

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

Class Schedule

June – December 2023



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

9 Classes and Programs - Virtual

11 Support Groups - Virtual and In-person

13 2023 Fitness and Nutrition - Virtual

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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

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.

JUNE

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

continued



JUNE 20	10 to 11 a.m.	Connect and Reflect Through Music
	11:15 a.m. to 12:15 p.m.	Tai Chi for Health
	12:30 to 1:30 p.m.	Guided Imagery for Continued Healing

JUNE 21	10 to 11 a.m.	Gentle Chair Yoga for Good Health
	11:15 a.m. to 12:15 p.m.	Mindfulness
	12:30 to 1:30 p.m.	Fun Body Movement with Broadway Tunes

JUNE 22	10 to 11 a.m.	Tai Chi for Health
	11:15 a.m. to 12:15 p.m.	Guided Imagery for Continued Healing
	12:30 to 1:30 p.m.	Healing Through Writing and Journaling

JULY

JULY 11	10 to 11 a.m.	Stretch, Flex and Breathe
	11:15 a.m. to 12:15 p.m.	Healing Through Writing and Journaling
	12:30 to 1:30 p.m.	Gentle Tai Chi for Health

JULY 12	10 to 11 a.m.	Fun Belly Dancing for Core Strength, Balance and Stamina
	11:15 a.m. to 12:15 p.m.	Mindfulness
	12:30 to 1:30 p.m.	Gentle Chair Yoga for Good Health

JULY 13	10 to 11 a.m.	Guided Imagery for Continued Healing
	11:15 a.m. to 12:15 p.m.	Simple Recipes for Optimal Health
	12:30 to 1:30 p.m.	Stretch, Flex and Breathe

JULY 18	10 to 11 a.m.	Gentle Tai Chi for Health
	11:15 a.m. to 12:15 p.m.	Gentle Chair Yoga for Good Health
	12:30 to 1:30 p.m.	Healing Through Writing and Journaling

JULY 19	10 to 11 a.m.	Fun Body Movement with Broadway Tunes
	11:15 a.m. to 12:15 p.m.	Mindfulness
	12:30 to 1:30 p.m.	Fun Belly Dancing for Core Strength, Balance and Stamina

JULY 20	10 to 11 a.m.	Guided Imagery for Continued Healing
	11:15 a.m. to 12:15 p.m.	Stretch, Flex and Breathe
	12:30 to 1:30 p.m.	Simple Recipes for Optimal Health



AUGUST

AUGUST 8	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Fun Body Movement with Broadway Tunes Guided Imagery for Continued Healing Qi Gong
AUGUST 9	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Stretch, Flex and Breathe Mindfulness Connect and Reflect Through Music
AUGUST 10	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Gentle Tai Chi for Health Stretch, Flex and Breathe Healing Through Writing and Journaling
AUGUST 15	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Gentle Chair Yoga for Good Health Qi Gong Healing Through Writing and Journaling
AUGUST 16	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Gentle Tai Chi Mindfulness Stretch, Flex and Breathe
AUGUST 17	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Fun Body Movement with Broadway Tunes Gentle Chair Yoga for Good Health Guided Imagery for Continued Healing
AUGUST 22	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Qi Gong Fun Belly Dancing for Core Strength, Balance and Stamina Healing Through Writing and Journaling



SEPTEMBER

SEPTEMBER 5	10 to 11 a.m.	Stretch, Flex and Breathe
	11:15 a.m. to 12:15 p.m.	Healing Through Writing and Journaling
	12:30 to 1:30 p.m.	Simple Recipes for Optimal Health
SEPTEMBER 6	10 to 11 a.m.	Gentle Tai Chi
	11:15 a.m. to 12:15 p.m.	Mindfulness
	12:30 to 1:30 p.m.	Connect And Reflect Through Music
SEPTEMBER 7	10 to 11 a.m.	Qi Gong
	11:15 a.m. to 12:15 p.m.	Fun Belly Dancing for Core Strength, Balance and Stamina
	12:30 to 1:30 p.m.	Gentle Chair Yoga for Good Health
SEPTEMBER 12	10 to 11 a.m.	Stretch, Flex and Breathe
	11:15 a.m. to 12:15 p.m.	Guided Imagery for Continued Healing
	12:30 to 1:30 p.m.	Healing Through Writing and Journaling
SEPTEMBER 13	10 to 11 a.m.	Gentle Tai Chi
	11:15 a.m. to 12:15 p.m.	Mindfulness
	12:30 to 1:30 p.m.	Fun Belly Dancing for Core Strength, Balance and Stamina
SEPTEMBER 14	10 to 11 a.m.	Guided Imagery for Continued Healing
	11:15 a.m. to 12:15 p.m.	Fun Body Movement with Broadway Tunes
	12:30 to 1:30 p.m.	Simple Recipes for Optimal Health
SEPTEMBER 19	10 to 11 a.m.	Stretch, Flex and Breathe
	11:15 a.m. to 12:15 p.m.	Healing Through Writing and Journaling
	12:30 to 1:30 p.m.	Qi Gong
SEPTEMBER 20	10 to 11 a.m.	Gentle Tai Chi
	11:15 a.m. to 12:15 p.m.	Mindfulness
	12:30 to 1:30 p.m.	Stretch, Flex and Breathe
SEPTEMBER 21	10 to 11 a.m.	Mindfulness
	11:15 a.m. to 12:15 p.m.	Creative Arts for Healing



OCTOBER

OCTOBER 3	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Stretch, Flex and Breathe Healing Through Writing and Journaling Gentle Chair Yoga for Good Health
OCTOBER 4	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Qi Gong Simple Recipes for Good Health Fun Belly Dancing for Core Strength, Balance and Stamina
OCTOBER 5	10 to 11 a.m. 11:15 a.m. to 12:15 p.m.	Mindfulness Creative Arts for Healing
OCTOBER 10	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Stretch, Flex and Breathe Guided Imagery for Continued Healing Gentle Tai Chi for Health
OCTOBER 11	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Qi Gong Mindfulness Gentle Chair Yoga for Good Health
OCTOBER 12	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Simple Recipes for Optimal Health Fun Body Movement with Broadway Tunes Connect and Reflect Through Music
OCTOBER 17	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Guided Imagery for Continued Healing Gentle Chair Yoga for Good Health Stretch, Flex and Breathe
OCTOBER 18	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Mindfulness Gentle Tai Chi for Health Healing Through Writing and Journaling
OCTOBER 19	10 to 11 a.m. 11:15 a.m. to 12:15 p.m.	Mindfulness Creative Arts for Healing
OCTOBER 24	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Fun Belly Dancing for Core Strength, Balance and Stamina Healing Through Writing and Journaling Fun Body Movement with Broadway Tunes
OCTOBER 25	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Stretch, Flex and Breathe Mindfulness Connect and Reflect Through Music



NOVEMBER

NOVEMBER 1	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Gentle Chair Yoga for Good Health Guided Imagery for Continued Healing Simple Recipes for Optimal Health
NOVEMBER 2	10 to 11 a.m. 11:15 a.m. to 12:15 p.m.	Mindfulness Creative Arts for Healing
NOVEMBER 7	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Gentle Tai Chi for Health Healing Through Writing and Journaling Fun Body Movement with Broadway Tunes
NOVEMBER 8	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Qi Gong Connect And Reflect Through Music Gentle Chair Yoga for Good Health
NOVEMBER 9	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Gentle Tai Chi for Health Guided Imagery for Continued Healing Healing Through Writing and Journaling
NOVEMBER 14	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Flex, Stretch and Breathe Simple Recipes for Optimal Health Fun Body Movement with Broadway Tunes
NOVEMBER 15	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Gentle Chair Yoga for Good Health Healing Through Writing and Journaling Gentle Tai Chi for Health
NOVEMBER 16	10 to 11 a.m. 11:15 a.m. to 12:15 p.m.	Mindfulness Creative Arts for Healing
NOVEMBER 28	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Guided Imagery for Continued Healing Fun Belly Dancing for Core Strength, Balance and Stamina Gentle Chair Yoga for Good Health
NOVEMBER 29	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Qi Gong Connect and Reflect Through Music Gentle Tai Chi for Health
NOVEMBER 30	10 to 11 a.m. 11:15 a.m. to 12:15 p.m.	Mindfulness Creative Arts for Healing

DECEMBER

DECEMBER 5	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Stretch, Flex and Breathe Fun Body Movement with Broadway Tunes Guided Imagery for Continued Healing
DECEMBER 6	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Gentle Tai Chi for Health Simple Holiday Recipes for Optimal Health Gentle Chair Yoga for Good Health
DECEMBER 7	10 to 11 a.m. 11:15 a.m. to 12:15 p.m.	Mindfulness Creative Arts for Healing



Patient Education Classes

Presented by:

Joan Molnar, RN, BSN, OCN, Patient Educator

Sue Maltman, MSN, RN, 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: 10 a.m. to noon
Noon to 2 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.

To join a class, call **646.992.2010**, and enter the access code listed below

2nd Wednesday of each month

Time: 1 to 1:40 p.m.

Access code: 160 851 2065 #

- June 14
- July 12
- August 9
- September 13
- October 11
- November 8
- December 13

4th Wednesday of each month

Time: 4 to 4:40 p.m.

Access code: 157 602 8470 #

- June 28
- July 26
- August 23
- September 27
- October 25
- November (no call-in session) Happy Thanksgiving!
- December 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**.





Breast Cancer Support Group

This ONLINE support group is for those living with breast cancer and will feature a new theme every month.

To register and receive information about how to join the meeting, please contact Lisa McLaughlin, Social Worker, MD Anderson at Cooper, at **McLaughlin-Lisa@cooperhealth.edu** or **856.735.6257**.

Time: 7 to 8:30 p.m.

- June 13
- July 11
- August 8
- September 12
- October 10
- November 14
- December 12

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 **jinn-jeffrey@cooperhealth.edu** or **856.673.4669**.

Time: 7 to 8 p.m.

- June 20
- July 18
- August 15
- September 19
- October 17
- November 21
- December 19

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.

- June 7
- July 5
- August 2
- September 6
- October 4
- November 1
- December 6

Support Groups - Online



LLS/Multiple Myeloma Support Group

Hosted by the Leukemia and Lymphoma Society, this virtual support group is for those living with multiple myeloma and their loved ones and is hosted by the Leukemia and Lymphoma Society.

To register and receive information about how to join the meeting, please contact Stacy Kreizman, at the Leukemia and Lymphoma Society at **Stacy.Kreizman@lls.org** to register and for a link to the online meeting.

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

- June 22
- July 27
- August 24
- September 28
- October 26
- November 16 (a week early due to Thanksgiving)
- December - no meeting

Grupo de Apoyo Latino

Para sobrevivientes de cancer y sus personas de apoyo. **Para registrarse** llame a Virgenmina Lopez al **856.968.7092**.

Time: 11 a.m. to noon

- 8 de junio
- 13 de julio
- 10 de agosto
- 14 de septiembre
- 12 de octubre
- 9 de noviembre
- 14 de diciembre

Support Groups - In-Person



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**. *Please note: We have resumed in person sessions for 2023.*

Willingboro

Willingboro Public Library
220 Willingboro Way
Willingboro, NJ 08046

Time: 6 to 7 p.m.

Dates:

- September 7
- October 5
- November 2
- December 7

Camden

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

Time: 6 to 7 p.m.

Dates:

- September 14
- October 12
- November 9
- December 14



2023 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.

THESE ARE VIRTUAL CLASSES ONLY.

To join from a landline or cell phone: Dial **646.992.2010**, when prompted enter the access code **2315 393 2710 #**, and the meeting password **123abc**

To join from a computer or smartphone: Click on this link:

<https://cooper.webex.com/cooper/j.php?MTID=m0fddee2637ecf934a75445b5dfe12713>

When prompted enter the access code **2315 393 2710 #**, and the meeting password **123abc**

Time:

6:30 to 7:30 p.m.

Dates:

Class meets Tuesdays and Thursdays.

Spring Session Dates:

April: 11, 13, 18, 20, 25, 27

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

June: 1, 6, 8, 13, 15

Summer session

July: 11, 13, 18, 20, 25, 27

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

September: 5, 7, 12, 14

Fall session

October: 3, 5, 10, 12, 17, 19, 24, 26, 31

November: 2, 7, 9, 14, 16, 21, 28, 30

December: 5, 7

**No class November 23*



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

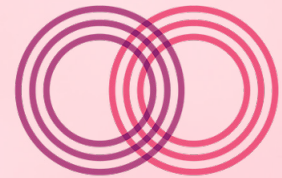
If you are interested in more information, please contact Roxanne Berger, LPN, Clinical Program Coordinator, **Wellness After Cancer Survivorship Program** at **856-968-7091** or email at berger-roxanne@cooperhealth.edu

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

Other Resources

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](https://www.evolvepink.org).



EVOLVE PINK

