

Legacy Cancer Institute

Legacy Cancer Healing Center Groups, classes, and workshops

~Schedule for September - December 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** or scan the QR code with your phone. Contact Healing Center Coordinator, Blair Allen, with any questions at blallen@lhs.org or call 503-413-7284.

Movement and Exercise

These weekly movement classes are for patients who have received a cancer diagnosis. Whether you are in treatment or post treatment, Yoga and Qigong are gentle ways to develop strength, flexibility, breathing, and relaxation in a supportive group environment. Yoga and Qigong can help with both physical and emotional wellbeing.

Gentle Yoga (*Hybrid at Salmon Creek Medical Center, Vancouver, WA*)

Tuesdays from 5:15- 6:15 p.m.

Join Yoga Therapist Addie deHilster for a weekly evening yoga class at the beautiful Salmon Creek Healing Center or join from the comfort of your own home via Zoom.

Yoga and Community Circle (*Virtual*)

*Mondays from 11 a.m. - 12:30 p.m. **and** 1 - 2:30 p.m.*

*Fridays from 10:45 am - 12:15 p.m. **and** 1 - 2:30 p.m.*

These classes are facilitated by Certified Yoga Therapist, Patti Stone, and begin with a 15-20 minute community circle to offer support and to identify the needs of the class that day. Patti's classes are offered via Zoom.

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.



Nutrition

Nutrition in Survivorship *(In Person Good Samaritan Medical Center, NW Portland)*

Thursday, September 10th, 12 - 1:30 p.m.

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



Busting Myths About Breast Cancer and Nutrition *(Virtual)*

Wednesday, October 7, 12 - 1 p.m.

There are many myths about what type of foods can be helpful or harmful when it comes to breast cancer. Which foods help lower the risk of breast cancer? What should people with breast cancer eat more or less of? It can be overwhelming to know

what information is correct. This virtual workshop aims to make sense of what the science says about blueberries, soy, red meat, alcohol, and sugar. Marci Reed and Maran Scott, Legacy Health Oncology-Certified Dietitians, will talk about healthy eating for breast cancer and help you debunk some common myths.

Cancer Superfoods *(Virtual)*

Wednesday, November 11, 12 - 1:15 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.



Art Therapy Program

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

Finding Center Tuesdays, 1 - 2:30 p.m. September 8 - December 15.

Candlelight Finding Center Wednesdays, 6 - 7:30 p.m. September 9 - December 16.

During these weekly groups we offer time to re-connect with ourselves. Through guided meditation and mindful art making practices we reduce stress and promote relaxation. Offered multiple times weekly, Finding Center is a gentle way to drop into calm. No art experience is necessary. Cancer patients, family and caregivers welcome to join for one or all virtual sessions.

Open Studio: Art Making and Community (Virtual)

Thursdays 1:30 p.m. - 3:30 p.m. September 10 - December 17 (No Group 11/26).

Open Studio celebrates art making and community. It offers participants an opportunity to express themselves and engage with the creative process - before, during or after cancer treatment. In the group we encourage guided art activities, self-expression and creative exploration. Each participant receives a seasonal themed art packet at the beginning of the session.

Expressions of Healing (In Person)

- **Good Samaritan Medical Center** *Wednesdays 1 - 3 p.m.*
September 16, October 7, November 4, December 2
- **Salmon Creek Medical Center** *Fridays 1 - 3 p.m.*
September 11, October 9, November 13, December 11
- **Meridian Park Medical Center** *Mondays 11 a.m. - 1 p.m.*
September 21, October 19, November 16, December 21
- **Mount Hood Medical Center** *Mondays 11 a.m. - 1 p.m.*
September 28, October 26, November 30, December 28



In our Expressions of Healing groups we celebrate art making and community. Gathering in person at different Healing Center sites, we offer participants an opportunity to express themselves and engage with the creative process - before, during or after cancer treatment. In the group, we offer rotating art experiences and special themes throughout the year. From mixed media to fiber and clay we encourage self-expression and creative exploration. No art experience is necessary.

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

Fridays, October 9 - November 20 (No Group 10/23) 10 a.m. - 12 p.m. at Salmon Creek 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. September 11, 25, October 9, 23, November 6, 20, December 4, 18.

Words for Healing groups use the Amherst Writers & Artists method to create a safe, relaxed, confidential and uplifting environment to connect with yourself and others through the written word. This is not a workshop where you will learn to write but you will be encouraged to find your own unique voice. In these groups facilitator, Dawn Thompson creates a welcoming space to write our stories, whether they originate from our life experience or our imagination. You do not need writing experience to take part.

Mind-Body Events

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.



Forest Bathing (In Person at Leach Botanical Garden, SE Portland)

Saturday, September 19th, 9 - 11 a.m.

Saturday, October 24th, 9 - 11 a.m.

Forest bathing is a guided nature-connection experience inspired by the Japanese practice of Shinrin-Yoku. Join us as we shift away

from the stress of daily life and find support and nourishment through engagement with the natural world. Facilitated by Irene Bailey and Heather Burns of *Tenemos Rising*.

Yoga Nidra (Virtual)

Third Wednesdays, September 16, October 21, November 18, December 16, 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, September 13th, 1 - 2:30 p.m. at **Salmon Creek**, Vancouver, WA

Sunday, October 11th, 3 - 4:30 p.m. at **Mount Hood**, Gresham, OR

Sunday, November 15th, 3 - 4:30 p.m. at **Meridian Park***, Tualatin, OR

Sunday, December 13th, 3 - 4:30 p.m. at **Salmon Creek**, Vancouver, WA

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.



Cancer Education: Presentations and Workshops

Navigating Menopause After Cancer Treatment *(Virtual)*

Wednesday, September 30, 5 - 6 p.m.

Most menopause symptoms are related to a drop in estrogen levels. When menopause occurs because of cancer treatment, symptoms can happen earlier, start quickly, or be more intense. Hot flashes and night sweats, aching joints, sleep or mood changes, sexual health issues, dry/itchy skin and feeling more anxious or overwhelmed are common changes. Join us to learn about practical strategies, treatment options, and available resources to help you manage cancer-related menopausal symptoms that may be impacting your body, mind and daily life. Presented by Evonne Kandas, NP.

Coping with the Fear of Cancer Recurrence *(Virtual)*

Tuesday, October 20, 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.

Done with Cancer Treatment, What's Next? *(Virtual)*

Thursday, October 29, 5:30-7:30 p.m.

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.

Workshop facilitated by Caitlin Walther, MSW, and Laurie Christensen, RN, OCN.



Clearing the Fog: Strategies for Coping with Chemo Brain *(Virtual)*

Thursday, November 12, 12-1 p.m.

Chemo brain refers to the mental fog that many experience during or after cancer treatment. It can affect memory, thinking, and concentration. Learn some simple tips to help with chemo brain from our speech pathologist, Julia Robinson, SLP.

When Cancer Meets the Holidays: Balancing Grief, Joy, and Self-Compassion *(Virtual)*

Tuesday, November 17, 5:30 - 7 p.m.

The holidays can bring joy, but they can also bring unexpected emotions for those affected by cancer. Changes in health, family traditions, relationships, or the loss of the life you expected can create a sense of grief that is difficult to describe. This experience, often called ambiguous grief, is a common and valid part of the cancer journey. Join Margaret Hartsook, ATR-BC, LPC, for a conversational and experiential evening to learn practical strategies to cope during the holiday season with greater self-compassion and resilience.

Support Groups

Breast Cancer Support Group *(Virtual)*

First Tuesdays from 5:30 - 7 p.m. September 1, October 6, November 3, December 1.

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 for more information.

Head and Neck Cancer Support Group *(Virtual)*

First Thursdays from 4 - 5:30 p.m. September 3, October 1, November 5, December 3.

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 and Nurse Navigator, Alison Cerone. Email jurrobin@lhs.org for more information.

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

Third Thursdays from 5 - 6:30 p.m. September 17, October 15, November 19, December 17.

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 for more information.

Legacy Cancer Healing Center Locations

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



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