

Free Classes at the Cancer Education and Support Center

The Education and Support Center aspires to provide the best patient-centered and supportive care. The Cancer Institute's Education and Support Center (ESC) is designed to meet the needs of the patient, family and friends.

June Classes and Events:

To register for any of the following classes, please call the Education and Support Center at 904-819-4693

Qigong

Wednesday, June 1 and Wednesday, June 22 from 2:30 pm – 3:30 pm

Taught by Bob Sperling

Qigong is breathing and energy cultivation through soft movements. It is designed to reduce stress and increase energy. Featuring gentle movements, deep breathing, healing sounds, and meditation techniques, Qigong promotes the circulation of blood and Qi (vital energy) to leave the body feeling rejuvenated and renewed.

Tai Chi-Cosmo Dynamics

Tuesday, June 7 from 11:00 am – 12:00 pm

Taught by Michele Jaramillo

Cosmo Dynamics is a study of movements that emulates natural life-cycles, which incorporate slow movements that are used as a form of relaxation and teach control of every part of the body. The movements practiced are slow and steady and students will focus on developing control and form as well as increase muscle tone and improve flexibility.

Man-to-Man Education and Support Group

Thursday, June 9 from 2:00 pm – 3:00 pm

Facilitated by Russ Terry, a Prostate Cancer Survivor Join us for an open discussion about any and all Prostate Cancer related subject matter—for those recently diagnosed, those undergoing treatment, and survivors as well. This discussion is open for partners, caregivers, and families, in addition to patients. Patients and family members may obtain information and resources needed at the Cancer Education and Support Center.

**Please RSVP as class is dependent on attendance to (904) 819-4793.

Kripalu Yoga, Gentle Stretching and Breathing Class for Cancer

Wednesday, June 15 from 1:00 pm – 2:00 pm

Taught by Gloria Lelaidier, CNM, ARNP, Kripalu Yoga Instructor

Ease into this yoga session with some very gentle stretching movements and breathing techniques. Practice calming and focusing the mind, and bringing yourself to a relaxing state.

Why Spiritual Direction?

Thursday, June 23 from 1:00 pm – 2:00 pm

Taught by Ann Baechel CSC, CPE and Ken Baechel Do you ever question the presence of God in your life? Do you want to have a better understanding of prayer? If you have asked either of these questions, then spiritual direction may help you find answers that you seek.

Humor Therapy

Thursday, June 30 from 1:00 pm – 2:00 pm

Taught by Ann Baechel CSC, CPE and Ken Baechel Humor therapy uses the power of smiles and laughter to aid healing. It helps you find ways to make yourself and others smile and laugh more. Although available scientific evidence does not validate claims that laughter can cure cancer or any other disease, it has shown to reduce stress and enhance an individual's quality of life.

National Cancer Survivors Day

Friday, June 10, 2011

Join us as we celebrate life on National Cancer Survivors Day. This year we have 2 events that you can choose to be a part of, one or both! We want to celebrate you and life's special moments with a special slideshow to be shown during the afternoon tea. Please submit any photos that you would like to include by June 7 to emily.stimler@flaglerhospital.org.

To RSVP to either or both events, call 904-819-4693.

1:30 - 3:30pm

Fine Art Class by Linda Holmes

Location: Cancer Education and Support Center
No previous experience needed. Participants will complete a piece of art to display during Afternoon Tea and take home.

3:30- 5:30pm

Afternoon Tea

Location: Flagler Hospital Meeting Rooms
Fine teas will be brewed and served with sandwiches, scones and pastries.



Cancer Education and Support Center

Who We Are:

When someone has cancer, it is important to take care of the whole person: the mind, body and spirit. The Cancer Institute's Education and Support Center (ESC) is designed to meet the needs of the patient, family and friends.



Education and Support Services:

- Resources in the Center include free written materials and internet access. A wig and breast prosthesis lending closet is also located in the ESC.
- Support Workshops help patients deal with feelings in a comfortable environment. Different topics covered include: feeling better, coping with symptoms and stress, talking about cancer with your children and moving forward after cancer.
- Educational Workshops help ease fear, anxiety and uncertainty. This is a great way for patients, families and friends to learn what to expect during and after treatment. Topics covered include: chemotherapy/radiation, pain management, blood counts, nutrition, fatigue and clinical trials.
- Wellness Services focus on healing the mind, body and spirit. This includes exercise programs at the Flagler Hospital Wellness Center, yoga classes and other therapies.
- The Education and Support Center Coordinator is available to assist patients and family members obtain the information and resources needed.

Monthly Support Groups

Breast Cancer Support Group: First Tuesday of each month at 7:00 pm.
For more information, contact Janice at (904) 501-7100 or Pat at (904) 829-5561.

Look Good, Feel Better

Tuesday, July 19 from 2:00 pm – 3:00 pm

Teaches female cancer patients beauty tips to look better and feel good about how they look during chemotherapy and radiation treatments (Other available dates: September 20 and November 15). Must RSVP to attend.

**Please call the American Cancer Society at 1-800-227-2345 or the Flagler Hospital CESC at (904) 819-4793 to RSVP.

Lung Cancer Education and Support Group: Third Thursday of each month at 5:30 pm in the Cancer Education and Support Center. Facilitated by Jan Felixson, LCSW, LMFC, and Lung Cancer Survivor.

Living with lung cancer and related treatments can be very demanding for patients and their families. This group will provide the opportunity to meet others in similar situations to share your stories, provide practical suggestions, and support each other. Call (904) 819-4793 for more information.

Colorectal Cancer and Ostomy Education and Support Group: Fourth Tuesday of each month at 5:30 pm in the Cancer Education and Support Center. This group is for those who need support or need help supporting someone who has had or currently has colon cancer and/or an ostomy.

Call (904) 819-4793 for more information.