



Your breast and gyn cancer
sisterhood.



MARY BIRD PERKINS
OUR LADY OF THE LAKE



CANCER CENTER



Woman's

sis·ter·hood

/'sister, hood/

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 your cancer treatment.

Free

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

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

Relaxation

Therapeutic Massage

Hand and foot massages for outpatients receiving treatment.

Free

Breast & GYN Cancer Pavilion 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

Oncology Swedish Massage

Swedish massage can help relieve pain, anxiety, fatigue and stress.

\$50 for 50 minutes

Breast & GYN Cancer Pavilion BY APPOINTMENT – 225-924-8388

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)

3D Areola Tattooing

Instead of using tissue to rebuild a nipple, some women choose to have a nipple tattooed on the reconstructed breast. The most realistic way to achieve this is through 3D nipple tattooing. If reconstruction was just on one breast, our tattoo artist will match the color and shape to your existing areola. If you had bi-lateral reconstruction, we can use pre-operative photos to recreate your original areola or you can choose a new color and shape. Areola tattooing is a three step process: initial consult and pigment test, tattooing session, follow up/touch up.

Consult - \$50

Uni-lateral Areola Tattoo - \$350

Bi-Lateral Areola Tattoo - \$650

For more information or to schedule an appointment, 225-924-8388

Breast & GYN Cancer Pavilion – Physician release required

Microblading

Have you lost your eyebrows through cancer treatment? Microblading is a semi-permanent tattoo technique where a small disposable blade known as a microblading pen is used to draw eyebrows through individual strokes that look just like real hairs.

Consult - \$50

Microblading - \$350

For more information or to schedule an appointment, 225-924-8388

Breast & GYN Cancer Pavilion – Physician release required

Healing

Healing Arts

Art activity workshops to help patients and caregivers increase self-awareness, cope with symptoms and manage stress.

Wreath Making

Join us for a fun event as our instructor guides participants through basic mesh wreath making techniques, creating a one-of-a-kind piece of art.

Monday, October 8 (12:30-2:00 PM)

Free: *RSVP Encouraged*, 225-215-0182

Breast & GYN Cancer Pavilion, Atrium Conference Room

Holiday Ornaments

The holiday season is a great time to enjoy the arts. This month we will create unique holiday ornaments by painting mini-canvases mounted on individual easels. Paint one to take home and one to display on the Breast & GYN Cancer Pavilion holiday tree.

Tuesday, November 6 (10:00-11:30 AM)

Free: *RSVP Encouraged*, 225-215-0182

Breast & GYN Cancer Pavilion, Atrium Conference Room

Brushless Painting

This month we are ditching our brushes and really connecting with our paintings as artist Susan Cresap joins us to share a unique, brushless painting technique.

Join us as we take finger painting to a whole new level. Susan will show us how to make specific marks and create different effects with our fingertips.

Monday, December 10 (10:00-11:30 AM)

Free: *RSVP Encouraged*, 225-215-0182

Breast & GYN Cancer Pavilion, Atrium Conference Room



Support

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.

Wednesday, October 17, November 14 (Noon-1:00 PM)

Free

Breast & GYN Cancer Pavilion

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, October 10, November 14 (Noon-1:00 PM)

Free

Breast & GYN Cancer Pavilion



Helping Women with Cancer Workshop

Thursday, November 8 (5:00-7:00 PM)

Cancer treatments often change the way a woman looks and can affect their self-esteem. We can help women regain their confidence and self-esteem through the Look Good Feel Better program, a collaboration of the American Cancer Society, the Personal Care Products Council Foundation, and the Professional Beauty Association. This program is a nonmedical, brand-neutral public service program where licensed beauty professionals teach beauty techniques to women in active cancer treatment to help them manage the appearance-related side effects of treatment.

- Skin care and makeup application
- Tips on wig selection and wig care
- Dry skin, discolored nails
- Scarves, turbans and hats
- Style tips

Free

Woman's Center for Wellness

Mind-Body Together Support Group

Practicing mind-body medicine in a support group setting can reduce stress, enhance your immune system, increase your sense of well-being, and improve self-care.

Thursdays (10:00-11:30 AM) at Mary Bird Perkins – Our Lady of the Lake Cancer Center, Meditation Room, 2nd Floor

Thursdays (2:00-3:30 PM) at the Breast & GYN Cancer Pavilion, 1st floor Activity Room

Free

Mindfulness-Based Survivorship Clinic

An intensive mindfulness-based cancer survivorship program offering information and practices to help you cope with treatment and reclaim your life. Activities include meditation, yoga, expressive arts and nutritional lifestyle choices. Participants attend two half-days per week for six weeks.

Offered Quarterly

Reservations required. 225-215-0182 or email Lgaddy@marybird.com

Burden Museum and Gardens, 4560 Essen Lane, Baton Rouge

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





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)

October 8-31

\$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, 9:05-10:05 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)

October 9-November 15

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.

Tuesdays (8:00-9:00 AM) at The Burden Museum and Gardens.

Meet at the conference center parking lot.

Tuesdays (2:00-2:30 PM) at the Breast & GYN Cancer Pavilion.

Meet at the pavilion entrance.

Free

Yoga

Improve strength, flexibility and stamina.

Gentle Yoga

Tuesdays & Thursdays (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)

Fridays (9:00-10:00 AM)

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.

Thursday, October 11 (Noon-1:00 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, December 13 (9:00-10:00 AM)

Free

Rouses Market, 3446 Drusilla Lane

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

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, November 8 (11:30 AM-12:30 PM)

Free

Woman's Center for Wellness

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

Breast Density: What's All the Fuss About?

If you have been told you have dense breasts after a mammogram, learn what that means, understand the new classifications of density and what you should know to get the best breast cancer screening possible. Join Dr. Mary Christian, a surgeon with Woman's Breast Specialists, for this informative seminar.

Wednesday, October 3 (Noon-1:00 PM)

Free

Woman's Center for Wellness

Breast Reconstruction After Cancer

Today there are many advanced techniques that improve the appearance and comfort of a woman's breast after breast cancer removal through mastectomy. Hear about several flap procedures and outcomes from plastic surgeon Dr. Taylor Theunissen.

Thursday, October 4 (6:00-7:00 PM)

Free

Woman's Center for Wellness

Join us before the seminar from 5:00-6:00 PM for a free screening to see if you could benefit from our Cancer Rehabilitation program.



Surviving Cancer, Living Well:

Benefits of Exercise Seminar & Demonstration

A cancer diagnosis doesn't have to mean an end to exercise and physical activity. In fact, studies have shown that exercise is one of the only things that effectively fights cancer-related fatigue, improves strength, decreases pain and increases overall function. Join our physical therapist as she discusses the benefits of exercise and demonstrations of a safe home exercise program. Participants will receive a printed home program and a resistance band to help get you started on the road to recovery.

Wednesday, October 10 (6:00-7:00 PM)

Free

Woman's Center for Wellness

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

Lymphedema, What You Need to Know

Learn the signs and symptoms of lymphedema from Jarmeca Berry, NP. When the lymph nodes are disturbed in surgery, it can cause pain and swelling later. This condition responds best when caught early and treatment can begin. Breast surgeons are always on the lookout for educating their patients about early signs of lymphedema. Also hear from a specially trained cancer physical therapist about L-Dex technology used at Woman's.

Thursday, October 11 (6:00-7:00 PM)

Free

Woman's Center for Wellness

Join us before the seminar from 5:00-6:00 PM for a free screening to see if you could benefit from our Cancer Rehabilitation program.

Surgical Treatment Options for Breast Cancer

Learn about surgical options for breast cancer with Dr. Mindy Bowie, breast surgical oncologist at Woman's, including lumpectomies with oncoplastic procedures, nipple-sparing mastectomies with reconstruction. Learn about Hidden Scar technique for the most natural appearance after breast cancer surgery.

Tuesday, October 23 (6:00-7:00 PM)

Free

Woman's Center for Wellness

Surviving Cancer, Living Well: Cooking Demonstration

Take the guesswork out of healthy eating after cancer treatment. Join our dietitian as she demonstrates how to prepare healthy recipes that can be prepared in 30 minutes or less. Small samples of prepared foods will be served.

Thursday, November 1 (Noon-1:00 PM)

Free

Woman's Center for Wellness



October

1 monday

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

8 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM
Mindful Yoga, 9:00-10:00 AM
Wreath Making, 12:30-2:00 PM
Fall Prevention, 2:00-3:00 PM

15 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

22 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

29 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

2 tuesday

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

9 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
Walking Group, 2:00-2:30 PM
Mindful Yoga, 5:00-6:00 PM

16 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
Walking Group, 2:00-2:30 PM
Mindful Yoga, 5:00-6:00 PM

23 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
Walking Group, 2:00-2:30 PM
Mindful Yoga, 5:00-6:00 PM
Surgical Treatment Options for Breast
Cancer, 6:00-7:00 PM

30 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
Walking Group, 2:00-2:30 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

3 wednesday

Nia, 8:00-8:55 AM
Breast Density: What's all the
fuss about? Noon-1:00 PM

10 wednesday

Nia, 8:00-8:55 AM
GYN Cancer Support Group,
Noon-1:00 PM
Fall Prevention, 2:00-3:00 PM
Benefits of Exercise,
6:00-7:00 PM

17 wednesday

Nia, 8:00-8:55 AM
Breast Cancer Support Group,
Noon-1:00 PM
Fall Prevention, 2:00-3:00 PM

24 wednesday

Nia, 8:00-8:55 AM
Fall Prevention, 2:00-3:00 PM

31 wednesday

Nia, 8:00-8:55 AM
Fall Prevention, 2:00-3:00 PM

4 thursday

Mind-Body Together Support
Group, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Pet Therapy, 10:00 AM
Mind-Body Together Support
Group, 2:00-3:30 PM
Breast Reconstruction After
Cancer, 6:00-7:00 PM

11 thursday

Mind-Body Together Support
Group, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM
Foods to Limit, Foods to Avoid,
Noon-1:00 PM
Mind-Body Together Support
Group, 2:00-3:30 PM
Lymphedema, What you need
to know, 6:00-7:00 PM

18 thursday

Mind-Body Together Support
Group, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM
Mind-Body Together Support
Group, 2:00-3:30 PM

25 thursday

Mind-Body Together Support
Group, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM
Mind-Body Together Support
Group, 2:00-3:30 PM

5 friday

Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM
Mindful Yoga, 9:00-10:00 AM

12 friday

Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM
Mindful Yoga, 9:00-10:00 AM

19 friday

Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM
Mindful Yoga, 9:00-10:00 AM

26 friday

Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM
Mindful Yoga, 9:00-10:00 AM

November

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

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

5 monday

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

6 tuesday

Walking Group, 8:00-9:00 AM
Holiday Ornaments, 10:00-11:30 PM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water Exercise,
11:30 AM-12:15 PM
Walking Group, 2:00-2:30 PM
Tai Chi, 2:00-3:00 PM
Mindful Yoga, 5:00-6:00 PM

12 monday

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

13 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
Walking Group, 2:00-2:30 PM
Tai Chi, 2:00-3:00 PM
Mindful Yoga, 5:00-6:00 PM

19 monday

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

20 tuesday

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

26 monday

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

27 tuesday

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

7 wednesday

Nia, 8:00-8:55 AM

14 wednesday

Nia, 8:00-8:55 AM
Breast & GYN Cancer Support
Group, Noon-1:00 PM

21 wednesday

Nia, 8:00-8:55 AM

28 wednesday

Nia, 8:00-8:55 AM

1 thursday

Mind-Body Together Support
Group, 10:00-11:30 AM
Pet Therapy, 10:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM
Cooking Demonstration,
Noon-1:00 PM
Mind-Body Together Support
Group, 2:00-3:30 PM

8 thursday

Mind-Body Together Support
Group, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lift the Fog: Managing the
Effects of Cancer Treatment in
Everyday Life, 11:30-12:30 PM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM
Mind-Body Together Support
Group, 2:00-3:30 PM
Look Good Feel Better,
5:00-7:00 PM

15 thursday

Grocery Store Tour @ Rouses,
9:00-10:00 AM
Mind-Body Together Support
Group, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lymphedema Warm Water
Exercise, 11:30 AM-12:15 PM
Mind-Body Together Support
Group, 2:00-3:30 PM

22 thursday

Thanksgiving

29 thursday

Mind-Body Together Support
Group, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Mind-Body Together Support
Group, 2:00-3:30 PM

2 friday

Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM
Mindful Yoga, 9:00-10:00 AM

9 friday

Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM
Mindful Yoga, 9:00-10:00 AM

16 friday

Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM
Mindful Yoga, 9:00-10:00 AM

23 friday

Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM
Mindful Yoga, 9:00-10:00 AM

30 friday

Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM
Mindful Yoga, 9:00-10:00 AM

December

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

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

3 monday

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

4 tuesday

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

5 wednesday

Nia, 8:00-8:55 AM

6 thursday

Mind-Body Together Support Group, 10:00-11:30 AM
Pet Therapy, 10:00 AM
Gentle Yoga, 11:30 AM-12:30 PM
Mind-Body Together Support Group, 2:00-3:30 PM

7 friday

Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM
Mindful Yoga, 9:00-10:00 AM

10 monday

Nia, 8:00-8:55 AM/9:00-10:00 AM
Mindful Yoga, 9:00-10:00 AM
Brushless Painting, 10:00-11:30 AM

11 tuesday

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

12 wednesday

Nia, 8:00-8:55 AM

13 thursday

Grocery Store Tour @ Rouses, 9:00-10:00 AM
Mind-Body Together Support Group, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Lift the Fog, 11:30 AM-12:30 PM
Mind-Body Together Support Group, 2:00-3:30 PM

14 friday

Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM
Mindful Yoga, 9:00-10:00 AM

17 monday

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

18 tuesday

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

19 wednesday

Nia, 8:00-8:55 AM

20 thursday

Mind-Body Together Support Group, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Mind-Body Together Support Group, 2:00-3:30 PM

21 friday

Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM
Mindful Yoga, 9:00-10:00 AM

24 monday

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

25 tuesday

Christmas

26 wednesday

Nia, 8:00-8:55 AM

27 thursday

Mind-Body Together Support Group, 10:00-11:30 AM
Gentle Yoga, 11:30 AM-12:30 PM
Mind-Body Together Support Group, 2:00-3:30 PM

28 friday

Nia, 8:00-8:55 AM
Nia, 9:05-10:05 AM
Mindful Yoga, 9:00-10:00 AM



Learn more about the sisterhood at sisterhoodstrong.org