YOGA

Yoga classes are designed to address the effects of cancer and its treatments on the physical and emotional body. This practice of yoga will aim to improve flexibility and balance, as well as stimulate the immune system and relaxation response for an overall sense of well-being.

Who: Patients and caregivers. No experience necessary.
When: Tues 5:30pm - 6:30pm; Wed 10:00am - 11:00am
Where: 1st Floor Conference Room

NUTRITION LECTURE SERIES

This lecture series is led by a certified oncology nutritionist. Topics focus on healthy eating and/or nutrition tips to help with the challenges cancer patients face both during and after treatment. See Events Calendar for specific topics each month.

Who: Patients and caregivers
When: Once a month, 12:00pm – 1:00pm. Dates vary. Check online at wphospital.org/cancer or call 914-849-7652 to inquire.
Where: 1st Floor Conference Room

WEIGHT MANAGEMENT

This 10-session program teaches cancer survivors who are interested in controlling their weight about healthy eating and making smart food choices. Various topics are discussed at each class such as: portion control, how to read food labels, and incorporating healthy fats, carbohydrates, and protein in your diet.

Who: Patients and caregivers
When: Every other Tuesday, 12:00pm – 1:00pm
Where: Patient Resource Room

DRUMMING CIRCLE

Feel your heart beat! Use the drum as an instrument to connect with your inner rhythm. Be in the moment with the sounds of your heartbeat and elevate vibration together for expression and healing.

Who: Patients, caregivers, and staff
No experience necessary
When: 3rd or 4th Thursday, 5:00pm - 6:30 pm
Where: 1st Floor Conference Room

HEALING CIRCLE

Healing Circle is for patients, caregivers and staff. Begin with guided meditation/imagery, and receive Healing Touch. These healing modalities help to reduce stress, promote relaxation, and maintain one’s own well-being. We support one another in the circle. Participants may stay as little as 10 minutes.

Who: Patients, caregivers and staff
When: Wed from 11:30 am - 1:30 pm (Participants do not have to stay for whole 2 hours.)
Where: 1st Floor Meditation Nook

LOOK GOOD, FEEL BETTER

A one-time support service that offers hands on, self-help instruction and education on hairstyling, skin care, make-up & nail care. This is a free program that teaches beauty techniques to women who are actively undergoing cancer treatment, to help them triumph over the appearance-related side effects of radiation & chemotherapy.

Who: All women undergoing cancer treatment
When: Usually the 1st Monday of the month, unless there is a holiday. 4pm - 6pm. Remaining 2017 dates are as follows : 9/11, 10/2, 11/6, 12/4
Where: Library/Wig Room

THERAPY DOG VISITS

Come visit with our lovable Caring Canines in the Center for Cancer Care lobby. Visits from our canine friends are also available during chemotherapy treatment. Please check with the staff regarding the schedule.

Who: Patients, caregivers, staff, and visitors
When: Varies. See Events Calendar
Where: Center for Cancer Care Lobby
CAREGIVER TEA
Come join us for coffee/tea and conversation in a supportive environment with other caregivers facing similar challenges and concerns. A licensed social worker who specializes in support for caregivers will be available.
Who: Caregivers
When: Last Wed of the month, 11:00am - 12:00pm
Where: Meditation Nook

WELLNESS THROUGH WRITING
These workshops bring healing through writing and sharing our stories in a safe environment. We read a wide variety of prose and poetry, write together and share our thoughts. No previous writing experience is required.
Who: Patients, caregivers, staff, and visitors
When: First Thursday of the month, 5:30pm - 7:30pm
Where: 1st Floor Conference Room

BREAST CANCER SURVIVORSHIP LECTURE SERIES
This is an educational series for all women who have had a breast cancer diagnosis. Each monthly lecture is focused on important information for all breast cancer patients and survivors.
Who: Breast cancer patients/survivors
When: Second Thursday of the month, 5:00pm - 6:00pm
Where: 1st Floor Conference Room

SPOHNC: SUPPORT FOR PEOPLE WITH ORAL AND HEAD AND NECK CANCER
This support group is focused on the clinical, emotional, and psychosocial issues faced by patients with a head and neck cancer diagnosis. In addition to support, there is education provided by members of the clinical team as well as other supportive care team members. Food is served that accommodates persons with swallowing problems.
Who: Head/Neck patients and caregivers
When: Every third Wednesday, 5:00pm - 6:30pm
Where: 1st Floor Conference Room

MUSIC THERAPY
Music can be powerful in helping to reduce stress, increasing quality of life, and supporting expression of a broad range of emotions. Please enjoy some live classical music with us.
Who: Patients, caregivers, staff, and visitors
When: Varies. See Events Calendar.
Where: Center for Cancer Care Lobby

KNITTING CIRCLE
Come join our knitting circle for fun, relaxation, distraction, and support. No experience necessary. All knitting supplies are provided.
Who: Patients, caregivers, staff, and visitors
When: First Wednesday of the month, 12:00pm - 2:00pm
Where: Meditation Nook

OPEN SUPPORT GROUP
The group provides a safe, supportive atmosphere for discussion and the expression of concerns regarding the cancer experience. This group is facilitated by a licensed social worker.
Who: Patients, caregivers, staff, and visitors
When: Mondays, 1:00pm - 2:00pm
Where: Patient Resource Room

ART & ACTIVITY CART
The complimentary Art & Activity Cart program provides a wonderful array of crafts and activities, such as origami, journaling, coloring, and more. The therapeutic benefits of creating and engaging in these crafts include stress reduction, alleviation of boredom, distraction, and increased socialization. Materials will be provided and no experience is necessary.
Who: Patients, caregivers, staff, and visitors
When: Tuesdays & Thursdays | By request
Where: Throughout Center for Cancer Care

* As of August 2017