

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

Class Schedule

September-December 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.

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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

Now in two Locations:

- **Classes in black** on the schedule will be held at the Cooper Clock Tower Building, 931 Centennial Boulevard, Voorhees, NJ 08043
- **Classes in purple** on the schedule (Wednesday classes) will be held at the Cooper at Your Service suite adjacent to the Rizzieri Spa and Salon in the Moorestown Mall. Enter through the Cooper at Your Service mall interior entrance (near Boscov's) or the through the Rizzieri Spa and Salon main entrance.

Masking is optional at the time of printing, but our policies are subject to change. No registration is required.

SEPTEMBER

September 10	10 to 11a.m.	Tai Chi for Health
	11:15 a.m. to 12:30 p.m.	Connect and Reflect Through Music
	12:30 to 1:30 p.m.	Gentle Chair Yoga for Good Health
September 11	10 to 11a.m.	Guided Imagery for Continued Healing
	11:15 a.m. to 12:30 p.m.	Qigong
	12:30 to 1:30 p.m.	Stretch, Flex, and Breathe
September 12	10 to 11a.m.	Mindfulness
	11:15 a.m. to 12:30 p.m.	Creative Arts for Healing
September 17	10 to 11a.m.	Simple Recipes for Optimal Health
	11:15 a.m. to 12:30 p.m.	Gentle Chair Yoga for Good Health
	12:30 to 1:30 p.m.	Stretch, Flex, and Breathe
September 18	10 to 11 a.m.	Qigong
	11:15 a.m. to 12:30 p.m.	Stretch, Flex, and Breathe
	12:30 to 1:30 p.m.	Tai Chi for Health



SEPTEMBER *(continued)*

September 19	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 Guided Imagery for Continued Healing Qigong
September 24	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 Belly Dancing for Core Strength, Balance and Stamina Stretch, Flex, and Breathe
September 25	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 Qigong Gentle Chair Yoga for Good Health
September 26	10 to 11 a.m. 11:15 a.m. to 12:30 p.m.	Mindfulness Creative Arts for Healing

OCTOBER

October 1	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Qigong Stretch, Flex, and Breathe Healing through Writing and Journaling
October 2	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 Mindfulness
October 3	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 Qigong Stretch, Flex, and Breathe
October 8	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 Mindfulness Guided Imagery for Continued Healing
October 9	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 Body Movement with Broadway Tunes
October 10	10 to 11 a.m.	Mindfulness
October 15	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 Tai Chi for Health Simple Recipes for Optimal Health



OCTOBER *(continued)*

October 16	10 to 11 a.m.	Mindfulness
	11:15 a.m. to 12:30 p.m.	Qigong
	12:30 to 1:30 p.m.	Stretch, Flex, and Breathe
October 17	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.	Tai Chi for Health
October 22	10 to 11 a.m.	Healing through Writing and Journaling
	11:15 a.m. to 12:30 p.m.	Mindfulness
	12:30 to 1:30 p.m.	Guided Imagery for Continued Healing
October 23	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.	Qigong
October 24	10 to 11 a.m.	Mindfulness
	11:15 a.m. to 12:30 p.m.	Creative Arts for Healing

NOVEMBER

November 5	10 to 11 a.m.	Simple Recipes for Optimal Health
	11:15 a.m. to 12:30 p.m.	Stretch, Flex, and Breathe
	12:30 to 1:30 p.m.	Connect and Reflect Through Music
November 6	10 to 11 a.m.	Tai Chi for Health
	11:15 a.m. to 12:30 p.m.	Healing through Writing and Journaling
	12:30 to 1:30 p.m.	Stretch, Flex, and Breathe
November 7	10 to 11 a.m.	Mindfulness
	11:15 a.m. to 12:30 p.m.	Creative Arts for Healing
November 12	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.	Gentle Chair Yoga for Good Health
November 13	10 to 11 a.m.	Guided Imagery for Continued Healing
	11:15 a.m. to 12:30 p.m.	Qigong
	12:30 to 1:30 p.m.	Stretch, Flex, and Breathe
November 14	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.	Simple Recipes for Optimal Health



NOVEMBER *(continued)*

November 19	10 to 11 a.m.	Belly Dancing for Core Strength, Balance and Stamina
	11:15 a.m. to 12:30 p.m.	Mindfulness
	12:30 to 1:30 p.m.	Qigong
November 20	10 to 11 a.m.	Tai Chi for Health
	11:15 a.m. to 12:30 p.m.	Gentle Chair Yoga for Good Health
	12:30 to 1:30 p.m.	Stretch, Flex, and Breathe
November 21	10 to 11 a.m.	Mindfulness
	11:15 a.m. to 12:30 p.m.	Creative Arts for Healing
November 26	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.	Guided Imagery for Continued Healing
November 27	10 to 11 a.m.	Connect and Reflect Through Music
	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

DECEMBER

December 3	10 to 11 a.m.	Tai Chi for Health
	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
December 4	10 to 11 a.m.	Stretch, Flex, and Breathe
	11:15 a.m. to 12:30 p.m.	Mindfulness
	12:30 to 1:30 p.m.	Qigong
December 5	10 to 11 a.m.	Mindfulness



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

- September 11
- October 9
- November 13
- December 11

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

- September 25
- October 23
- November 27



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**.

Living Well with Advanced or Metastatic Cancer

Navigating the challenges of metastatic or advanced cancer can be overwhelming. Our new virtual series provides a safe and compassionate space for patients to share experiences, receive emotional support, and connect with others facing similar journeys. Each session is led by experienced facilitators who offer valuable insights and resources to help manage the physical, emotional, and psychological aspects of cancer. Whether you're looking for advice, comfort, or community, we are here for you.



- | | |
|--------------|---|
| September 9 | Let's Talk About Your Emotional Health |
| September 16 | Speaking Honestly: Communicating your needs better |
| September 23 | Getting Your Things in Order/Advance Care Planning |
| September 30 | Utilizing Palliative Care to Manage Your Symptoms |
| October 7 | Addressing Financial Toxicity and the Cost of Treatment |
| October 14 | Incorporating Physical Activity & Healthy Eating |

To register and receive an access link:

Please contact Roxanne Berger, LPN, Clinical Nurse Coordinator at **856.968.7091** or email **berger-roxanne@cooperhealth.edu**.



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.

- September 4
 - October 2
 - November 6
 - December 4
-

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.

- September 10
 - October 8
 - November 12
 - December 10
-

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.

- September 17
- October 15
- November 19
- December 17

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.

- September 26
- October 24
- November 21

Support Groups - Hybrid



OR



Laryngectomy Group

This support group meets in person at MD Anderson at Cooper in Camden or participants can join virtually. Meetings are held 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.

- September 11
- October 9
- November 13
- December 11

LGBTQ+ Support Group

Join us for an open format support group specifically for member of the LGBTQ+ community who have been diagnosed with cancer. Partners, friends, and family are welcome. You may join us either in person at the Cooper Moorestown campus or virtually. Please contact jin-jeffrey@cooperhealth.edu or **856.673.4669** for more information and a link to the group.

Time: 3 to 4:30 p.m.

Dates:

- September 9
- October 14
- November 11
- December 9



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 7:30 p.m.

WILLINGBORO

(1st Thursday of the month) IN PERSON
Willingboro Library
220 Willingboro Way
Willingboro, NJ 08046

Dates:

- September 5
- October 3
- November 7
- December 5

Time: 6 to 7:30 p.m.

CAMDEN

(2nd Thursday of the month) IN PERSON
Cooper University Hospital Conference Center Rooms
CC103-CC104
One Cooper Plaza
Camden, NJ 08103

Dates:

- September 12
- October 10
- November 14
- December 12

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

- Septiembre 12
- Octubre 10
- Noviembre 14
- Diciembre 12



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**

SUMMER SESSION

September: 3, 5

FALL SESSION

October: 1, 3, 8, 10, 15, 17, 22, 24, 29, 31

November: 5, 7, 12, 14, 19, 21, 26,

December: 3, 5

*No class November 28, 2023



Join Zoom Meeting using this link:

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

Meeting ID number:

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

Dial:

+1-646-931-3860

Meeting ID number:

872 2812 0385#

Become a
FAN
member
today

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



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

Scan to visit our videos on **CooperHealthTV**.



MD Anderson  Cooper
~~Cancer Center~~

Making Cancer History®