

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|--|--|--|---|--|
| | 1 Acupuncture Art Therapy Healing Touch/Reiki Your Story | 2 Acupuncture Palliative Care Prevention & Screening Self Chakra Connection | 3 Acupuncture Music Therapy Palliative Care | 4 Art Therapy Breast Cancer Support Enhancement Healing Touch/Reiki Massage | 5 Healing Touch/Reiki Palliative Care Yoga Your Story | 6 |
| 7 | 8 Acupuncture Art Therapy Healing Touch/Reiki Your Story | 9 Acupuncture Enhancement Palliative Care Self Chakra Connection Yoga | 10 Acupuncture Palliative Care | 11 Art Therapy Breast Cancer Support Healing Touch/Reiki Massage | 12 Healing Touch/Reiki Palliative Care Yoga Your Story | 13 |
| 14 | 15 Acupuncture Art Therapy Movie & Popcorn Your Story | 16 Acupuncture Enhancement Palliative Care Self Chakra Connection Yoga | 17 Acupuncture Music Therapy Palliative Care | 18 Art Therapy Breast Cancer Support Emotional Support Healing Touch/Reiki Massage | 19 Healing Touch/Reiki Palliative Care Yoga Your Story | 20 |
| 21 | 22 Acupuncture Art Therapy Healing Touch/Reiki Your Story | 23 Acupuncture Enhancement Palliative Care Self Chakra Connection Us, TOO Prostate Group Yoga | 24 Acupuncture Music Therapy Palliative Care | 25 Art Therapy Breast Cancer Support Emotional Support Massage | 26 Healing Touch/Reiki Palliative Care Yoga Your Story | 27 |
| 28 | 29 Acupuncture Art Therapy Your Story | 30 Acupuncture Enhancement Palliative Care Yoga | FREE CANCER PREVENTION & SCREENING Apr. 2 • 4-6p.m. • Coborn Healing Center Receive a free quick skin check, tour the giant colon, take home a radon test kit and have your questions answered. 320-229-5100 | | | Yoga Tue. 4-4:45 p.m. Fri. 11-12 p.m. |





Donations to CentraCare Foundation supports programming for cancer wellness. Financial assistance available.
Coborn Healing Center | 320-229-5100 | 1900 CentraCare Circle, Saint Cloud, MN 56303 | CentraCare.com

ACUPUNCTURE

Mon. Tue. Wed. • \$20 semi-private, \$40 private
Supports the body's natural ability to heal and ease common side-effects of cancer treatment. Referral required.

ART THERAPY

An expressive avenue to seek joy, evoke feelings and find healing in yourself. No art experience needed.

- **GRIEF SUPPORT GROUP**
Mon. 11-12:30 p.m. • \$5
- **PATIENT SUPPORT GROUP**
Thu. 10-11:30 a.m. or 12:30 - 2:30 p.m. • \$5
- **PRIVATE SESSION**
Mon. or Thu. • \$30 (first 3 free)

BREAST CANCER SUPPORT GROUP SERIES

Thu. • 12 weeks • FREE

Come connect with other women in a relaxing, confidential and supportive environment. Through education and discussion, gain information and tools to help navigate the journey. Open to women who are newly diagnosed, going through or finished with treatment. This group will meet regularly for a 12 week series.

DIETITIAN IN THE KITCHEN

Thu. 11:30-12:30 p.m. • \$5

May 9 – Includes Recipe Demonstration

EMOTIONAL SUPPORT - PRIVATE SESSION

Mon. or Thu. • \$60 (up to 3 free)

Help when struggling with a cancer diagnosis and need a safe place to talk, gain support, process feelings and a space to grieve.

ENHANCEMENT WIG PROGRAM

Tue. • Free

CentraCare cancer patients experiencing hair loss from cancer treatment receive a private consultation to select a wig and hat.

FREE CANCER PREVENTION & SCREENING

Apr. 2 • 4-6 p.m.

Receive a free quick skin check, tour a giant colon, take home a colon cancer screening kit, radon test kit and more. Have your questions answered by healthcare professionals.

FREE TAKE HOME COLON CANCER SCREENING

Mar. 1-Apr. 15

Pick up a FREE immunochemical fecal occult blood test (iFOBT) screening kit. The kits are available at the drive-up window at CentraCare Pharmacy at St. Cloud Hospital, Coborn Healing Center and more. Must be age 45 or older. One kit per person with signed consent form. Limited kits available. For questions about this event, call 320-229-5199, ext. 70857.

HEALING TOUCH / REIKI

Mon. Thu. or Fri. • Free

Light, gentle touch on or above the body to balance the body's energetic system.

MASSAGE THERAPY

Thu. • \$65 for 45 minutes • No Gratuity (tips)

MUSIC THERAPY

Promotes self-expression, symptom management, and relaxation through personalized music experiences. No experience needed.

- **SUPPORT GROUP**
Wed. 1-2:30 p.m. • \$5
- **PRIVATE SESSION**
Wed. • \$30 (first 3 free)

PALLIATIVE CARE

To schedule, call • 320-656-7117

Focuses on providing relief from the symptoms, pain and stress of a serious illness. The goal is to improve quality of life for both the patient and the family. The cost is covered by most health plans.

SELF CHAKRA CONNECTION CLASS

Tue. 9-10 a.m. • Free

Supports your energy for better coping with anxiety, sleep or pain.

US, TOO PROSTATE CANCER SUPPORT GROUP

4th Tue. 7 p.m. • 320-259-1411 • Free

YOGA CLASSES

Bring a mat and wear comfortable clothing to class.

- **GENTLE YOGA FOR BEGINNERS**
May • Thu. 9-10 a.m. and 2:30-3:30 p.m. • \$5
Gentle, beginner's yoga led by Luan Knoll. If you've never done yoga before you can do this class which includes yoga and meditation. Classes resume in Feb.
- **YOGA FOR HEALING**
Tue. 4-4:45 p.m. • \$20 (4-weeks)
Join Betsy Johnson for a class designed for people whose bodies and spirits need to heal. It includes sweet stretches and guided meditation.
- **YOGA FOR GRIEVING AND ANXIETY**
Fri. 11-Noon • \$15/class (first 1 free)
Yoga can offer a way to notice our breath, return to our bodies, calm the whirlwind, and come back to center. Join Lauren Murphy for an hour of yoga. This class focuses on various elements of anxiety/grief and how to manage, work with and soothe it. Meditation, breathwork, journaling are included in each class.

YOUR STORY

By appointment • Free

Cancer patients/caregivers meet with CSB/SJU students to explore daily lives, life events, memories, the wider world, and hopes for the future. Guided by a series of questions and prompts, turn conversation into poetry and stories. There is no experience necessary, all writing prompts are explored, together.

CANCER PATIENT GUIDE AND VIDEOS

www.CentraCare.com/CancerGuide

Whether you are newly diagnosed, in cancer treatment or surveillance, this website has helpful information for you.