



Dr. Diane Barton Complementary Medicine Program

FALL 2022 IN-PERSON CLASSES

For Cancer Survivors Before, During, and After Treatment

We are excited to announce that in addition to our popular online complementary medicine programs, we will be offering in-person classes.

Location:

Cooper Clock Tower Building
931 Centennial Boulevard
Voorhees, NJ 08033

Attendees must wear masks for all in-person classes.

For questions or more information contact:

Bonnie Mehr

Director of Integrative Oncology
Services and the Dr. Diane Barton
Complementary Medicine Program

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SEPTEMBER

September 6	10 a.m. to 11 a.m.	Stretch, Flex, and Breathe
	11:30 a.m. to 12:30 p.m.	Simple Recipes for Optimal Health
September 7	10 a.m. to 11 a.m.	Tai Chi for Health
	11:30 a.m. to 12:30 p.m.	Healing Through Writing and Journaling
September 8	10 a.m. to 11 a.m.	Belly Dancing for Core Strength, Balance, and Stamina
	11:30 a.m. to 12:30 p.m.	Connect and Reflect through Music
	12:30 p.m. to 1:30 p.m.	Mindfulness
September 13	10 a.m. to 11 a.m.	Body Movement Fun to Broadway Tunes
	11:30 p.m. to 12:30 p.m.	Guided Imagery for Continued Healing
September 14	10 a.m. to 11 a.m.	Qi Gong
	11:30 p.m. to 12:30 p.m.	Gentle Yoga for Good Health
September 15	10 a.m. to 11 a.m.	Stretch, Flex, and Breathe
	11 a.m. to noon	Creative Arts for Healing
	12:30 p.m. to 1:30 p.m.	Mindfulness
September 20	10 a.m. to 11 a.m.	Tai Chi for Health
	11:30 a.m. to 12:30 p.m.	Healing through Writing and Journaling
September 21	10 a.m. to 11 a.m.	Belly Dancing for Core Strength, Balance, and Stamina
	11:30 a.m. to 12:30 p.m.	Connect and Reflect Through Music
September 22	10 a.m. to 11 a.m.	Qi Gong
	11:30 a.m. to 12:30 p.m.	Gentle Yoga for Good Health
	12:30 a.m. to 1:30 p.m.	Mindfulness
September 27	10 a.m. to 11 a.m.	Body Movement Fun to Broadway Tunes
	11:30 a.m. to 12:30 p.m.	Guided Imagery for Continued Healing
September 28	10 a.m. to 11 a.m.	Stretch, Flex, and Breathe
	11:30 a.m. to 12:30 a.m.	Healing through Writing and Journaling
September 29	10 a.m. to 11 a.m.	Belly Dancing for Core Strength, Balance, and Stamina
	11 a.m. to noon	Creative Arts for Healing
	12:30 a.m. to 1:30 p.m.	Mindfulness

OCTOBER

October 4	10 a.m. to 11 a.m. 11:30 a.m. to 12:30 p.m.	Stretch, Flex, and Breathe Simple Recipes for Optimal Health
October 5	10 a.m. to 11 a.m. 11:30 a.m. to 12:30 a.m.	Tai Chi for Health Guided Imagery for Continued Healing
October 6	10 a.m. to 11 a.m. 11:30 a.m. to 12:30 p.m. 12:30 a.m. to 1:30 p.m.	Belly Dancing for Core Strength, Balance, and Stamina Healing Through Writing and Journaling Mindfulness
October 11	10 a.m. to 11 a.m. 11:30 a.m. to 12:30 p.m.	Qi Gong Gentle Yoga for Good Health
October 12	10 a.m. to 11 a.m. 11:30 a.m. to 12:30 p.m.	Tai Chi for Health Simple Recipes for Optimal Health
October 13	10 a.m. to 11 a.m. 11 a.m. to noon 12:30 p.m. to 1:30 p.m.	Stretch, Flex, and Breathe Creative Arts for Healing Mindfulness
October 18	10 a.m. to 11 a.m. 11:30 a.m. to 12:30 p.m.	Tai Chi for Health Guided Imagery for Continued Healing
October 19	10 a.m. to 11 a.m. 11:30 a.m. to 12:30 p.m.	Belly Dancing for Core Strength, Balance, and Stamina Connect and Reflect Through Music
October 20	10 a.m. to 11 a.m. 11:30 a.m. to 12:30 p.m. 12:30 p.m. to 1:30 p.m.	Qi Gong Gentle Yoga for Good Health Mindfulness
October 25	10 a.m. to 11 a.m. 11:30 a.m. to 12:30 p.m.	Gentle Yoga Healing Through Writing and Journaling
October 26	10 a.m. to 11 a.m. 11:30 a.m. to 12:30 p.m.	Stretch, Flex, and Breathe Simple Recipes for Optimal Health
October 27	10 a.m. to 11 a.m. 11 a.m. to noon 12:30 a.m. to 1:30 p.m.	Tai Chi for Health Creative Arts for Healing Mindfulness



NOVEMBER

November 1	10 a.m. to 11 a.m. 11:30 a.m. to 12:30 p.m.	Belly Dancing for Core Strength, Balance, and Stamina Gentle Yoga for Good Health
November 2	10 a.m. to 11 a.m. 11:30 a.m. to 12:30 a.m.	Qi Gong Simple Recipes for Optimal Health
November 3	10 a.m. to 11 a.m. 11 a.m. to noon 12:30 p.m. to 1:30 p.m.	Tai Chi for Health Creative Arts for Healing Mindfulness
November 8	10 a.m. to 11 a.m. 11:30 a.m. to 12:30 p.m.	Stretch, Flex, and Breathe Simple Recipes for Optimal Health
November 9	10 a.m. to 11 a.m. 11:30 a.m. to 12:30 p.m.	Belly Dancing for Core Strength, Balance, and Stamina Guided Imagery for Continued Healing
November 10	10 a.m. to 11 a.m. 11:30 a.m. to 12:30 p.m. 12:30 p.m. to 1:30 p.m.	Tai Chi for Health Connect and Reflect Through Music Mindfulness
November 15	10 a.m. to 11 a.m. 11:30 a.m. to 12:30 p.m.	Gentle Yoga for Good Health Guided Imagery for Continued Healing
November 16	10 a.m. to 11 a.m. 11:30 a.m. to 12:30 p.m.	Stretch, Flex and Breathe Simple Recipes for Optimal Health
November 17	10 a.m. to 11 a.m. 12:30 p.m. to 1:30 p.m.	Creative Arts for Healing Mindfulness

DECEMBER

December 1	10 a.m. to 11 a.m. 11:30 a.m. to 12:30 p.m.	Tai Chi for Health Healing through Writing and Journaling
December 6	10 a.m. to 11 a.m. 11:30 a.m. to 12:30 p.m.	Belly Dancing for Core Strength, Balance, and Stamina Guided Imagery for Continued Healing
December 7	10 a.m. to 11 a.m. 11 a.m. to noon 12:30 p.m. to 1:30 p.m.	Stretch, Flex, and Breathe Creative Arts for Healing Mindfulness
December 8	10 a.m. to 11 a.m. 11:30 a.m. to 12:30 p.m.	Gentle Yoga for Good Health Connect and Reflect Through Music

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

For information about our call-in Yoga for Healing, Mindfulness, and other classes and programs, visit the Cooper website at www.CooperHealth.edu and search for **2022 Call-In Class Schedule May-December**.