

# Legacy Cancer Institute

## Legacy Cancer Healing Center Groups, classes, and workshops

~Schedule for January - April 2026~



Our groups and classes are offered for **FREE** to those affected by cancer thanks to generous donations to the Cancer Funds of the Legacy Hospital Foundations. For the latest information visit our website: [www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses) or scan the QR code with your phone. Contact Healing Center Coordinator, Blair Allen, with any questions at [blallen@lhs.org](mailto:blallen@lhs.org) or call 503-413-7284.

### Nutrition

#### **Cancer Superfoods** *(Virtual)*

*Wednesday, January 28th and April 22nd, 12 - 1 p.m.*

Come learn about the cancer fighting powers and health benefits of different food groups. Oncology-certified dietitian, Maran Scott will explain which foods help the body fight inflammation and cancer, give you useful tips and recipes to inspire you to enjoy these superfoods every day, as well as answer your questions. We welcome those with a cancer diagnosis, family and caregivers.



#### **Nutrition in Survivorship** *(In Person)*

*Saturday, March 21st, 12 - 1:30 p.m. at Salmon Creek Medical Center*

Join us for a fun afternoon of cooking and discussion about foods to support your health in survivorship. Our dietitians, Maran Scott and Alexa Billy, will show you how to prepare seasonal recipes, explain the health benefits of the ingredients used and give practical tips for healthy eating in daily life. Maran and Alexa will be available to answer your questions while you get to sample the food prepared. Patients and loved ones are welcome.



# Art Therapy Program

## **Finding Center: Art for Mindfulness and Stress Reduction** *(Virtual)*

*Finding Center Tuesdays, 11 a.m. - 12 p.m. January 13th - April 21st.*

*Candlelight Finding Center Wednesdays, 6 - 7:30 p.m. January 14th - April 22nd.*

*Finding Center Fridays, 1 - 2 p.m. January 16th - April 24th.*

During these weekly groups you will use simple art processes and mindfulness exercises to connect with yourself and to set an intention for your week. No art experience necessary.

Cancer patients, family and caregivers welcome to join for one or all virtual sessions.

*No groups the week of March 23rd.*



## **Open Studio: Art Making and Community** *(Virtual)*

*Thursdays, 1:30 - 3:30 p.m. January 15th - April 23rd.*

Art making can bring joy and reduce stress—before, during or after cancer treatment. Whether you are recently diagnosed, in treatment or have finished treatment, you are welcome to join us as we explore a variety of art processes to create insight, healing, and community. Cancer patients, family and caregivers welcome to join for one or all virtual sessions.

*No group March 26th.*

## **Artist in Residence Opening** *(In Person)*

*Friday, January 16th, 11 a.m. - 2 p.m. Salmon Creek Medical Center*

Join the Legacy cancer community for an opening reception for “A River Moving in You” featuring patient artist, Karen Beall.

Karen’s artwork explores her journey through cancer and her strong connection to nature. Refreshments and fun art activities will be available. Artist talk at 1:30 pm.



## **Return to Self: Exploring Grief and Resilience through the Creative Process** *(In Person)*

*Wednesdays, 1 - 3 p.m. May 6th, 13th, 20th, June 10th, 17th, July 1st at Good Samaritan Medical Center*

This six-week group offers a unique opportunity to process the grief and loss related to having cancer, and to nurture resilience, hope, and growth moving forward. This group is for individuals who are done with primary cancer treatment and wanting to explore and process the emotional aspects of life after cancer through peer-to-peer discussion and art-based techniques, including mixed media and writing. Facilitated by Art Therapist, Margaret Hartsook.

*Please plan to attend all sessions.*



### **Words for Healing** (Virtual)

*Fridays from 10 a.m. - 12 p.m. January 9th & 23rd, February 6th & 27th  
March 13th & 20th, April 3rd & 17th.*

Writing with a group of peers in a safe, respectful environment creates community and connection can reduce stress while bolstering confidence and resiliency.

Facilitated by Dawn Thompson, MA.

### **Family Matters: A Day-long Retreat for Families Impacted by Cancer** (In Person)

*Sunday, April 12th, 11:00 a.m. - 4:30 p.m.*

For adult cancer patients with school aged children. Come together with other families to heal and reconnect acknowledging the impact cancer has had on you and your family. Engage your creativity through music and art while also enjoying nature, delicious food, and self-care activities.

This event will take place to the **World Forestry Center** in NW Portland and is facilitated by Legacy Art Therapist, Margaret Hartsook and Music Therapist, Rachel Evered.

Lunch and snacks will be provided.



## **Movement and Exercise**

### **Gentle Yoga**

These free, weekly yoga classes are for patients who have received a cancer diagnosis. Whether you are in treatment or post treatment, yoga is a gentle way to develop strength, flexibility, breathing, and relaxation in a supportive group environment.

*Mondays from 9 - 10 a.m. In Person at **Meridian Park** with Nancy McFarlane, RYT*

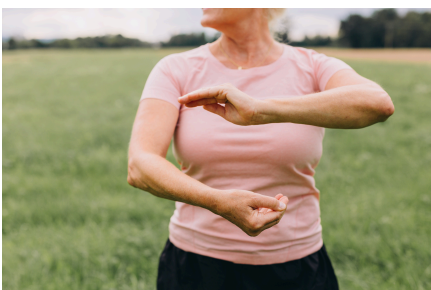
*Mondays from 11a.m. - 12:30 p.m. Virtual with Patti Stone, C-IAYT*

*Mondays from 1 - 2:30 p.m. Virtual with Patti Stone, C-IAYT*

*Tuesdays from 5:15- 6:15 p.m. Hybrid at **Salmon Creek** with Addie DeHilster, C-IAYT*

*Fridays from 10:45 - 12:15 p.m. Virtual with Patti Stone, C-IAYT*

*Fridays from 1 - 2:30 p.m. Virtual with Patti Stone, C-IAYT (Hybrid at **Mount Hood** March-October)*



### **Qigong** (Virtual)

*Tuesdays, 11:30 a.m. - 12:30 p.m. and Thursdays, 10:30 - 11:30 a.m.*

A gentle movement, breath, and meditation practice that improves strength and balance, while supporting a peaceful state of mind. Facilitated by Certified Qigong Instructor and Yoga Therapist, Addie deHilster.

# Cancer Education

In our cancer education series, you will hear from experts in the cancer community on ways to support your wellbeing from diagnosis on. These events are free to attend, and each presenter makes time for your questions. Many of our past talks can be found in the **cancer education video library**. Scan the QR code to visit the playlist.



## **Done with Cancer Treatment: What's Next** *(In Person)*

*Wednesday, February 18th, 5:30 - 7 p.m. at Salmon Creek Medical Center*

Finishing cancer treatment can be a tough transition. It's common for people to feel lost, uncertain what symptoms to report or how long they will last, or realize that priorities or relationships may have changed. Many wonder when they will feel "normal" again. Join Caitlin Walther, MSW, and Laurie Christensen, RN, OCN, to learn more about these topics and how to navigate life beyond cancer.

## **Lymphedema: Understanding the Basics** *(Virtual)*

*Thursday, March 5th, 6 - 7 p.m.*

Lymphedema is swelling in a limb or body part, and it can be a side effect after cancer treatment. Few people know how to recognize it or know what to do if it starts. Join occupational therapist, Kate Long, to learn what impacts your risk for getting lymphedema, how to recognize it, and what to do if you have concerns. Learn about the new recommendations on exercise, preventative compression, Manual Lymph Drainage (MLD), and more.

## **Coping with Fear of Reccurence** *(Virtual)*

*Wednesday, April 29th, 5:30 - 7 p.m.*

After treatment ends, one of the most common fears patients have is that the cancer will come back, also called recurrence. Anxiety about recurrence is very normal but doesn't need to hold you back from the life you wish to live. Join Psychologist, Dr. Michelle Lee, to learn simple strategies for managing the fear and uncertainty that come with having had a cancer diagnosis, including triggers and anxiety related to follow-up scans or tests.

*To register for classes and events visit us at: [www.legacyheath/cancerclasses](http://www.legacyheath/cancerclasses)*



## Mind-Body Events

### **Nature Connection, Community & Calm: Virtual Forest Bathing Series** *(Virtual)*

*Wednesdays, February 4th, March 4th, April 1st, 12:30 - 2 p.m.*

This 90-minute virtual gathering offers a gentle, supportive space to reconnect with nature, yourself, and community wherever you are. Through guided visualization, tactile invitations, tea time, and a sharing circle, you will be supported in cultivating self-trust, calm, and confidence. The last session will focus on designing your own forest bathing experience to take with you into the Spring and beyond. Participants are welcome to attend all three sessions or drop in. Facilitated by Irene Bailey from *Tenemos Rising*.



### **Yoga Nidra** *(Virtual)*

*Third Wednesdays, January 14th, February 18th, March 18th, April 15th, 1:30-2:30 p.m.*

Yoga Nidra means "yogic sleep." Yoga Nidra refers to a specific multi-step process for the integration of body and mind, promoting deep rest and relaxation. The position of the body is usually reclined face-up, using blankets and pillows for support, with the eyes closed, the body still and quiet. Patients, family, and caregivers welcome. Come for one or all sessions.

Guided by Certified Yoga Therapist, Patti Stone.

### **Gong Sound Bath** *(In Person)*

*Sunday, January 18th, 1 - 2:30 p.m. at **Mount Hood**, Gresham, OR*

*Sunday, February 8th, 1 - 2:30 p.m. at **Meridian Park\***, Tualatin, OR*

*Sunday, March 8th, 1 - 2:30 p.m. at **Salmon Creek**, Vancouver, WA*

*Sunday, April 19th, 1 - 2:30 p.m. at **Mount Hood**, Gresham, OR*

A meditative immersion in the powerful sounds and vibrations of Gong, complemented by other sound healing instruments. This event will consist of a short, guided meditation followed by an extended Gong Sound Bath. It helps to support deep rest, relaxation and stress reduction for the nervous system, body, mind, and spirit. Patients, family, and caregivers welcome. Facilitated by Laura Li Fong Yee of Crown and Heart Healing. *\*Meridian Park event is held at Health Education Center.*



### **Mindful Meditation** *(Virtual)*

*Thursdays 5:15 - 6:15 p.m.*

Mindfulness can help you grow more resilient to stress, become less reactive, feel more balanced in your emotions, sleep better, improve focus and memory, and be more present with others. With consistent practice you change your brain, quieting mechanisms of fear and worry, while growing areas of the brain related to compassion and connection. Patients, family, and caregivers welcome. Taught by Addie deHilster, Certified Mindfulness Meditation Teacher, Yoga Therapist, and Certified Qigong instructor.

## Support Groups

### **Breast Cancer Support Group** (Virtual)

*First Tuesdays from 5:30 - 7 p.m. January 5th, February 3rd, March 3rd, April 7th*

Open and topical discussion to support women in any stage of breast cancer, from diagnosis to post-treatment. Facilitated by Oncology Certified Social Worker, Sara Butler, and Licensed Counselor and Art Therapist, Margaret Hartsook. Email [sebutler@lhs.org](mailto:sebutler@lhs.org) for more information.

### **Head and Neck Cancer Support Group** (Virtual)

*First Thursdays from 4 - 5:30 p.m. January 7th, February 5th, March 5th, April 2nd*

Support for individuals and their loved ones coping with the impact of a head, neck or oral cancer diagnosis. Facilitated by Speech Language Pathologist, Julia Robinson. Email [jurrobin@lhs.org](mailto:jurrobin@lhs.org) for more information.

### **Prostate Cancer Support Group** (Virtual)

*Second Wednesdays from 5:30 - 7 p.m. January 14th, February 11th, March 11th, April 8th*

Support for individuals with a prostate cancer diagnosis. Spouses and partners are respectfully asked not to attend. Open discussion group with guest speakers or specific topics offered. Facilitated by Registered Nurse, Janet Vanoni, and Licensed Social Worker, Austin Shaw Phillips. Email [jvanoni@lhs.org](mailto:jvanoni@lhs.org) for more information.

### **Women's Advanced and Metastatic Cancer Support Group** (Virtual)

*Third Thursdays from 5 - 6:30 p.m. January 15th, February 19th, March 19th, April 16th*

Support for women coping with advanced cancer, or cancer that has metastasized. All cancer types welcome. Co-sponsored by the Pink-Lemonade Project and facilitated by Oncology Certified Social Worker, Sara Butler, and Chaplain Caroline K. Murphy. Email [ckmurphy@lhs.org](mailto:ckmurphy@lhs.org) for more information.

## Legacy Cancer Healing Center Locations

Legacy <b>Good Samaritan</b> Medical Center <b>Legacy Cancer Healing Center</b> 1130 NW 22nd Avenue Medical Office Building 3, Suite LL10 Portland, OR 97210	Legacy <b>Meridian Park</b> Medical Center <b>Legacy Cancer Healing Center</b> 19260 SW 65th Avenue Medical Plaza 2, Suite 140 Tualatin, OR 97062
Legacy <b>Salmon Creek</b> Medical Center <b>Legacy Cancer Healing Center</b> 2121 NE 139th Street Medical Office Building B, Suite 160 Vancouver, WA 98686	Legacy <b>Mount Hood</b> Medical Center <b>Legacy Cancer Healing Center</b> 24900 SE Stark Street, Medical Office Building 1, Suite 211 Gresham, OR 97030