

# February 2012 Wellness Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 10 – 11 a.m. Cancer Exercise  1 – 2 p.m. Chemotherapy, Biotherapy & You (Cancer Center Conference Room 2)	3	4
6	7 10 – 11 a.m. Cancer Exercise	8 10 – 11:30 a.m. Leukemia, Lymphoma, Myeloma Support Group	9 10 – 11 a.m. Cancer Exercise	10	11
13	14 10 – 11 a.m. Cancer Exercise  1 – 3 p.m. Answers from a Cancer Expert (Cancer Center Lobby)	15 10 – 11 a.m. Cancer 101 Education Program (Cancer Center Conference Room 2)	16 10 – 11 a.m. Cancer Exercise  1 – 2 p.m. Chemotherapy, Biotherapy & You (Cancer Center Conference Room 2)	17	18 10 – 11:30 a.m. Ribbon Chicks Support Group (Cancer Center Lobby)
20	21 10 – 11 a.m. Cancer Exercise  6:30 – 8:30 p.m. Conquering Breast Cancer (Cancer Center Lobby)	22	23 10 – 11 a.m. Cancer Exercise	24	25
27 Noon – 1 p.m. Prostate Cancer Support Group	28 10 – 11 a.m. Cancer Exercise  1 – 3 p.m. Answers from a Cancer Expert (Cancer Center Lobby)	29			

# Services, support for people affected by cancer

Cancer exercise classes are directed by exercise physiologists who are degreed and certified by the American College of Sports Medicine. No physician referral needed. To schedule an initial assessment, call (260) 266-9206.

Massage therapy complements conventional medical treatments, helping to control symptoms and side effects and enhance the sense of well-being. To schedule an appointment with a licensed massage therapist, call (260) 672-6512.

Yoga is for people in all stages of the cancer journey. Reduce stress, pain and symptoms of treatment. Improve energy, immune function and quality of life. FREE. Call (260) 450-3751 for more information and/or to register.

## Educational Programs

While some of the Parkview Comprehensive Cancer Center's **free** educational programs are specifically meant to equip friends and family members to cope with a loved one's cancer journey, all are open to the public. The following programs are presented by Nancy Ehmke, RN, MN, AOCN, clinical nurse specialist in oncology.

### Cancer 101

Cancer 101 classes present information in straightforward language, and questions are always welcome. Other Parkview professionals with expertise in nutrition, exercise, massage therapy and other areas also offer occasional classes. Classes are held from 10 to 11 a.m. on the third Wednesday of the month.

### Chemotherapy, Biotherapy & You

Patients undergoing chemotherapy and/or biotherapy will learn how treatments work, potential benefits and side effects, and self-care measures to prevent/minimize side effects. Classes are held on the first and third Thursdays of each month from 1 to 2 p.m.

### Answers from a Cancer Expert

If you or a loved one has cancer, you've probably got questions. Get easy-to-understand answers from our clinical nurse specialist. She's available in the cancer center lobby from 1 to 3 p.m. on the second and fourth Tuesdays of each month.

*No registration necessary for the classes or lobby sessions. Individual appointments available. Call (260) 373-6847 or (260) 266-9166, or e-mail questions to [Nancy.Ehmke@parkview.com](mailto:Nancy.Ehmke@parkview.com).*

## Support Groups

### Conquering Breast Cancer

This group is sponsored by Parkview and Cancer Services of Northeast Indiana. Guest speakers cover a variety of health- and lifestyle-related topics. Group meets 6:30 to 8:30 p.m. on the third Tuesday of the month.

### Ribbon Chicks

This group is a gathering of women **under 40**, sharing and supporting one another through the unique challenges faced by young women with a **breast cancer** diagnosis or treatment. Group meets 10 to 11:30 a.m. on the third Saturday of the month. For more information, contact Jen Will at [Jennifer-will2011@hotmail.com](mailto:Jennifer-will2011@hotmail.com) or Megan Lee at [gunnermilo@comcast.net](mailto:gunnermilo@comcast.net).

### Leukemia, Lymphoma & Myeloma Group

This group is sponsored by Parkview, Cancer Services of Northeast Indiana and the Leukemia & Lymphoma Society. Group meets 10 to 11:30 a.m. on the second Wednesday of the month.

### Look Good...Feel Better

This group is sponsored by Parkview and the American Cancer Society (ACS). To register, call ACS at (260) 471-3911.

Now is a perfect time to schedule these important cancer screenings:

- Colonoscopy
- Mammogram
- Pap Smear
- Skin Check

### Lymphedema Support Group

Group meets 6:30 to 8 p.m. on the second Thursday of March, July and November. For more information, call (260) 373-3936 or 266-9163.

### Prostate Cancer Support Group

This group is led by Marvin Eastlund, MD, in collaboration with Fort Wayne Urology. Spouses and family members are welcome. Group meets noon to 1 p.m. on the fourth Monday of the month.

**This information is brought to you by Parkview.**

For more on other services and resources available through the cancer center, call (260) 266-9100 or (877) PVH-HOPE [784-4673].

**All services, classes and groups are held at the Parkview Comprehensive Cancer Center Wellness Suite, 11143 Parkview Plaza Drive, Entrance 4, Fort Wayne (46845), unless otherwise noted.**