

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

Fall schedule for September – December coming in August, email CancerClasses@lhs.org 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.