



Your breast and gyn cancer
sisterhood.

 MARY BIRD PERKINS
OUR LADY OF THE LAKE 
CANCER CENTER

 *Woman's*

sis·ter·hood

/'sister,hōod/

1. a deep, personal connection

2. a promise to have your back even in the roughest of times



Survivorship And Support

Sisterhood is a deep personal connection. It's someone who always has your back. **Woman's Hospital and Mary Bird Perkins – Our Lady of the Lake Cancer Center are sisterhood strong with you.**

Beyond providing expert breast and gynecologic cancer care, we are united in supporting you and your family from diagnosis to survivorship. Improve your physical and emotional well-being through a number of support programs:

Strengthen

Cancer Rehabilitation Therapy

Regain strength and heal from the side effects of cancer, including pain, loss of balance, numbness or tingling, fatigue, swelling, lack of concentration, difficulty speaking or swallowing.

Covered by most insurance plans.

Woman's Center for Wellness BY APPOINTMENT – 225-924-8311

Health and Wellness Coaching

Individual sessions to develop the personal tools and motivation to reach your physical and emotional goals.

Free

Mary Bird Perkins – Our Lady of the Lake Cancer Center BY APPOINTMENT – 225-215-0182

Medical Exercise

This program is ideal if you have recently been discharged from physical therapy, cancer rehabilitation or if you require specialized instruction and supervision in a fitness setting. A physician referral is required.

Free Screening

Woman's Center for Wellness BY APPOINTMENT – 225-924-8709

(please indicate that you are undergoing treatment when scheduling)

Nutrition

Dietitian Services

Registered dietitians with training in oncology and nutrition will help you follow a healthy diet during and after your cancer treatment.

Free

Mary Bird Perkins – Our Lady of the Lake Cancer Center BY APPOINTMENT – 225-215-1216

Breast & GYN Cancer Pavilion BY APPOINTMENT – 225-927-1300

Relaxation

Therapeutic Massage

Hand and foot massages for outpatients receiving treatment.

Free

Woman's Hospital and Mary Bird Perkins – Our Lady of the Lake Cancer Center

Chair and Table Massages

Free

Mary Bird Perkins – Our Lady of the Lake Cancer Center BY APPOINTMENT – 225-215-0182

Breast & GYN Cancer Pavilion BY APPOINTMENT – 225-927-1300

Beauty

Makeup Consultation

An aesthetician will examine your skin's condition and advise you on the best products and treatments to regain moisture and softness.

Free

Woman's Center for Wellness BY APPOINTMENT – 225-924-8388

(please indicate that you are undergoing treatment when scheduling)

Makeup Application

Our trained makeup artists and aestheticians will show you how to fill in or draw eyebrows, wear false lashes, conceal blemishes or dark patches and choose makeup and colors for your changing skin tone.

Free

Woman's Center for Wellness BY APPOINTMENT – 225-924-8388

(please indicate that you are undergoing treatment when scheduling)



Healing

Healing Arts

Workshops, classes and creative practices to help patients and caregivers increase self-awareness, cope with symptoms and manage stress.

Art Class

Spring Crafts: Tuesday, April 3 (1:30-2:30 PM)

Wreath Making: Tuesday, June 19 (1:00-2:00 PM)

Free

Woman's Hospital, J.E. Dunn Conference Center

For more information, call 225-924-8925

Acrylic Painting

Wednesday, April 4 (10:30 AM-Noon)

Free

Mary Bird Perkins – Our Lady of the Lake Cancer Center, Rathbone Conference Room

For more information, call 225-215-0182

Open Art Studio

Wednesday, May 2 (10:30 AM-Noon)

Free

Mary Bird Perkins – Our Lady of the Lake Cancer Center, Rathbone Conference Room

For more information, call 225-215-0182

Jewelry Making

Wednesday, June 6 (10:30 AM-Noon)

Free

Mary Bird Perkins – Our Lady of the Lake Cancer Center, Rathbone Conference Room

For more information, call 225-215-0182

Meditation & Spirituality Series

Free

Woman's Hospital, J.E. Dunn Conference Center

For more information, call 225-924-8925

Spiritual Journaling

Participants will design their own journal and receive information on the benefits of journaling.

Monday, April 16 (1:00-2:00 PM)

Prayer Bead Making

Participants will make a string of beads and have a discussion on how they can incorporate different forms of prayer, reflection and meditation using the beads.

Monday, May 21 (11:00 AM - Noon)

Prayer and Healing

Participants will explore the nature and purpose of prayer and how prayer can promote healing.

Wednesday, June 13 (1:00-2:00 PM)

Women and Spirituality

Participants will learn about women and their healing journeys through the years.

Wednesday, June 27 (1:00-2:00 PM)



Support

After the Bell Clinic

An intensive mindfulness-based cancer survivorship program offering information and practices to help you cope with treatment and reclaim your life. Participants attend two half days per week for six weeks. Registration required. Offered quarterly.

Free

The Orangerie, Burden Center, 4560 Essen Lane
Contact: lgaddy@marybird.com or 225-215-0182

Breast Cancer Support Group

Join other breast cancer survivors, caregivers and healthcare professionals to discuss and cope with the challenges of breast cancer. Topics change monthly. Lunch is provided.

Wednesdays, April 18, May 16, June 20 (Noon-1:00 PM)

Free

Cancer Services of Baton Rouge

Gynecologic Cancer Support Group

Join other GYN cancer survivors, caregivers and healthcare professionals to discuss and address the challenges of GYN cancers. Topics change monthly. Lunch is provided.

Wednesday, April 11, May 9, June 13 (Noon-1:00 PM)

Free

Cancer Services of Baton Rouge

Mind-Body Together Support Group

The practice of mind-body medicine skills in a support group setting to enhance your immune system and increase your sense of well-being.

Thursdays (10:00-11:30 AM)

Free

Mary Bird Perkins – Our Lady of the Lake Cancer Center,
Meditation Room, 2nd Floor

Survivorship Connections

One-on-one support among longtime and recent cancer survivors and caregivers.

Free

Mary Bird Perkins – Our Lady of the Lake Cancer Center BY APPOINTMENT – 225-215-0182





Smart Patients

An online community where you can connect with other cancer patients just like you, talk about your illness, treatments, side effects, where to find help, how to cope and much more. Join a specific community group for breast cancer, GYN cancers and/or caregivers.

Free

smartpatients.com/partners/womans

Meditation

Mindfulness Meditation

The practice of using breath to help focus attention, reduce stress and increase productivity.

Monday-Friday (Noon-12:15 PM)

Free

Mary Bird Perkins – Our Lady of the Lake Cancer Center, Meditation Room, 2nd Floor

Hope

Fostering Hope

A program that brings the healing effects of pet companionship to cancer survivors and their family members while providing a temporary or permanent home for animals in need.

Contact: lgaddy@marybird.com or 225-215-0182

Pet Therapy

This Pet Therapy Program helps promote health and a sense of wellbeing through positive interactions with certified pet therapy dogs.

First Thursday (10:00 AM) and Third Tuesday (1:30 PM) of every month

Free

Mary Bird Perkins – Our Lady of the Lake Cancer Center

Contact: lgaddy@marybird.com or 225 215-0182

Exercise

To receive these reduced rates, please notify our staff that you are a cancer patient. Physician clearance may be required.

Fall Prevention

Fall prevention training is a four-week structured group class that introduces exercise to prevent falls.

Mondays & Wednesdays (2:00-3:00 PM)

April 16-May 9

\$120-145 (8 sessions)

Woman's Center for Wellness

To register visit womans.org/classes or call 225-924-8709

Nia

Neuromuscular Integrated Action (NIA) is exercise for the body, mind and spirit that integrates healing, martial art and dance.

Mondays (8:00-8:55 AM, 9:00-10:00 AM)

Wednesdays (8:00-8:55 AM)

Fridays (8:00-8:55 AM)

\$120 for 12-classes

(or memberships are available starting at \$46 + tax / month)

Woman's Center for Wellness

Lymphedema Warm Water Exercise Class

Research shows that water resistance is great for lymphedema. A physical therapist will lead you through a warm water exercise routine to help with range of motion, strength and endurance. Space is limited.

Tuesdays & Thursdays (11:30 AM-12:15 PM)

March 20-April 26 and May 8-June 14

Free (space is limited)

Woman's Center for Wellness

To register, visit womans.org/classes or call 225-924-8709

Tai Chi

Relax the mind and strengthen the body, relieve pain, anxiety and stress.

Tuesdays (2:00-3:00 PM)

\$120 for 12-classes

(or memberships are available starting at \$46 + tax / month)

Woman's Center for Wellness

Walking Group

Relax and begin the day on a positive note during a peaceful nature walk around Burden Museum and Gardens. Meet at the conference center parking lot.

Every Tuesday (8:00-9:00 AM)

Free

The Burden Museum and Gardens

Yoga

Improve strength, flexibility and stamina.

Gentle Yoga

Tuesdays & Wednesdays (11:30 AM-12:30 PM)

\$120 for 12-classes

(or memberships are available starting at \$46 + tax / month)

Woman's Center for Wellness

Mindful Yoga

Mondays (9:00-10:00 AM)

Tuesdays (5:00-6:00 PM)

Free

Mary Bird Perkins – Our Lady of the Lake Cancer Center, Saurage Conference Room, 2nd Floor

Education

Foods to Limit, Foods to Avoid

Learn how to eat for optimum health after cancer treatment. Join our dietitian as she discusses which foods to limit and which to avoid so you can be your healthiest self.

Wednesday, June 13 (6:00-7:00 PM)

Free

Woman's Center for Wellness

To register, visit womans.org/classes or call 225-924-8709

Grocery Store Tour

Join our dietitian to learn how to shop the perimeter and navigate the shelves to find the healthiest foods.

Thursday, April 19 (9:00-10:00 AM)

Free

Rouses Market, 3446 Drusilla Lane

To register visit womans.org/classes or call 225-924-8709

Learning to Thrive

Educational lunch and learn workshops on topics of interest related to cancer survivorship. Offered quarterly.

Exercise as Medicine, Bill Gvoich

Wednesday, May 16 (Noon-1:00 PM)

Free

Mary Bird Perkins – Our Lady of the Lake Cancer Center,
Rathbone Conference Room

Lift the Fog: Managing the Effects of Cancer Treatment in Everyday Life

A speech pathologist and occupational therapist will discuss common memory and attention issues during and after treatment and provide coping strategies.

Thursday, May 10 (11:30 AM-12:30 PM)

Free

Woman's Center for Wellness

To register, visit womans.org/classes or call 225-924-8709

Plant-Based Eating

Learn how to eat healthy after cancer treatments. Join our dietitian as she discusses how and why to incorporate more plant-based foods into your diet.

Thursday, May 24 (Noon-1:00 PM)

Free

Woman's Center for Wellness

To register, visit womans.org/classes or call 225-924-8709



April

2 monday

3 tuesday

4 wednesday

5 thursday

6 friday

Walking Group, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:15 PM
Tai Chi, 2:00-3:00 PM
Spring Crafts, 1:30-2:30 PM
Mindful Yoga, 5:00-6:00 PM

Nia, 8:00-8:55 AM
Acrylic Painting,
10:30 AM-Noon
Gentle Yoga, 11:30 AM-12:30 PM

Mind-Body Together Support
Group, 10:00-11:30 AM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM
Pet Therapy, 10:00 AM

Nia, 8:00-8:55 AM

9 monday

10 tuesday

11 wednesday

12 thursday

13 friday

Nia, 8:00-8:55 AM/9:00-10:00 AM
Mindful Yoga, 9:00-10:00 AM

Walking Group, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:15 PM
Tai Chi, 2:00-3:00 PM
Mindful Yoga, 5:00-6:00 PM

Nia, 8:00-8:55 AM
Gentle Yoga, 11:30 AM-12:30 PM
GYN Cancer Support Group,
Noon-1:00 PM

Mind-Body Together Support
Group, 10:00-11:30 AM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM

Nia, 8:00-8:55 AM

16 monday

17 tuesday

18 wednesday

19 thursday

20 friday

Nia, 8:00-8:55 AM/9:00-10:00 AM
Mindful Yoga, 9:00-10:00 AM
Spiritual Journaling, 1:00-2:00 PM
Fall Prevention, 2:00-3:00 PM

Walking Group, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:15 PM
Pet Therapy, 1:30 PM
Tai Chi, 2:00-3:00 PM
Mindful Yoga, 5:00-6:00 PM

Nia, 8:00-8:55 AM
Gentle Yoga, 11:30 AM-12:30 PM
Breast Cancer Support Group,
Noon-1:00 PM
Fall Prevention, 2:00-3:00 PM

Grocery Store Tour,
9:00-10:00 AM
Mind-Body Together Support
Group, 10:00-11:30 AM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM

Nia, 8:00-8:55 AM

23 monday

24 tuesday

25 wednesday

26 thursday

27 friday

Nia, 8:00-8:55 AM/9:00-10:00 AM
Mindful Yoga, 9:00-10:00 AM
Fall Prevention, 2:00-3:00 PM

Walking Group, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:15 PM
Tai Chi, 2:00-3:00 PM
Mindful Yoga, 5:00-6:00 PM

Nia, 8:00-8:55 AM
Gentle Yoga, 11:30 AM-12:30 PM
Fall Prevention, 2:00-3:00 PM

Mind-Body Together Support
Group, 10:00-11:30 AM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM

Nia, 8:00-8:55 AM

30 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM
Mindful Yoga, 9:00-10:00 AM
Fall Prevention, 2:00-3:00 PM

Mindfulness Meditation, Monday-Friday, Noon-12:15 PM

*After the Bell Clinic and Lymphedema Warm Water Exercise are series

May

1 tuesday

Walking Group, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Tai Chi, 2:00-3:00 PM
Mindful Yoga, 5:00-6:00 PM

Mindfulness Meditation, Monday-Friday, Noon-12:15 PM

*After the Bell Clinic and Lymphedema Warm Water Exercise are series

2 wednesday

Nia, 8:00-8:55 AM
Open Art Studio,
10:30 AM-Noon
Gentle Yoga, 11:30 AM-12:30 PM
Fall Prevention, 2:00-3:00 PM

3 thursday

Mind-Body Together Support
Group, 10:00-11:30 AM
Pet Therapy, 10:00 AM

4 friday

Nia, 8:00-8:55 AM

7 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM
Mindful Yoga, 9:00-10:00 AM
Fall Prevention, 2:00-3:00 PM

8 tuesday

Walking Group, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:15 PM
Tai Chi, 2:00-3:00 PM
Mindful Yoga, 5:00-6:00 PM

9 wednesday

Nia, 8:00-8:55 AM
Gentle Yoga, 11:30 AM-12:30 PM
GYN Cancer Support Group,
Noon-1:00 PM
Fall Prevention, 2:00-3:00 PM

10 thursday

Mind-Body Together Support
Group, 10:00-11:30 AM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM
Lift the Fog: Managing the
Effects of Cancer Treatment in
Everyday Life, 11:30 AM - 12:30 PM

11 friday

Nia, 8:00-8:55 AM

14 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM
Mindful Yoga, 9:00-10:00 AM

15 tuesday

Walking Group, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:15 PM
Pet Therapy, 1:30 PM
Tai Chi, 2:00-3:00 PM
Mindful Yoga, 5:00-6:00 PM

16 wednesday

Nia, 8:00-8:55 AM
Gentle Yoga, 11:30 AM-12:30 PM
Breast Cancer Support Group,
Noon-1:00 PM
Learning to Thrive: Exercise as
Medicine, Noon-1:00 PM

17 thursday

Mind-Body Together Support
Group, 10:00-11:30 AM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM

18 friday

Nia, 8:00-8:55 AM

21 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM
Mindful Yoga, 9:00-10:00 AM
Prayer Bead Making, 11:00 AM-Noon

22 tuesday

Walking Group, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:15 PM
Pet Therapy, 1:30 PM
Tai Chi, 2:00-3:00 PM
Mindful Yoga, 5:00-6:00 PM

23 wednesday

Nia, 8:00-8:55 AM
Gentle Yoga, 11:30 AM-12:30 PM

24 thursday

Mind-Body Together Support
Group, 10:00-11:30 AM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM
Plant Based Eating,
Noon-1:00 PM

25 friday

Nia, 8:00-8:55 AM

28 monday

No classes - Memorial Day

29 tuesday

Walking Group, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:15 PM
Tai Chi, 2:00-3:00 PM
Mindful Yoga, 5:00-6:00 PM

30 wednesday

Nia, 8:00-8:55 AM
Gentle Yoga, 11:30 AM-12:30 PM

31 thursday

Mind-Body Together Support
Group, 10:00-11:30 AM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM

June

Mindfulness Meditation, Monday-Friday, Noon-12:15 PM

*After the Bell Clinic and Lymphedema Warm Water Exercise are series

1 friday

Nia, 8:00-8:55 AM

4 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM
Mindful Yoga, 9:00-10:00 AM

5 tuesday

Walking Group, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:15 PM
Tai Chi, 2:00-3:00 PM
Mindful Yoga, 5:00-6:00 PM

6 wednesday

Nia, 8:00-8:55 AM
Jewelry Making, 10:30 AM-Noon
Gentle Yoga, 11:30 AM-12:30 PM

7 thursday

Pet Therapy, 10:00 AM
Mind-Body Together Support
Group, 10:00-11:30 AM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM

8 friday

Nia, 8:00-8:55 AM

11 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM
Mindful Yoga, 9:00-10:00 AM

12 tuesday

Walking Group, 8:00-9:00 AM
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Mindful Yoga, 5:00-6:00 PM

13 wednesday

Nia, 8:00-8:55 AM
Gentle Yoga, 11:30 AM-12:30 PM
GYN Cancer Support Group,
Noon-1:00 PM
Prayer and Healing,
1:00-2:00 PM
Foods to Limit, Foods to Avoid,
6:00-7:00 PM

14 thursday

Mind-Body Together Support
Group, 10:00-11:30 AM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM

15 friday

Nia, 8:00-8:55 AM

18 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM
Mindful Yoga, 9:00-10:00 AM

19 tuesday

Walking Group, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Wreath Making, 1:00-2:00 PM
Pet Therapy, 1:30 PM
Tai Chi, 2:00-3:00 PM
Mindful Yoga, 5:00-6:00 PM

20 wednesday

Nia, 8:00-8:55 AM
Gentle Yoga, 11:30 AM-12:30 PM
Breast Cancer Support Group,
Noon-1:00 PM

21 thursday

Mind-Body Together Support
Group, 10:00-11:30 AM

22 friday

Nia, 8:00-8:55 AM

25 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM
Mindful Yoga, 9:00-10:00 AM

26 tuesday

Walking Group, 8:00-9:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Tai Chi, 2:00-3:00 PM
Mindful Yoga, 5:00-6:00 PM

27 wednesday

Nia, 8:00-8:55 AM
Gentle Yoga, 11:30 AM-12:30 PM
Women and Spirituality,
1:00-2:00 PM

28 thursday

Mind-Body Together Support
Group, 10:00-11:30 AM

29 friday

Nia, 8:00-8:55 AM

Notes



Geaux Teal is working to spread awareness about ovarian cancer along with raising money for research to directly impact women in need.

Saturday, April 21

Individual Entry: \$25

Walk from your Bed: \$35

To register, visit geauxteal.com



Learn more about the sisterhood at sisterhoodstrong.org