

Class Schedule for June, 2011

Please pre-register by calling (210) 593-2639.

			<i>Wednesday 1</i> 10 a.m. – Look Good, Feel Better	<i>Thursday 2</i> Noon – Your Daily Stretch	<i>Friday 3</i>	<i>Saturday 4</i>
<i>Sunday 5</i>	<i>Monday 6</i>	<i>Tuesday 7</i> Noon – Your Daily Stretch 6 p.m. – Guided Imagery	<i>Wednesday 8</i> 2 p.m. – Massage Therapy for Caregivers	<i>Thursday 9</i> Noon – Daily Stretch	<i>Friday 10</i>	<i>Saturday 11</i>
<i>Sunday 12</i>	<i>Monday 13</i>	<i>Tuesday 14</i> Noon – Your Daily Stretch	<i>Wednesday 15</i> Noon – Benefits of Meditation & Deep Breathing 2 p.m. – Nutrition During Cancer Care	<i>Thursday 16</i> Noon – Your Daily Stretch 2 p.m. – Educational Support Group (Tools to Diminish Cancer Pain)	<i>Friday 17</i>	<i>Saturday 18</i>
<i>Sunday 19</i>	<i>Monday 20</i>	<i>Tuesday 21</i> Noon – Your Daily Stretch	<i>Wednesday 22</i>	<i>Thursday 23</i> Noon – Your Daily Stretch	<i>Friday 24</i> 1 p.m. – Home Tube Feeding Management at Sonterra	<i>Saturday 25</i>
<i>Sunday 26</i>	<i>Monday 27</i>	<i>Tuesday 28</i> Noon – Your Daily Stretch	<i>Wednesday 29</i>	<i>Thursday 30</i> Noon – Your Daily Stretch		

Your Daily Stretch (\$8)

Introduction to yoga with gentle stretches and breathing. These techniques are shown to help with cancer treatment side effects.

Look Good, Feel Better (Free)

This program in collaboration with the American Cancer Society provides information to women undergoing cancer treatment to help them look and feel more comfortable with changes in appearance. Women will receive a free make-up kit.

Massage Therapy for Caregivers (Free)

Learn simple techniques to help your friends and loved ones.

Guided Imagery (Free)

Guided Imagery is an applied form of meditation. When used in a directed way it can influence physiological processes

that enhance healing. Imagery is very useful in learning to quiet the mind and body through highly effective yet gentle methods that use attention, intention, and imagination.

Home Tube Feeding Management (Free)

Your diagnosis or treatment may require home enteral nutrition to meet your nutritional requirements through a special tube inserted into your stomach or intestine. Our registered dietitian will let you know what to expect, nutritional formulas, proper techniques and care.

Benefits of Meditation & Deep Breathing (Free)

Self-care and self-awareness is the foundation of good health care. Meditation creates a relaxed state of moment to moment awareness which cultivates self-awareness and stress reduction. Researchers have also shown that meditation may help with hypertension, anxiety, stress, and

pain. Meditation is at the heart of healing and self-discovery, come learn how to implement this powerful technique.

Nutrition During Cancer Care (Free)

Proper nutrition is especially important when undergoing cancer treatments. Good nutrition may improve the results of treatment, help one feel better, stay stronger, and recover more quickly. These classes will offer great tips on managing treatment-related side effects such as nausea, decreased appetite, changes in taste/smell, fatigue, sore mouth/throat, weight changes and more.

Educational Support Group (Free)

The START Center & the American Cancer Society invite you & your friends & family to educational support groups. Look for a new one every month.

Class Schedule for July, 2011

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Sunday 3	Monday 4	Tuesday 5 Noon – Your Daily Stretch	Wednesday 6 10 a.m. – Look Good, Feel Better	Thursday 7 Noon – Your Daily Stretch	Friday 8	Saturday 9
Sunday 10	Monday 11	Tuesday 12 Noon – Your Daily Stretch 6 p.m. – Guided Imagery	Wednesday 13 2 p.m. – Massage Therapy for Caregivers	Thursday 14 Noon – Daily Stretch	Friday 15	Saturday 16
Sunday 17	Monday 18	Tuesday 19 Noon – Your Daily Stretch	Wednesday 20 Noon – Benefits of Meditation & Deep Breathing 2 p.m. – Nutrition During Cancer Care	Thursday 21 Noon – Your Daily Stretch 2 p.m. – Educational Support Group (Keeping Well in Mind & Body)	Friday 22	Saturday 23
Sunday 24	Monday 25	Tuesday 26 Noon – Your Daily Stretch	Wednesday 27	Thursday 28 Noon – Your Daily Stretch	Friday 29	Saturday 30
Sunday 31						

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Benefits of Meditation & Deep Breathing (Free)

Deep breathing and meditation is a practice that benefits your mind, body and spirit. Chronic stress leads to quick,

shallow breathing which then can become habit. Bringing conscious attention to our breath while lengthening and deepening the drawing in of oxygen nourishes every cell of our body and promotes relaxation. Using deep breathing techniques, relaxation, and meditation you can learn to respond effectively rather than overreact to the stresses in your life. Practicing deep breathing and meditation exercise can be a simple, yet powerful, way to change the way stressful events affect your mind, body, and emotions.

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START Center For Cancer Care

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www.inspiritasspa.com
www.thestartcenter.com