

Cancer Support and Education

APRIL - JUNE, 2024

Sign up for the Oncology Services e-Newsletter by sending your email address to:
CANews@bch.org

The information on this sheet is also at:
bch.org/our-services/cancer/cancer-support-groups

NUTRITION SEMINARS

To support your health and well-being, we are offering nutrition webinars with nutritionist Conner Middelmann. Online presentations will run from 4:30-6 p.m. Mountain Time, twice monthly on Mondays. No fee.

Register at bch.org/community-events/event-details/?event=19754. For more information email Conner at conner@modernmediterranean.com.

BREAST CANCER SUPPORT GROUP

This group is for breast cancer patients who would like to connect with other women as they travel through the breast cancer journey. Thursdays from 4-5 p.m. No fee. **To register contact Nanna Bo Christensen at 303-415-7057 or nchristensen@BCH.org.**

CAREGIVERS AND LOVED ONES SUPPORT GROUP

Talk with other caregivers and loved ones who are supporting family and friends journeying through cancer. Online the first Thursday every month at 4:30 p.m. No fee. **Registration and inquiries contact Claire McCorrison at 858-254-1288 or clairemcc8@comcast.net.**

LIVING WITH CANCER RELATED BRAIN FOG-IMPROVE YOUR QUALITY OF LIFE

Have you noticed changes in your brain since being diagnosed with cancer? Do you have to work harder to remember things? Are you frustrated when you can't find the words you want to say? You don't have to accept this as your new normal. You have the power to take control and improve your quality of life. Class options in 2024: June 10, Sept. 9, and Dec. 9. All classes are Mondays 1:30-3 p.m. Fee \$15. **Registration at bch.org/therapyclass.**

MOVE MORE, FEEL BETTER

This 12-week class uses exercise to address side effects of cancer and cancer treatment and to improve overall health. It provides the foundation to start or resume a safe and effective exercise program. Join the class to get stronger, be more flexible, have better balance and gain more energy. Tuesdays and Thursdays, 2:15-3:10 p.m. Jan. 30 - May 2, 2024 (no class March 12, 14, 26, 28). Fee \$288 (12 weeks). Scholarships available. **Please contact bwhitney@bch.org to inquire. Registration at bch.org/therapyclass.**

RENEW AND RESTORE-A GENTLE YOGA CLASS FOR PEOPLE WITH CANCER

Yoga is a form of physical and mental exercise that has been around for thousands of years. Renew and Restore is an 8-week gentle yoga class to help improve strength, flexibility, and wellbeing. Fee \$96 (8 weeks). Scholarships available. Class options in 2024: March 22-May 10, June 7-July 26, and Sept. 20 - Nov. 8. All classes are on Fridays 8:30-9:20 a.m. **Please contact Jennifer Lieb, at jl Lieb@bch.org. Registration at bch.org/therapyclass.**

BCH CENTER FOR INTEGRATIVE CARE

The Center for Integrative Care provides specialized integrative treatments including acupuncture, acupressure, massage, lymphedema care and reiki. **Additional information at bch.org/our-services/cancer/support-integrative-therapies/, the Center for Integrative Care (1st Floor Tebo Building), or call the office to inquire about services available and scheduling: 303-415-7292.**

CLARIFYING YOUR WISHES: AN OVERVIEW & TOOLS FOR MEDICAL ADVANCE CARE PLANNING

This one-hour virtual informational session will give an overview of medical advance care planning (ACP), offer tools and resources for helping you to clarify your values and feel more prepared to talk with your medical team and loved ones about your wishes, and inform you about documents you can use to specify your wishes for medical care. This session is open to patients, survivors and caregivers. Offered periodically throughout the year, the next presentation is Wednesday April 10 from 1-2 p.m. **Registration at rockymountcancercenters.com/events. You may also contact Jill Mitchell, LCSW at 303-385-2003 with questions or to register for a program later in the year.**

VALUED LIVING WITH ADVANCED CANCER STUDY

The Valued Living Study compares a 6-session online skills group to usual supportive care. Participants can earn up to \$150. You may be eligible if you have stage IV solid tumor cancer, feel anxious, down, or distressed, are out of bed most of the day and can attend online group sessions. **Please email ValuedLiving@colorado.edu or call or text the research team at 720-515-9461 to learn more about this unique opportunity and to enroll.**

CANCER AND AGING REFLECTIONS FOR ELDERS (CARE) STUDY

Offered by Rocky Mountain Cancer Centers (RMCC) in collaboration with Memorial Sloan Kettering (MSK) and the Cancer Support Community (CSC). There is no cost to participate. Eligible participants who complete the study will receive up to \$80 in compensation. Participants must be 70 or older and diagnosed with stage I, II, or III non-metastatic cancer. **For more details about the study and to enroll, please contact the MSK CARE Research Team by phone at 646-608-8239 or email restudy@mskcc.org.**

ROCKY MOUNTAIN CANCER CENTERS SUPPORT AND EDUCATION GROUPS

For information about Rocky Mountain Cancer Centers' support and education groups, go to rockymountcancercenters.com/support-groups.

LEUKEMIA & LYMPHOMA SOCIETY BLOOD CANCER SUPPORT GROUP

The Leukemia & Lymphoma Society's Rocky Mountain Chapter offers a wide range of free educational and support programs for patients, their families, caregivers and healthcare professionals. **Go to lls.org/support/support-groups. For more information, please contact Dawn Guerrero, Manager, Patient and Community Outreach, at 720-440-8655 or Dawn.Guerrero@LLS.org.**

ROCKY MOUNTAIN BLOOD CANCER CONFERENCE

This free in-person education event is open to blood cancer patients, survivors, family members, caregivers, and healthcare professionals. Experts in the areas of blood cancer research, treatment, and survivorship will present information about treatment options, emerging therapies, management of survivorship issues, and LLS resources. Saturday April 6, 2024, 9-2:30 p.m., in Aurora, CO. **For more information and to register, go to na.eventscloud.com/website/67879/. For general questions about the conference email RM.BCC@LLS.org.**

OVARIAN & GYN CANCER – “NICKI’S CIRCLE”

For patients/survivors with ovarian or other gynecological cancers. Caregivers welcome. Meets weekly and monthly online via “Zoom.” No charge. **For general questions please contact events@colo-ovariancancer.org or visit colo-ovariancancer.org/programs/nickiscircle/nickiscircle.html.**