



# Free Monthly Education Classes

To register for any of the following classes, please call the Education and Support Center at 904-819-460.

## **Restorative Yoga: Gentle Stretching and Breathing Class for Cancer Patients**

**Wednesdays Weekly from 1 pm – 2:30 pm**

Taught by Sheri Wallace, Certified Yoga Instructor through the Christina Phipps Foundation

Ease into this yoga session with very gentle stretching movements and breathing techniques. The practice of restorative yoga enables you to actively and fully relax as you enhance awareness of your body and breathing, improve your range of movement, focus on your alignment and calm your nervous system.



## **Look Good, Feel Better®**

**Offered Quarterly: February 24th, May 12th, August 11th, and October 27th at 10:30am.**

**\*tentative dates**

Facilitated by Sharon Adams, Licensed Cosmetologist Teaches female cancer patients beauty tips to look better and feel good about how they look during chemotherapy and radiation treatments. 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.

## **Fine Art Class by Linda Holmes Offered Quarterly**

No previous experience needed and supplies are provided. For anyone who wants to let their creative side show, participants will complete a piece of art/craft. Perfect for Spring, we will put the finishing touches on a premade bird house with acrylic paint. Linda Holmes will lend her expertise. Space is limited, call (904) 819-4793 to RSVP.

## **Meditation for Beginners**

**Bi-weekly on Tuesdays from 3:00-3:45pm**

Marty Henneka, M.Ed., Nia Brown Belt Teacher, started studying meditation in 1971. In her 37 years as a teacher and middle school dean she used meditation in her curriculum. After retirement she moved into teaching a body, mind, spirit dance. Her classes in relaxation techniques and other mind/body practices can help calm your mind and sharpen your ability to focus. Her classes will provide creative ways to reduce stress and to maintain inner peace. Techniques of Moshe Feldenkrais; The Alexander Technique; Chakra Meditation with Crystal Bowl sounds; Breath exercises; Guided Visualization; Gentle Flowing Movement.

## **Tai Chi**

**Thursdays from 10:30am - noon**

Instructed by Joe Asconi

Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all fitness levels. Please RSVP to (904) 819-4693.



## Monthly Support Groups:

**Cancer Support Group (includes all types of cancer):**  
**3rd Thursday of each month at 4:00 pm.**

*Facilitated by Jan Felixson, LCSW, LMFC and Pat Dunn, a member of the National Lung Cancer Partnership*

This is an informal gathering for adults with any type of cancer and their family members and friends. It is open to all affected by cancer. This group will provide the opportunity to meet others in similar situations to share your stories, provide practical suggestions, and support each other. Snacks and Refreshments provided. Must RSVP by the Wednesday before at (904) 819 – 4793.

**Breast Cancer Support Group:**

**1st Tuesday of each month at 7:00 pm.**

The mission of the Breast Cancer Support Group of St. Augustine is to give help, comfort and friendship to breast cancer patients, survivors and their families. They invite many guest speakers, including doctors, pharmacists, nutritionists, educators, etc. They gather together to share the company of others with similar experiences and offer each other comfort and support. For more information, visit <http://www.bcs-g-staug.com/> or contact Pat at (904) 501-7100.

**Man-to-Man® Support Group:**

They serve to offer support, comradeship and information to all men with prostate cancer. Members meet on a one on one basis. The main focus is supporting each other through the cancer journey and passing on information and other resources. Please call (904) 819-4793 for more information.

**Blood Cancer Support Group:**

*Facilitated by Jodi Sykes, freelance writer and author of Living la Vida Lymphoma*

This is a gathering for anyone who has been affected by blood cancer, including family members and friends. This group will offer the opportunity to meet others in similar situations, share your stories, provide practical suggestions, and support each other. Please call (904) 819-4793 for more information.

