

Dr. Diane Barton Complementary Medicine Program,
Patient Education, and Support and Survivorship Programs

Class Schedule

January – August 2024



WELCOME

MD Anderson Cancer Center at Cooper offers a variety of in person and call-in classes to support your cancer journey.

Our complementary medicine classes enhance traditional cancer treatments with therapies that reinforce the healing power of the mind, body, and spirit, and provide you with tools to help you navigate a cancer diagnosis and treatment.

Cancer education classes with our experienced oncology nurses help you understand a variety of cancer treatments such as chemotherapy and radiation treatment.

Support groups, survivorship program and other resources help guide you through your treatment and beyond.

All programs are free and open to cancer survivors, and their families and caregivers unless otherwise noted.

3 Dr. Diane Barton Complementary Medicine Program - In-person

11 Classes and Programs - Virtual

14 Support Groups - Virtual and In-person

17 2024 Fitness and Nutrition - Virtual

19 Other Resources - Virtual

Dr. Diane Barton Complementary Medicine Program



Please join us for a variety of **in-person** complementary medicine therapies and activities. Classes are available to cancer survivors at any point in the cancer journey – before, during, and after cancer treatment.

In addition to the in-person classes below, we invite you to join our Seeds of Hope Project. Seeds of Hope participants help water, harvest, and bag the organic vegetables we grow in our Voorhees Garden. The vegetables are shared with MD Anderson at Cooper patients and team members.

Please note: Due to space limitations and health and safety protocols, our in-person complementary medicine classes are not open to family members or caregivers.

For questions or more information contact:

Bonnie Mehr, Director, The Dr. Diane Barton Complementary Medicine Program and Director, Integrative Oncology Services at mehr-bonnie@cooperhealth.edu

LOCATION: Cooper Clock Tower Building, 931 Centennial Boulevard, Voorhees, NJ 08043

Please bring a mask with you to all classes. Masking is optional at time of printing, but our policies are subject to change. No registration required.

JANUARY

January 17	10 to 11a.m.	Healing Through Writing and Journaling
	11:15 a.m. to 12:30 p.m.	Qi Gong
	12:30 to 1:30 p.m.	Simple Recipes for Optimal Health
January 23	10 to 11a.m.	Gentle Chair Yoga for Good Health
	11:15 a.m. to 12:30 p.m.	Healing Through Writing and Journaling
	12:30 to 1:30 p.m.	Qi Gong
January 24	10 to 11a.m.	Guided Imagery for Continued Healing
	11:15 a.m. to 12:30 p.m.	Tai Chi for Health
	12:30 to 1:30 p.m.	Stretch, Flex, and Breathe
January 25	10 to 11a.m.	Stretch, Flex, and Breathe
	11:15 a.m. to 12:30 p.m.	Mindfulness
	12:30 to 1:30 p.m.	Belly Dancing for Core Strength, Balance, and Stamina
January 30	10 to 11 a.m.	Qi Gong
	11:15 a.m. to 12:30 p.m.	Tai Chi for Health
	12:30 to 1:30 p.m.	Connect and Reflect Through Music



FEBRUARY

February 6	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Tai Chi for Health Gentle Chair Yoga for Good Health Healing Through Writing and Journaling
February 7	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Belly Dancing for Core Strength, Balance, and Stamina Qi Gong Stretch, Flex, and Breathe
February 13	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Qi Gong Simple Recipes for Optimal Health Gentle Chair Yoga for Good Health
February 14	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Guided Imagery for Continued Healing Stretch, Flex, and Breathe Tai Chi for Health
February 15	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Gentle Chair Yoga for Good Health Qi Gong Healing Through Writing and Journaling
February 20	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Tai Chi for Health Body Movement with Broadway Tunes Stretch, Flex, and Breathe
February 21	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Stretch, Flex, and Breathe Guided Imagery for Continued Healing Qi Gong
February 27	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Connect and Reflect Through Music Stretch, Flex, and Breathe Gentle Chair Yoga for Good Health
February 28	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Qi Gong Belly Dancing for Core Strength, Balance, and Stamina Tai Chi for Health
February 29	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Healing Through Writing and Journaling Mindfulness Stretch, Flex, and Breathe



MARCH

March 5	10 to 11 a.m.	Stretch, Flex, and Breathe
	11:15 a.m. to 12:30 p.m.	Qi Gong
	12:30 to 1:30 p.m.	Guided Imagery for Continued Healing
March 6	10 to 11 a.m.	Belly Dancing for Core Strength, Balance, and Stamina
	11:15 a.m. to 12:30 p.m.	Tai Chi for Health
	12:30 to 1:30 p.m.	Connect and Reflect Through Music
March 7	10 to 11 a.m.	Mindfulness
	11:15 a.m. to 12:30 p.m.	Creative Arts for Healing
March 12	10 to 11 a.m.	Gentle Chair Yoga for Good Health
	11:15 a.m. to 12:30 p.m.	Simple Recipes for Optimal Health
	12:30 to 1:30 p.m.	Tai Chi for Health
March 13	10 to 11 a.m.	Mindfulness
	11:15 a.m. to 12:30 p.m.	Qi Gong
	12:30 to 1:30 p.m.	Stretch, Flex and Breathe
March 14	10 to 11 a.m.	Stretch, Flex, and Breathe
	11:15 a.m. to 12:30 p.m.	Guided Imagery for Continued Healing
	12:30 to 1:30 p.m.	Healing Through Writing and Journaling
March 19	10 to 11 a.m.	Tai Chi for Health
	11:15 a.m. to 12:30 p.m.	Mindfulness
	12:30 to 1:30 p.m.	Belly Dancing for Core Strength, Balance, and Stamina
March 21	10 to 11 a.m.	Mindfulness
	11:15 a.m. to 12:30 p.m.	Creative Arts for Healing
March 26	10 to 11 a.m.	Guided Imagery for Continued Healing
	11:15 a.m. to 12:30 p.m.	Qi Gong
	12:30 to 1:30 p.m.	Stretch, Flex and Breathe
March 27	10 to 11 a.m.	Stretch, Flex, and Breathe
	11:15 a.m. to 12:30 p.m.	Healing Through Writing and Journaling
	12:30 to 1:30 p.m.	Tai Chi for Health
March 28	10 to 11 a.m.	Gentle Chair Yoga for Good Health
	11:15 a.m. to 12:30 p.m.	Connect and Reflect Through Music
	12:30 to 1:30 p.m.	Qi Gong



APRIL

April 9	10 to 11 a.m.	Tai Chi for Health
	11:15 a.m. to 12:30 p.m.	Stretch, Flex, and Breathe
	12:30 to 1:30 p.m.	Simple Recipes for Optimal Health
April 10	10 to 11 a.m.	Qi Gong
	11:15 a.m. to 12:30 p.m.	Mindfulness
	12:30 to 1:30 p.m.	Guided Imagery for Continued Healing
April 16	10 to 11 a.m.	Stretch, Flex and Breathe
	11:15 a.m. to 12:30 p.m.	Gentle Chair Yoga for Good Health
	12:30 to 1:30 p.m.	Healing Through Writing and Journaling
April 17	10 to 11 a.m.	Guided Imagery for Continued Healing
	11:15 a.m. to 12:30 p.m.	Belly Dancing for Core Strength, Balance and Stamina
	12:30 to 1:30 p.m.	Tai Chi for Health
April 18	10 to 11 a.m.	Mindfulness
	11:15 a.m. to 12:30 p.m.	Creative Arts for Healing
April 23	10 to 11 a.m.	Tai Chi for Health
	11:15 a.m. to 12:30 p.m.	Simple Recipes for Optimal Health
	12:30 to 1:30 p.m.	Gentle Chair Yoga for Good Health
April 24	10 to 11 a.m.	Healing Through Writing and Journaling
	11:15 a.m. to 12:30 p.m.	Qi Gong
	12:30 to 1:30 p.m.	Stretch, Flex and Breathe
April 25	10 to 11 a.m.	Stretch, Flex, and Breathe
	11:15 a.m. to 12:30 p.m.	Tai Chi for Health
	12:30 to 1:30 p.m.	Mindfulness



MAY

May 7	10 to 11 a.m.	Mindfulness
	11:15 a.m. to 12:30 p.m.	Gentle Chair Yoga for Good Health
	12:30 to 1:30 p.m.	Guided Imagery for Continued Healing
May 8	10 to 11 a.m.	Qi Gong
	11:15 a.m. to 12:30 p.m.	Stretch, Flex, and Breathe
	12:30 to 1:30 p.m.	Tai Chi for Health
May 14	10 to 11 a.m.	Simple Recipes for Optimal Health
	11:15 a.m. to 12:30 p.m.	Body Movement with Broadway Tunes
	12:30 to 1:30 p.m.	Stretch, Flex, and Breathe
May 15	10 to 11 a.m.	Stretch, Flex, and Breathe
	11:15 a.m. to 12:30 p.m.	Guided Imagery for Continued Healing
	12:30 to 1:30 p.m.	Qi Gong
May 16	10 to 11 a.m.	Gentle Chair Yoga for Good Health
	11:15 a.m. to 12:30 p.m.	Tai Chi for Health
	12:30 to 1:30 p.m.	Mindfulness
May 21	10 to 11 a.m.	Mindfulness
	11:15 a.m. to 12:30 p.m.	Stretch, Flex, and Breathe
	12:30 to 1:30 p.m.	Healing Through Writing and Journaling
May 22	10 to 11 a.m.	Qi Gong
	11:15 a.m. to 12:30 p.m.	Belly Dancing for Core Strength, Balance, and Stamina
	12:30 to 1:30 p.m.	Tai Chi for Health
May 23	10 to 11 a.m.	Mindfulness
	11:15 a.m. to 12:30 p.m.	Creative Arts for Healing



JUNE

June 4	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Connect and Reflect Through Music Healing Through Writing and Journaling Tai Chi for Health
June 5	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Gentle Chair Yoga for Good Health Qi Gong Stretch, Flex, and Breathe
June 6	10 to 11 a.m. 11:15 a.m. to 12:30 p.m.	Mindfulness Creative Arts for Healing
June 11	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Qi Gong Tai Chi for Health Guided Imagery for Continued Healing
June 12	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Healing Through Writing and Journaling Stretch, Flex, and Breathe Tai Chi for Health
June 13	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Mindfulness Gentle Chair Yoga for Good Health Belly Dancing for Core Strength, Balance, and Stamina
June 18	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Tai Chi for Health Simple Recipes for Optimal Health Stretch, Flex, and Breathe
June 19	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Stretch, Flex, and Breathe Guided Imagery for Continued Healing Qi Gong
June 25	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Qi Gong Stretch, Flex, and Breathe Connect and Reflect Through Music
June 26	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Gentle Chair Yoga for Good Health Healing Through Writing and Journaling Tai Chi for Health



JULY

July 9	10 to 11 a.m.	Stretch, Flex, and Breathe
	11:15 a.m. to 12:30 p.m.	Qi Gong
	12:30 to 1:30 p.m.	Healing Through Writing and Journaling
July 10	10 to 11 a.m.	Simple Recipes for Optimal Health
	11:15 a.m. to 12:30 p.m.	Tai Chi for Health
	12:30 to 1:30 p.m.	Gentle Chair Yoga for Good Health
July 16	10 to 11 a.m.	Qi Gong
	11:15 a.m. to 12:30 p.m.	Body Movement with Broadway Tunes
	12:30 to 1:30 p.m.	Tai Chi for Health
July 17	10 to 11 a.m.	Gentle Chair Yoga for Good Health
	11:15 a.m. to 12:30 p.m.	Mindfulness
	12:30 to 1:30 p.m.	Stretch, Flex, and Breathe
July 18	10 to 11 a.m.	Stretch, Flex, and Breathe
	11:15 a.m. to 12:30 p.m.	Belly Dancing for Core Strength, Balance, and Stamina
	12:30 to 1:30 p.m.	Guided Imagery for Continued Healing
July 23	10 to 11 a.m.	Tai Chi for Health
	11:15 a.m. to 12:30 p.m.	Simple Recipes for Optimal Health
	12:30 to 1:30 p.m.	Qi Gong
July 24	10 to 11 a.m.	Healing Through Writing and Journaling
	11:15 a.m. to 12:30 p.m.	Stretch, Flex, and Breathe
	12:30 to 1:30 p.m.	Gentle Chair Yoga for Good Health



AUGUST

August 6	10 to 11 a.m.	Qi Gong
	11:15 a.m. to 12:30 p.m.	Guided Imagery for Continued Healing
	12:30 to 1:30 p.m.	Stretch, Flex, and Breathe
August 7	10 to 11 a.m.	Gentle Chair Yoga for Good Health
	11:15 a.m. to 12:30 p.m.	Mindfulness
August 13	10 to 11 a.m.	Tai Chi for Health
	11:15 a.m. to 12:30 p.m.	Stretch, Flex, and Breathe
	12:30 to 1:30 p.m.	Healing Through Writing and Journaling
August 14	10 to 11 a.m.	Guided Imagery for Continued Healing
	11:15 a.m. to 12:30 p.m.	Qi Gong
	12:30 to 1:30 p.m.	Simple Recipes for Optimal Health
August 15	10 to 11 a.m.	Gentle Chair Yoga for Good Health
	11:15 a.m. to 12:30 p.m.	Mindfulness
	12:30 to 1:30 p.m.	Belly Dancing for Core Strength, Balance, and Stamina
August 20	10 to 11 a.m.	Stretch, Flex, and Breathe
	11:15 a.m. to 12:30 p.m.	Simple Recipes for Optimal Health
	12:30 to 1:30 p.m.	Guided Imagery for Continued Healing
August 21	10 to 11 a.m.	Qi Gong
	11:15 a.m. to 12:30 p.m.	Healing Through Writing and Journaling
	12:30 to 1:30 p.m.	Tai Chi for Health



Patient Education Classes

Presented by:

Joan Molnar, RN, BSN, OCN, Patient Educator

Cindy Garretson, RN, BSN, CBC

Many types of medications are used to treat cancer, including chemotherapy, immunotherapy, targeted therapy, and hormone therapy - either alone or in combination with other medications or treatments. These therapies are very different in their chemical composition (what they are made of), how they are prescribed and given, and the side effects they might have.

During our **Introduction to Chemotherapy and Immunotherapy** classes, our patient education team helps patients, and their family members, understand the type of treatment they will be receiving and what to expect during their treatment. They also share important information on side effects and answer any questions you may have.

Classes are offered daily. Most classes are held in-person, but we offer a virtual class for patients who are unable to attend in-person. **Check with your caregiver for times and locations, and to schedule your class. For more information call 855.632.2667.**

Loving and Living Through Cancer: Improving Partner Communications and Relationships



This ONLINE discussion forum is facilitated by Alishia Kalos, PsyD, CST, and provides a safe space to talk about sensitive topics including body image, intimacy, and gender identity. Participants will gain the tools and resources to communicate with their partners and others regarding cancer-related challenges during and after their treatment. Online forum groups are separate groups based on gender identity.

To register and receive information about how to join the sessions, please contact Roxanne Berger, LPN, Clinical Program Coordinator, Wellness After Cancer Survivorship Program at **856.968.7091** or email at **berger-roxanne@cooperhealth.edu**

Times: 6 to 7:30 p.m.

Dates: Program dates will be provided when you register.



Survivorship

W.H.A.T. Next: Wellness and Health After Treatment

Presented by:

Susan M. Hunter, RN, MSN, Survivorship Nurse Navigator

Roxanne Berger, LPN, Clinical Nurse Coordinator

What happens once your active cancer treatment is completed? In these informative call-in sessions, you can ask questions and take part in discussions about the next steps of living through cancer and what to expect during this period of transition. The challenges of adjusting to a new normal, dealing with the emotional impact, and navigating follow-up care during this time are a few of the topics that will be discussed in these patient-focused session.

For more information, please contact Roxanne Berger, LPN, at berger-roxanne@cooperhealth.edu or **856.968.7091**.

2nd Wednesday of each month

Time: 1 p.m. to 1:40 p.m.

To join the class, dial number listed below then enter the meeting ID number when prompted; followed by #.

+1-309-205-3325

Meeting ID: 818 3660 9116#

Passcode: 123abc

- January 10
- February 14
- March 13
- April 10
- May 8
- June 12
- July 10
- August 14

4th Wednesday of each month

Time: 4 to 4:40 p.m.

To join the class, dial number listed below then enter the meeting ID number when prompted, followed by #.

+1-301-715-8592

Meeting ID: 823 0152 7458#

Passcode: 321abc

- January 24
- February 28
- March 27
- April 24
- May 22
- June 26
- July 24
- August 28



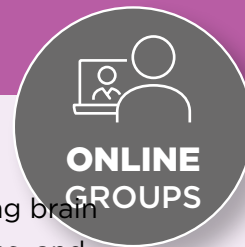
Tobacco Cessation Program

Learn how going tobacco-free may help you live a longer, healthier life by lowering your risk for heart disease, stroke, and cancer. Kicking the tobacco habit offers some rewards that you'll notice right away and some will become apparent over time. You will save money immediately by not buying tobacco products!

Here are a few other benefits you may notice:

- Food tastes better and your sense of smell returns to normal
- Your breath, hair, clothes and household smell better
- You will breathe easier doing ordinary activities
- You can lower your risk of wrinkles, gum disease and tooth loss

If you are interested in learning more about our Tobacco Cessation Program, please contact our Certified Tobacco Treatment Specialist Team at **856.735.6235**.



Brain Tumor Support Group

This **ONLINE** support group welcomes adults who are all dealing with the issues surrounding brain tumors. We offer a safe place to talk openly and honestly, share information and experiences, and meet other survivors and caregivers in a relaxed and inviting environment.

To register and receive information about how to join the meeting, please contact Frank Del Rossi, Social Worker, MD Anderson at Cooper, at delrossi-francis@cooperhealth.edu.

Time: 6 to 7:30 p.m.

- January 3
- February 7
- March 6
- April 3
- May 1
- June 5
- July 3
- August 7

Breast Cancer Support Group

This **ONLINE** support group meets on the second Tuesday of the month.

For more information or to register for this group, please contact Rosann Whittington, Social Worker, MD Anderson at Cooper at whittington-rosann@cooperhealth.edu or **856.673.4268**.

Time: 7 to 8:30 p.m.

- January 9
- February 13
- March 12
- April 9
- May 14
- June 11
- July 9
- August 13

Caregivers Support Group

This **ONLINE** support group is open to all adult caregivers of a loved one with cancer. Topics include self-care, time management, handling stress, and overall support.

To register and receive information about how to join the meeting, please contact Jeff Jin, Social Worker, MD Anderson at Cooper, at email at jin-jeffrey@cooperhealth.edu or **856.673.4669**.

Time: 7 to 8 p.m.

- January 16
- February 20
- March 19
- April 16
- May 21
- June 18
- July 16
- August 20

Support Groups - Online



LLS/Multiple Myeloma Support Group

This **ONLINE** support group meets on the fourth Thursday of the month.

For more information or to register, contact Stacy Kreizman, Leukemia & Lymphoma Society, at Stacy.Kreizman@lls.org or **908.956.6608**. Facilitated by Lisa McLaughlin, Social Worker, MD Anderson at Cooper.

4th Thursday of the month, 6 to 7:30 p.m.

- January 25
- February 22
- March 28
- April 25
- May 23
- June 27
- July 25
- August 22

Support Groups - In-Person



Laryngectomy Group

This **IN-PERSON** support group meets at MD Anderson Cancer Center at Cooper in Camden the second Wednesday of the month.

For more information, please contact Lisa McLaughlin, Social Worker, MD Anderson at Cooper at mcLaughlin-lisa@cooperhealth.edu or **856.735.6257**.

Time: 2 to 3:30 p.m.

- January 10
- February 14
- March 13
- April 10
- May 15
- June 12
- July 10
- August 14

Grupo de Apoyo Latino

MD Anderson Cancer Center at Cooper le invita a unirse a nuestro grupo de apoyo para sobrevivientes latinos del cáncer. Ofrecemos información educativa y apoyo para usted y su familia. Para más información y para registrarse llame a **Virgenmina López** al **856.968.7092**.

Lugar: PRUP – Puerto Riqueños Unidos para El Progreso
818 S. Broadway Street.
Camden, NJ 08103

Hora: 11 a.m. to noon

- Enero 11
- Febrero 8
- Marzo 14
- April 11
- Mayo 9
- Junio 13
- Julio 11
- Agosto 8



Sister Will You Help Me - In-Person Sessions Only

This is an **IN-PERSON** cancer support group for women of color and faith. The group's mission is to empower through knowledge, encourage through sisterhood, enlighten through faith, and bond through love.

To register and receive information about how to join the meeting, please contact Dianne Hyman, MSN, RN, OCN, CN-BN, Transition Care Manager, MD Anderson at Cooper, at hyman-dianne@cooperhealth.edu or **856.735.6258**.

Time: 6 to 7:00 p.m.

WILLINGBORO

Willingboro Library
220 Willingboro Way
Willingboro, NJ 08046

Dates:

- January 4
- February 1
- March 7
- April 4
- May 2
- June 6
- July/August- No Meetings

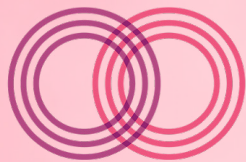
Time: 6 to 7:00 p.m.

CAMDEN

Cooper University Hospital
Conference Center Rooms
CC103-CC104
One Cooper Plaza
Camden, NJ 08103

Dates:

- January 11
- February 8
- March 14
- April 11
- May 9
- June 13
- July/August- No Meetings



EVOLVE PINK

EVOLVE PINK is a non-profit community resources that provides breast cancer survivors with access to education, support, and connection to a community of individuals who share a common bond. Offering both in-person in the Flemington, NJ area and virtual programs that include education sessions and workshops such as journaling, mediation, nutrition, a monthly book club and more, EVOLVE PINK is a helpful resource for breast cancer survivors at any point in their cancer journey. For more information or to access these programs visit EvolvePink.org.





2024 Fitness and Nutrition (FAN):

Walk, Talk, Stretch, Thrive, And Breathe – Virtual Classes Only

Facilitated by a *Dr. Diane Barton Complementary Medicine Specialist*

As you go through your cancer journey, staying active is very important. Physical activity at any level can boost your mood, reduce stress and anxiety, improve sleep, and build strength and endurance. Take this time to get moving at your own pace while discussing tips to eat healthy, stay active, and free your mind from everyday stress.

For more information, please contact Roxanne Berger, LPN, at berger-roxanne@cooperhealth.edu or **856.968.7091**.

THESE ARE VIRTUAL CLASSES ONLY.

Time: 6:30 to 7:30 p.m.

Dates: Classes held **Tuesdays and Thursdays**

JANUARY 2024 TO DECEMBER 2024

Winter session

January: 9, 11, 16, 18, 23, 25, 30

February: 1, 6, 8, 13, 15, 20, 22, 27, 29

March: 5, 7, 12, 14

Spring session

April: 2, 4, 9, 11, 16, 18, 23, 25, 30

May: 2, 7, 9, 14, 16, 21, 23, 28, 30

June: 4, 6

Summer session

June: 25, 27

July: 9, 11, 16, 18, 23, 25, 30

August: 1, 6, 8, 13, 15, 20, 22, 27, 29

September: 3, 5

**No class July 2 or July 4*



Join Zoom Meeting using this link:

<https://us06web.zoom.us/j/87228120385?pwd=1dzPsmwdImU5wWuqRLqKfyWaqGZj42.1>

Meeting ID: 872 2812 0385

Passcode: abc123

To join from a landline or cell phone, dial number listed below, when prompted enter the meeting ID number listed below, followed by the # sign

+1-646-931-3860

Meeting ID: 872 2812 0385#

Please check with your physician/provider to review the benefits and risk factors of beginning an exercise program.

2024 Fitness and Nutrition: **FAN 2.0**



FAN 2.0 is designed for cancer survivors who were active prior to their diagnosis and who want to transition back to a more active lifestyle. Join our Complementary Medicine facilitator in a fun, engaging, and interactive experience.

For more information, please contact Roxanne Berger, LPN, at berger-roxanne@cooperhealth.edu or **856.968.7091**.

THESE ARE VIRTUAL CLASSES ONLY.

Classes held on Tuesdays and Thursdays

Time: 5:15 to 6:15 pm

Winter session

January: 9, 11, 16, 18, 23, 25, 30

February: 1, 6, 8, 13, 15, 20, 22, 27, 29

March: 5, 7, 12, 14

Spring session

April: 2, 4, 9, 11, 16, 18, 23, 25, 30

May: 2, 7, 9, 14, 16, 21, 23, 28, 30

June: 4, 6

Summer session

June: 25, 27

July: 9, 11, 16, 18, 23, 25, 30

August: 1, 6, 8, 13, 15, 20, 22, 27, 29

September: 3, 5

**No class July 2 or July 4*

Fall Session

September: 24, 26



Join Zoom Meeting using this link:

<https://us06web.zoom.us/j/83932132841?pwd=B3aozrasmDJ4U5xxgWVmAQBOEuv9N.1>

Meeting ID: 839 3213 2841

Passcode: 636378

To join from a landline or cell phone, dial number listed below, when prompted enter the meeting ID number listed below, followed by the # sign

+1-305-224-1968

Meeting ID: 839 3213 2841#



William G. Rohrer Cancer Genetics Program Online Resources

The William G. Rohrer Cancer Genetics Program offers hereditary cancer risk assessment, genetic counseling, and genetic testing by a team of specialized physicians, nurses and genetic counselors.

Our program has a variety of information and materials available online so anyone can learn more about the cancer genetic consultation process, hereditary cancer risk, and genetic testing.

Video to view: What you need to know about hereditary cancer and genetic testing (15 minutes)

Documents to read:

- Genetic counseling referral information
- Hereditary cancer and multi-gene testing
- Hereditary breast cancer
- Hereditary colorectal cancer
- Hereditary ovarian cancer
- Hereditary prostate cancer
- Hereditary pancreatic cancer
- Hereditary uterine cancer
- Lynch syndrome

To access these resources visit: cooperhealth.org/services/cancer-genetics-program

Survivorship Educational Video Series

Presented by the Wellness After Cancer Survivorship Program

Our Survivorship team hosts monthly webinars designed to provide cancer survivors with the tools to navigate and manage the effects of their cancer and cancer treatment.

The webinars are live events led by experts from MD Anderson at Cooper and are recorded and shared on the CooperTV YouTube channel. Look for email invitations to the live events, and check out the CooperTV channel on YouTube to view our library of videos at any time.

Topics include:

- Introduction to Survivorship
- Chemo Brain
- Lymphedema
- Fatigue and Insomnia
- Faith and Coping
- Bone Health
- Managing Neuropathy
- Nutrition and Healthy Eating
- Use of Supplements

If you are interested in more information, please contact Roxanne Berger, LPN, Clinical Program Coordinator, **Wellness After Cancer Survivorship Program** at **856.968.7091** or email at berger-roxanne@cooperhealth.edu

Visit the **CooperTV** YouTube channel to view the recorded webinars and other informative videos.

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Making Cancer History®