# **Legacy Cancer Institute**



## **Legacy Cancer Healing Center Groups and Classes**

### **Summer Schedule July and August 2024**

- Our classes and groups are offered for **FREE** to those affected by cancer, thanks to generous donations to the **Cancer Funds** of the Legacy Hospital Foundations. You *do not* need to be a Legacy patient to join.
- The classes and groups listed below are held as **online virtual meetings** unless otherwise noted.
- Visit our website, <u>www.LegacyHealth.org/CancerClasses</u>, or scan the **QR code** with your phone for the latest information, including cancellations.

Physician release form needed for all movement classes

#### **Weekly Schedule**

Mondays	11:00 am - 12:30 pm 1:00 pm - 2:30 pm	Yoga with Patti Yoga with Patti
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Tuesdays	11:30 am - 12:30 pm	Qigong and T'ai Chi with Wendy
	5:15 pm - 6:15 pm	Yoga with Addie (Hybrid Salmon Creek Medical Center)
	5:30 pm - 7:00 pm	Breast Cancer Support Group (1st Tuesdays)
	6:00 pm - 7:30 pm	Candlelight Finding Center: Art and Mindfullness
Wednesdays	5:00 pm - 6:00 pm	Pilates with Martha
	5:30 pm - 7:00 pm	Prostate Cancer Support Group ( 2 <sup>nd</sup> Wednesdays)
Thursdays	10:00 am - 11:00 am	Qigong and T'ai Chi with Wendy
	1:30 pm - 2:30 pm	Finding Center: Art and Mindfullness
	4:00 pm - 5:30 pm	Head and Neck Support Group (1st Thursdays)
	5:00 pm - 6:30 pm	Women's Advanced and Metastatic Support Group
		(4 <sup>th</sup> Thursdays)
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Fridays	10:00 am - 12:00 pm	Words for Healing (1st and 3rd Fridays No Group July 5th)
	10:45 am - 12:15 pm	Yoga with Patti
	1:00 pm - 2:30 pm	Yoga with Patti (2 <sup>nd</sup> Friday <i>In Person</i> Mount Hood Medical Center)

Fall schedule for September - December coming in August, email <a href="mailto:CancerClasses@lhs.org">CancerClasses@lhs.org</a> with questions



## IN PERSON GROUPS

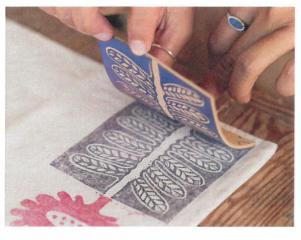
## EXPRESSIONS OF HEALING:

Art & Community for Adults with Cancer

To register visit: www.legacyhealth.org/cancerclasses



Mount Hood Medical Center Gresham, OR Wednesday 12:30-3:00PM August 14



Good Samaritan Medical Center Portland, OR Tuesdays 12:30-3:00PM June 11, 18, 25



Meridian Park Medical Center Tualatin, OR Wednesday 12:30-3:00PM August 7



Salmon Creek Medical Center Vancouver, WA Tuesdays 12:30-3:00PM July 2, 9, 16



These free groups are generously offered to current and past cancer patients, family and caregivers through the Legacy Foundations.