find this calendar online, go to <a href="http://sphealth.org">sphealth.org</a> , under "Cancer Care" click "Cancer Support Services."	Events listed in blue are coordinated by St. Peter's. Events listed in gray are coordinated by other partners.	<b>1</b> Gentle Yoga 5:45 pm, Gentle Healing Wellness Center  Circle of Hope 12:00 pm, Survivor's Boutique	<b>2</b> All Day Pool Use 5 am-10 pm, Capital City HC Turbo Kick 10:10 am, 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	<b>3</b> Tai Chi 1:15 pm Crossroads	<b>4</b>
<b>5</b> Yoga 4:00-5:00 pm Crossroads	<b>6</b> Holter Art Cart 11:30am Cancer Treatment Center Zumba 4:30pm YMCA Yin Yoga 5:30 pm Gentle Healing Wellness Ctr Gentle Touch of Yin 6:45 pm, Loft Studios	<b>7</b> Turbo Kick 10:10 am, Capital City HC Pilates 10:30 am, Fuel Fitness Holter Art Cart 10:30am Cancer Treatment Center Tai Chi 5:30 pm Gentle Healing Wellness Ctr	<b>8</b> Gentle Yoga 5:45 pm, Gentle Healing Wellness Center	<b>9</b> All Day Pool Use 5 am-10 pm, Capital City HC Turbo Kick 10:10 am, 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	<b>10</b> Holter Art Cart 10:30am Cancer Treatment Center  Tai Chi 1:15 pm Crossroads	<b>11</b>
<b>12</b> Yoga 4:00-5:00 pm Crossroads	<b>13</b> Zumba 4:30pm YMCA Yin Yoga 5:30 pm Gentle Healing Wellness Ctr Gentle Touch of Yin 6:45 pm, Loft Studios	<b>14</b> Turbo Kick 10:10 am, Capital City HC Holter Art Cart 10:30am Cancer Treatment Center Pilates 10:30 am, Fuel Fitness Tai Chi 5:30 pm Gentle Healing Wellness Ctr	<b>15</b> Gentle Yoga 5:45 pm Gentle Healing Wellness Ctr  Circle of Hope 12:00 pm, Survivor's Boutique	<b>16</b> All Day Pool Use 5 am-10 pm, Capital City HC Turbo Kick 10:10 am, 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	<b>17</b> Tai Chi 1:15 pm Crossroads	<b>18</b>
<b>19</b> Yoga 4:00-5:00 pm Crossroads	<b>20</b> Zumba 4:30pm YMCA Yin Yoga 5:30 pm Gentle Healing Wellness Ctr Gentle Touch of Yin 6:45 pm, Loft Studios	<b>21</b> Turbo Kick 10:10 am, Capital City HC Pilates 10:30 am, Fuel Fitness Tai Chi, 5:30 pm Gentle Healing Wellness Ctr	<b>22</b> Holter Art Cart 10:30am Cancer Treatment Center  Gentle Yoga 5:45 pm, Gentle Healing Wellness Center	<b>23</b> All Day Pool Use 5 am-10 pm, Capital City HC Turbo Kick 10:10 am, 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	<b>24</b> Tai Chi 1:15 pm Crossroads	<b>25</b>
<b>26</b> Yoga 4:00-5:00 pm Crossroads	<b>27</b> Zumba 4:30pm YMCA Yin Yoga 5:30 pm Gentle Healing Wellness Ctr Gentle Touch of Yin 6:45 pm, Loft Studios	<b>28</b> Turbo Kick 10:10 am, Capital City HC Pilates 10:30 am, Fuel Fitness Ostomy Support Group, 5 pm St. Pete's 1-2-3 Conference Rm Tai Chi 5:30 pm Gentle Healing Wellness Ctr	<b>29</b> Gentle Yoga 5:45 pm, Gentle Healing Wellness Center	<b>30</b> All Day Pool Use 5 am-10 pm, Capital City HC Turbo Kick 10:10 am, 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 Holter Art Cart 10:30am Cancer Treatment Center	<b>31</b> Tai Chi 1:15 pm Crossroads	

# CANCER SUPPORT PARTNERSHIP EVENTS: FEBRUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	To find this calendar online, go to <a href="http://sphealth.org">sphealth.org</a> , under "Cancer Care" click "Cancer Support Services."	<p>Events listed in <b>blue</b> are coordinated by St. Peter's.</p> <p>Events listed in <b>gray</b> are coordinated by other partners.</p> <p>See inside for details on each event</p>				<b>1</b>
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<b>9</b> Yoga 4:00-5:00 pm Crossroads	<b>10</b> Zumba 4:30pm YMCA Yin Yoga 5:30 pm Gentle Healing Wellness Ctr Gentle Touch of Yin 6:45 pm, Loft Studios	<b>11</b> Turbo Kick 10:10 am, Capital City HC <a href="#">Holter Art Cart 10:30am Cancer Treatment Center</a> Pilates 10:30 am, Fuel Fitness Tai Chi 5:30 pm Gentle Healing Wellness Ctr	<b>12</b> Gentle Yoga 5:45 pm, Gentle Healing Wellness Center	<b>13</b> All Day Pool Use 5 am-10 pm, Capital City HC Turbo Kick 10:10 am, 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	<b>14</b> Tai Chi 1:15 pm Crossroads	<b>15</b>
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## 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.



January is Cervical Cancer Awareness Month and February is National Cancer Prevention Month.

### 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](http://www.sphealth.org/classes-events) for a full listing.

#### HOLTER ART CART

A mobile art studio, filled with a variety of supplies so patients and their families can experience the healing power of art while they are in the hospital and receiving treatments.

#### 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.

## FITNESS CLASSES

Please see the calendar for schedule of classes.

**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.

- **Turbo Kick (low impact)** - Reduce stress by kicking and punching your way through a high energy low impact kickboxing routine. Boost confidence levels, improve coordination and burn mega calories all while having fun.
- **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.

**Fuel Fitness** is located 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.

**Gentle Healing Wellness Center** is located at 513 Saddle Dr. *Seated options are available in all classes.*

- **Yin Yoga** - Gentle stretching and a guided meditation to bring you to deep relaxation.
- **Tai Chi** - Involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.
- **Gentle Yoga** - This well-rounded 75 minute gentle yoga class includes centering breathing techniques, rejuvenating alignment based poses, relaxing restorative poses and ends with a succinct meditation.

**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.

**YMCA** is located at 1200 N Last Chance Gulch.

- **Zumba** - a fitness class that combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco, and a Hip Hop. Music selections include both fast and slow rhythms to help tone and sculpt the body. It can be modified to all fitness levels!

## 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 1-888-227-6333 for more information.

## LODGING PROGRAM

Rooms are offered on a space available basis to cancer patients and one caregiver traveling more than 50 miles to Helena for their treatments through the American Cancer Society's Lodging Program. For more information, please call 1-800-227-2345.

## 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
- Nicole Keintz & Holter Art Museum
- Gentle Healing Wellness Center
- Loft Studio
- Survivor's Boutique

