# **Legacy Health**

# CANCER SUPPORT GROUPS AND CLASSES January - December 2013

For more information about individual support groups and classes, please view our website **www.legacyhealth.org** or call the numbers listed below.

# **Gardening Workshop for Individuals with Cancer**

Learn adaptive gardening strategies, garden tasks for the season and year-round indoor and outdoor techniques for energy conservation. Explore the benefits of nature and gardening for restoration and renewal. FREE. Registration required.

Instructor: Teresia Hazen, Horticultural Therapist

Legacy Good Samaritan: Mondays, 4:30 – 6:00 pm 1/14, 2/4, 3/25, 4/8, 5/6, 6/17, 7/8, 8/26, 9/9, 10/28, 11/4/2013

Contact thazen@lhs.org or 503-413-6507 for more information and to register.

#### **Cancer Survivor's Day Celebration**

June 2, 2013. Watch for time and place. Make a lavender sachet and discuss gardening!

# Stenzel Healing Garden Tour for Individuals with Cancer, Their Families and Friends

Enjoy a FREE 30-minute guided garden tour of seasonal feature plants, design ideas and Q&A. Bring your favorite plant book for discussion. No reservation necessary. Walks held rain or shine. Good Samaritan Medical Center Stenzel Healing Garden. Meet at the pavilion in the garden. 12:00 – 12:30 p.m. 1/7, 2/18, 3/18, 4/22, 5/13, 6/10, 7/22, 8/19, 9/16, 10/14, 11/11/2013.

# Visit the Legacy Healing Gardens 24 – 7

Maps at <a href="www.legacyhealth.org">www.legacyhealth.org</a> for Good Samaritan Stenzel Healing Garden, Randall Children's Hospital Garden, Mount Hood Medical Center Garden, and Lewis & Floetta Ide Meridian Park Medical Center Garden.

# **Volunteer in the Legacy Healing Gardens**

Learn more and get next volunteer information session dates by calling 503-413-7012.

# For More Information about the Legacy Gardens

www.legacyhealth.org/gardens www.legacyhealth.org/maps 11/12

