**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:** Monday 11:00am - 12:00pm  
Wednesday 11:00am - 12:00pm

**Where:** 1st Floor Conference Room

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**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:** Fourth Thursday of the month, 5:00pm - 6:30pm

**Where:** 1st Floor Conference Room

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**HEALING CIRCLE**

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:** Third Wednesday of the month, 1:00pm - 2:00pm  
(Participants do not have to stay for the entire hour)

**Where:** Meditation Nook

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**LOOK GOOD, FEEL BETTER**

A one-time support service that offers hands-on, self-help instruction and education on hairstyling, skin care, makeup & 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 and chemotherapy.

**Who:** All women undergoing cancer treatment

**When:** Usually the first Monday of the month, unless there is a holiday. 4:00pm - 6:00pm

**Where:** Library/Wig Room

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**LEUKEMIA, LYMPHOMA & MYELOMA SUPPORT GROUP**

The group will address specific issues related to blood cancer diagnosis and will provide an opportunity for attendees to discuss concerns, anxieties, feelings related to illness, treatment and other related issues. This group is facilitated by a licensed social worker.

**Who:** Patients and caregivers

**When:** Third Monday of each month, 6:00pm - 7:30pm

**Where:** 1st Floor Conference Room

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**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

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**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

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**BEADING FOR STRESS REDUCTION & INSPIRATION**

Beading can be a calming and tactile experience. Join us to make a bracelet that inspires you or to create a beaded collage that tells your story.

**Who:** Patients, caregivers and staff

**When:** Thursdays, 1:30pm - 3:00pm

**Where:** 1st Floor Conference Room

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914.849.7500  
wphospital.org/cancer  
2 Longview Ave, White Plains
**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 Wednesday of the month, 12:00pm - 1:00pm  
**Where:** Meditation Nook

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**MUSIC THERAPY 🎵**

Music can be powerful in helping to reduce stress, increasing quality of life, and supporting expression of a broad range of emotions. Enjoy some live classical music with us.

**Who:** Patients, caregivers, staff, and visitors  
**When:** Varies. See Events Calendar.  
**Where:** Center for Cancer Care Lobby

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**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

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**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 - 1:30pm  
**Where:** Meditation Nook

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**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 - 6:30pm  
**Where:** 1st Floor Conference Room

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**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, 10:00am - 11:00am  
**Where:** Patient Resource Room

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**ART & ACTIVITY CART 🎨**

This complimentary 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 and Thursdays | By request  
**Where:** Throughout Center for Cancer Care

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**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:** Third Wednesday of the month, 5:00pm - 6:30pm  
**Where:** 1st Floor Conference Room

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914.849.7500  
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2 Longview Ave, White Plains