

**Opportunities to support the Virginia G. Piper Cancer Center.**



True to your money  
**MIDFIRST BANK**  
Support VGPCC through the  
MidFirst Pink Card.  
Visit [midfirst.com/pink](http://midfirst.com/pink) for more information.

Did you know that you can support the Virginia G. Piper Cancer Center through your local Fry's as you shop for your weekly groceries?



Visit [www.FrysCommunityRewards.com](http://www.FrysCommunityRewards.com) and set up an account. Click on 'Enroll' under Community Rewards and look for Virginia G. Piper Cancer Center—Honor Health Foundation in the list of organizations to support.

**Have you stopped by WOLF'S BISTRO Yet? Monday—Friday, 8 am –3 pm.**

**Selections include:**

- Coffee
- Juices
- Fruits
- Yogurt
- Nuts
- Salads

**Conveniently located on the 1st Floor of the Virginia G. Piper Cancer Center.**



**HONORHEALTH<sup>®</sup>**  
**Virginia G. Piper Cancer Care Network**

**Eat Real Nutrition Classes: Shea Medical Center Campus**

**September Topic:**

**Fall Food Review**

**6:00-7:30pm, Wed, Sept 11th**

Beautiful winter squashes, root vegetables, apples and pears are signs that Fall is here!



This class taught by Certified Holistic Practitioner Kim Balzan and Registered Dietitian Terri Taylor features recipes and nutrition information on fall's favorites, sweet potatoes and lentils.

**October Topic:**

**Healthier Pasta**

**6:00-7:30 pm, Wed, Oct 9th**



With the right ingredients and in the right portions pasta can be part of a healthy eating plan.

See how to make vegetable and fiber-rich pasta dishes with Chef Candy Leshner and Registered Dietitian Terri Taylor.

Classes are free, however seating is limited. Registration is required. Visit [honorhealth.com/events](http://honorhealth.com/events) or call 623-580-5800. *Note: All nutrition and cooking classes are held in the 1st floor Educational Conference Room of the Virginia G. Piper Cancer Center.*

**Virginia G. Piper Cancer Center Shea Campus Directory**

<b>Virginia G. Piper Cancer Center</b>	<b>480-323-1000</b>	<b>Exercise Rehab</b>	<b>480-323-1233</b>
Toll Free Number	<b>866-553-6789</b>	Keri Lee, MS, ACSM, Certified Clinical Exercise Physiologist	
Location: 10460 N. 92nd Street, Scottsdale, AZ 85258		<b>Lymphedema Treatment Center</b>	<b>480-323-1100</b>
Website: <a href="http://www.honorhealth.com/cancer">www.honorhealth.com/cancer</a>		Kelly Chavez-Allen, PT, DPT, Joy Cochran, PTA, CLT - LANA	
<b>Oncology Nurse Navigator</b>	<b>480-323-1255</b>	Barbara Debi, PT, MS, CL-LANA, Christy Kim, PT, MSPT, CLT- LANA	
Dawn Bassett, MSN, RN		Jennifer Goretzki, MS, OTR/L, CLT- LANA, Dorothy Smith, OTR/L, CLT-LANA	
<b>Body, Mind and Spirit Program</b>	<b>480-323-1981</b>	<b>Nutritional Counseling—Initial Appointment Call 623-434-6138 or Fax Referral to 602-331-5765</b>	
Dale Evans, RRT, MPH		Terri Taylor, RD, CSO—Shea Campus <b>480-323-1254</b>	
<b>Cancer Genetic Risk Assessment</b>	<b>480-323-1334</b>	LeeAnn Bond, MS, RD—Deer Valley Campus <b>623-238-7726</b>	
<b>Certified Genetic Counselors:</b>	<b>480-323-1231</b>	<b>Social Worker</b>	
Cynthia Lim, MS, CGC—Shea Campus		Kelly Gemmill, LMSW — Shea <b>480-323-1321</b>	
Madison LaFleur, MS, Genetics Counselor—Shea/Deer Valley		Gerald Hirohata, Ed. D., LCSW, MC—Osborn <b>623-238-7733</b>	
		Rashonna Cook, LMSW — Deer Valley <b>623-238-7732</b>	
<b>Clinical Trials Nurse Navigator</b>		<b>Tina's Treasures Boutique</b> <b>480-323-1990</b>	
Joyce Schaffer, MSN, RN,	<b>480-323-1364</b>	<b>Tina's Treasures Appointment Line</b> <b>480-323-1027</b>	
		<b>National Hair Loss</b> <b>602-283-2355</b>	
<b>Community Outreach Program</b>	<b>480-323-1275</b>	<b>Werner Library &amp; Resource Center</b> <b>480-323-1050</b>	
Nancy McCutcheon			



**Tuesday, October 22nd, 4:30 pm —7:30 pm Ladies, This is an evening just for You!**  
Focusing on women's cancer, you will learn about mammography, early detection/screening guidelines, diagnosis, treatment/surgical options and follow-up care.

- **Nutritional Education Class** with registered dietitian Terri Taylor
- **Physician Lecture**
- **Genetic Risk Presentation** — Understand the role heredity can play in cancer development with Cynthia Lim, MS, Certified Genetic Counselor.
- **Food Demonstration** with the HonorHealth Hospitality Team.
- **Special DIY Fall Creative Art Project**
- **Resource Tables & Shopping**
- **Light Refreshments**

**RSVP required:**  
Visit [HonorHealth.com/events](http://HonorHealth.com/events) or call 623-580-5800.



# Patient support



When you're going through cancer treatment, you might not feel like exercising. But physical activity can provide a wealth of benefits when you're going through treatment.

## You'll find:

- Wellness programs that include aerobic conditioning, strength training, flexibility and range-of-motion exercises.
- Monthly nutrition cooking classes.

Cancer affects more than just your physical health. It also can take a toll on you psychologically and spiritually.

## Complementary therapies are designed to:

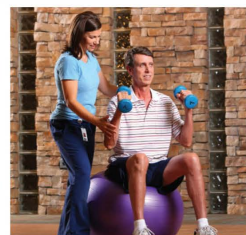
- Improve your overall physical, emotional and spiritual well-being.

Specialists will assess your strengths and stresses. Working together, you'll create a plan of care and identify which therapies will best suit your needs.

Through the HonorHealth Virginia G. Piper Cancer Care Network, you can begin and maintain an appropriate exercise and complementary therapy routine in a supportive environment. Skilled professionals can help you select a program or activity that's right for you.

## ■ Patient Navigation

Oncology nurse navigators in the HonorHealth Virginia G. Piper Cancer Care Network will help you understand your diagnosis, treatment options and help you find ways to communicate comfortably with your healthcare provider. They can also help you access resources that you may not be aware of, in short, they'll help you navigate your cancer journey.



Body, Mind and Spirit  
480-323-1981

Cancer Genetic Counseling  
480-323-1334

Cancer Exercise Rehab  
480-323-1233

Oncology Nurse Navigator  
480-323-1255

Nutrition Consult  
602-943-4269

Social Services  
480-323-1321



## Early Detection/Prevention Program for Breast/Ovarian Cancer

### INSIGHT

**Breast cancer**, is the most common commonly diagnosed cancer in women and the second leading cause of cancer related death in women.

A combination of personal history, family history and genetic makeup can be used to identify who is at higher than average risk for developing breast and ovarian cancers.

Dr. Jasjit Sachdev and her team at HonorHealth have developed an early detection program for breast and ovarian cancers to identify high risk individuals, and offer personalized options for prevention and early diagnosis. They understand the impact of a possible future diagnosis, not only on the individual, but also the individual's family, thus early detection and prevention is paramount.

**Ovarian Cancer**, accounts for 2.5% of all female cancer cases, but 5% of cancer death due to the low overall survival rate from being diagnosed at advanced stages.

4 out of 5 women are diagnosed with advanced disease that has spread throughout the abdomen at the time of diagnosis; however, if diagnosed with localized-early stage disease, one can expect a 90% five year survival rate.

Improving the ability to detect ovarian cancer early is a key research priority at Honor Health Research Institute.

### INTERCEPT

**The Early Detection Program (EDP) at HonorHealth Research Institute (HRI)** offers a personalized approach to risk assessment through individualized evaluation, novel approaches for screening, risk reduction and long-term surveillance. Options for chemo prevention, increased surveillance and risk reduction surgeries are discussed as well as participation in early detection clinical trials to explore new screening methods and diagnostic techniques. The EDP team collaborates closely with community health care providers to ensure individuals are receiving the highest quality of early detection and prevention care available.

### IMPACT

Currently, there are national guidelines for screening and early detection of individuals at high risk for developing breast and ovarian cancers. Ensuring that high risk individuals are identified is critical, and participation in a high risk clinic and early detection/prevention trials can contribute much needed research to establish new and more effective guidelines now and for the future. Consider being part of an effort to make a difference in breast and ovarian cancers prevention and early detection.



**Jasjit C. Sachdev, MD**, Director, Breast and GYN Early Phase Trials  
HonorHealth Research Institute

### REFERRAL CRITERIA (Breast Cancer)

If individual and/or their family members have one of the following:

- Diagnosis of a precancerous breast lesion.
- Inherited a BRCA1, BRCA2 or other cancer risk related gene mutation.
- Ashkenazi Jewish heritage.
- High lifetime risk of developing breast cancer based on predictive models (Tyrrer-Cuzik, GAIL model etc).
- Extremely dense breast tissue on mammogram.

Strong family history of certain cancers such as male or female breast cancers (especially if diagnosed at an early age), as well as ovarian, prostate, pancreatic cancer in close relatives (generally first or second degree relatives).

### REFERRAL CRITERIA (Ovarian Cancer)

If individual and/or their family members have one of the following:

- Family history of ovarian cancer.
- Family history of breast and ovarian cancer.
- Known gene mutation associated with ovarian cancer (such as BRCA 1 or BRCA 2).
- Ashkenazi Jewish descent.



Research Institute

[HonorHealth.com/early-detection-research](https://HonorHealth.com/early-detection-research)



Virginia G. Piper  
Cancer Care Network

Learn more at [HonorHealth.com/cancer](https://HonorHealth.com/cancer)





**HONORHEALTH**

Research Institute

[HonorHealth.com/early-detection-research](http://HonorHealth.com/early-detection-research)

### Early Detection/Prevention Program for Pancreatic Cancer

**INSIGHT**

**Pancreatic cancer (PC)**, the 3rd leading cause of cancer related deaths in the US and is usually diagnosed in advanced stages. Drs. Daniel Von Hoff and Erkut Borazanci have created an early detection screening program for those who may be at higher risk for developing PC. Goals for this program include early detection of PC to improve long term survival and developing novel assessments to better identify PC.

**INTERCEPT**

The **Early Detection Program (EDP) at HonorHealth Research Institute (HRI)** offers a personalized approach to PC risk assessment through routine evaluations and long-term surveillance. The EDP team collaborates closely with community health care providers and ensures participants are monitored by a collaborative and multidisciplinary team.

**IMPACT**

Currently there are no national guidelines for screening and early detection of PC. The HonorHealth EDP is contributing to much needed research to establish such guidelines. Also, innovative tools are being developed to identify PC before symptoms occur.

**REFERRAL CRITERIA**

In order to participate in the HonorHealth Pancreatic Cancer Early Detection Program, you must meet at **least one** of the following eligibility criteria:

- 1 or more family members who have been diagnosed with pancreatic cancer **or**
- A known genetic mutation that may increase the risk of developing pancreatic cancer **or**
- The diagnosis of a pancreatic cyst, known as an intraductal papillary mucinous neoplasm (IPMN).

### Early Detection/Prevention Program for Colorectal Cancer

**INSIGHT**

**Colorectal cancer (CRC)** is the third most frequently diagnosed cancer in the United States. Screening of average risk individuals can reduce CRC mortality by detecting cancer at an early, curable stage and decreases CRC incidence by detecting and removing polyps. Dr. Sunil Sharma and his team have developed an early detection program that includes a combination of personal history, family history and genetic makeup to identify who is at higher than average risk for developing colon cancer.

**INTERCEPT**

The **Early Detection Program (EDP) at HonorHealth Research Institute (HRI)** offers a personalized approach to CRC risk assessment through individualized evaluations and long term surveillance. The EDP team collaborates closely with community health care providers to ensure individuals are receiving the highest quality of early detection and prevention care available.

**IMPACT**

By participating in an early detection and high risk clinic, the HonorHealth EDP is contributing to the much needed research to establish new and effective guidelines. Ensuring that individuals are being screened for colon cancer is critical for improving on long term survival for this cancer. Consider being a part of an effort to make a difference in CRC prevention and early detection.

**REFERRAL CRITERIA**

We invite you to play a crucial role in fighting colorectal cancer by becoming part of this effort. You can make a real difference in the prevention and early detection of colorectal cancer. In order to participate in the HonorHealth Colorectal Cancer Early Detection Program, you must meet at **least one** of the following eligibility criteria:

- Age: Over 45 years old and never screened for colon cancer.
- A history of colon polyps.
- A family history of colon cancer or colon polyps.
- Known gene mutation associated with colon cancer (such as FAP, Lynch Syndrome, Peutz-Jeghers Syndrome).



### Fall Pumpkin Muffins

Pumpkins are symbols of Fall! Being high in fiber and carotenoid phytochemicals, pumpkins help support your immune system and reduce cancer risk.

Make an extra batch of these muffins to freeze for busy days.

**Ingredients:**

- 2 ¼ cups almond flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 ½ teaspoons pumpkin pie spice
- ½ teaspoon salt
- ¾ cup BPA-free canned unsweetened pumpkin
- 2 large eggs
- 1/3 cup pure maple syrup
- ¼ cup melted extra virgin coconut oil
- 1 teaspoon vanilla extract
- ½ cup raisins
- ½ cup chopped walnuts

**Instructions:**

Preheat oven to 350-degrees Fahrenheit.

Line muffin tin with paper liners. In large bowl, combine almond flour, baking soda, cinnamon, pumpkin pie spice and salt. Add in pumpkin, eggs, maple syrup, coconut oil and vanilla. Stir well until completely mixed. Fold in raisins and walnuts. Scoop evenly into muffin tins. Bake for 20-23 minutes until a toothpick inserted in the center comes out clean.

**Yield:** 12 muffins

### Nutrition Corner



Nutrition is an important part of cancer prevention and survivorship. Optimizing your nutrition can help manage treatment side effects, improve your strength, energy and promote overall health. If you are dealing with treatment side effects, weight issues, healthy eating or supplement questions, our dietitians will work with you to plan a nutritional program specific to



your cancer treatment goals. To schedule your first appointment with one of our dietitians, call scheduling at 623-434-6138 or have your physician FAX a referral to 602-331-5765.

## Desert Mission Farm Stand

Enjoy fresh produce from Arizona farmers

- ✓ Bring a bag and pick up fresh vegetables and fruit.
- ✓ Choose what you'd like from seasonal and organic options.
- ✓ Pay with a credit/debit card or cash.

### Enjoy the crunch!

**Farm Stand schedule:**

Visit your nearest HonorHealth medical center from 11 a.m. to 1 p.m., on select Wednesdays to shop the HonorHealth Farm Stand:

- 1 HonorHealth Deer Valley cafeteria  
**1st Wednesday of the month**
- 2 HonorHealth John C. Lincoln cafeteria  
**1st Wednesday of the month**
- 1 HonorHealth Scottsdale Thompson Peak cafeteria  
**2nd Wednesday of the month**
- 1 HonorHealth Scottsdale Shea cafeteria  
**3rd Wednesday of the month**
- 1 HonorHealth Scottsdale Osborn cafeteria  
**4th Wednesday of the month**

Learn more at [desertmission.com/freshveggies](http://desertmission.com/freshveggies)

To learn more about the Early Detection Program for Breast Cancer, call the Breast Cancer Navigator at 1-855-485-HOPE (4673).

To learn more about the Early Detection Program for Pancreatic, Colorectal and Ovarian Cancers, please call 1-833-354-6667 or email: [Early.Detection@honorhealth.com](mailto:Early.Detection@honorhealth.com)





### CANCER GENETICS RISK ASSESSMENT & PREVENTION

#### Looking at your past to shape your future.

In cancer genetic counseling, we assess your risk factors for developing cancer in the context of your family history. The process will help you understand the role heredity plays in cancer development as well as the possibility that a gene may be responsible for your family's history of cancer. Genetic testing will be discussed as an option, when appropriate. More importantly, you will learn about cancer screenings and risk reduction options.

To schedule an appointment please call **623-434-6138** or visit [HonorHealth.com/geneticrisk](http://HonorHealth.com/geneticrisk).



## Mastectomy Care Program

The Mastectomy Care Program is one of many resources offered at HonorHealth.

#### East Valley Location:

#### Virginia G. Piper Cancer Center

Scottsdale Shea Medical Center Campus  
1st and 3rd Tuesday of each month, 2:00 –4:00 pm  
For this location, please register by calling 480-323-1250.

#### West Valley Location:

#### Breast Health and Research Center

Deer Valley Medical Center Campus  
Every Tuesday—5pm  
For this location, please register by calling 623-623-238-7713.

This class is designed to help guide you through your hospitalization for your mastectomy surgery. Participants should call to register for the class prior to surgery.

## Breast Health and Research— Deer Valley

### Breast Cancer Learn & Support Group, 6—8 pm



Held on the 2nd & 4th Thursday of every month. This group is for those diagnosed with breast cancer to find support and

learn from one another. Sharing with others who have had similar experiences can reduce stress and anxiety. Discuss aspects of living with cancer and survivorship. For ages 18 and over.

**No RSVP required.**

**Breast Health and Research Center**  
19646 N. 27<sup>th</sup> Ave., Room 205,  
Phoenix, AZ

### Yoga for Recovery: 6 – 7:15 p.m.

Every Wednesday evening. Experience the physical as well as the emotional benefits of yoga. Invigorate your mind and body in this gentle yoga class tailored for breast cancer survivors that include soothing stretches, meditation, relaxation and centering breath techniques to help reduce daily stress and boost overall immune function. Open to family and friends. **No RSVP required.**



### Meditation For Healing: 6 – 7 p.m.

Held on the first and third Thursday of every month. The duration of this class is one hour, introducing a variety of techniques of meditation to include visualization, breath work and positive affirmation and guided meditation.

**Virginia G. Piper Cancer Care Network**  
Multipurpose Room, 3rd FL  
19646 N. 27th Ave, Phoenix, AZ

## Are you ready to kick the habit? Join our Smoking Cessation Classes!

Quitting smoking isn't easy – but it's easier with the right help. The American Lung Association's Freedom From Smoking® program gives you options, resources and support to quit for good! Freedom From Smoking® is the premier smoking cessation program from the American Lung Association. It helps you develop a plan of action that leads to your quit day. You'll also get the support you need to remain smoke free for life! **FREE 7 week course. Seating is limited.** Registration is required. Visit [honorhealth.com/events](http://honorhealth.com/events) or call 623-580-5800.



**Option 1:** Every Monday\* - 4—5:30 pm, Sept. 9th—Oct 21st  
**Virginia G. Piper Cancer Care Network - Deer Valley**  
19646 N. 27th, Ave., 3rd Floor Multi-Purpose Room  
Phoenix, AZ, 85027  
(\*Exception Oct. 2nd, will held on Wednesday.)

**Option 2:** Every Monday, 4—5:30 pm, Oct. 28th – Dec. 9th  
**Virginia G. Piper Cancer Care Network - John C. Lincoln**  
9250 N. 3rd St. 3rd Floor Multi-Purpose Room  
Phoenix, AZ, 85020



Teal It Up Ovarian Cancer Foundation invite you to attend "Let's Anchor Some Thoughts"! Saturday, September 14th, 8:30 –11:30 am.

This event is designed for Ovarian Cancer Survivors and Caregivers with a focus on *Wellness and YOUR cancer journey.*

be sure to participate in a mini-session provided by Dale Evans, Body, Mind and Spirit Program Coordinator. To register call 480-229-7347. Location: Brady Conference Center, Shea Medical Center Campus, 9003 E. Shea Blvd, Scottsdale, AZ.



### Power of Pink—Oct 1—31st

Join us throughout October at the Kierland Commons Brighton Collectibles.

**Brighton Collectibles will donate a portion of the sale proceeds for every Power of Pink bracelet purchased to the Virginia G. Piper Cancer Center Community Outreach Program.**  
**Kierland Commons Brighton Collectibles**  
15210 N. Scottsdale Rd., Scottsdale, AZ 85254

Look for HonorHealth Virginia G. Piper Cancer Care Network at these upcoming walk events.

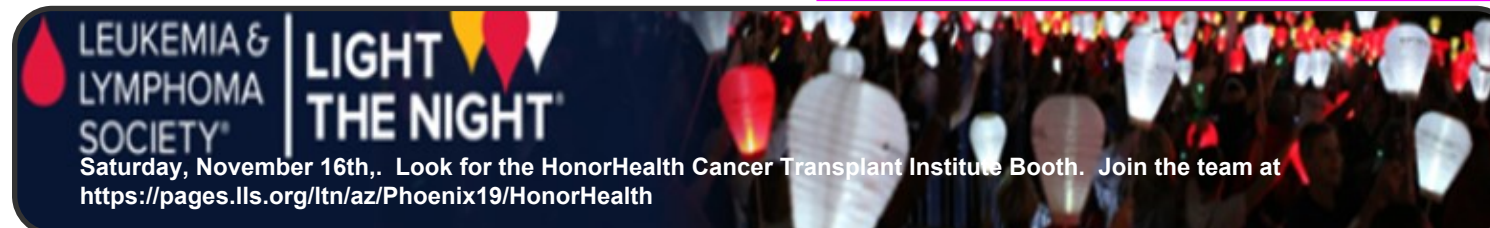


Sat. October 26,  
Check-In 7:00 am  
Walk: 8:00 am

Tempe Beach Park



Register at: [http://main.acsevents.org/site/TR/?fr\\_id=94517&pg=team&team\\_id=2461535](http://main.acsevents.org/site/TR/?fr_id=94517&pg=team&team_id=2461535)



### Undy Walk for Colorectal Cancer—November 16, 2019 Wesley Bolin Park, Downtown Phoenix

7:30 A.M. Race packet pickup/ on-site registration, 8:40 A.M. Opening Remarks, 9:00 A.M. 5k begins, 9:10 A.M. mile fun run begins, 10:05 A.M. Survivor recognition and awards



Join HonorHealth Research Institute Team – Saturday, November 16 with Colorectal Cancer Alliance. Survivors registration is free at [speialevents@ccalliance.org](mailto:speialevents@ccalliance.org). For All others: There is a discount code of BONUS for \$10 off , register at: <https://fundraise.ccalliance.org/2019phoenix/HonorHealth>.



**A special "Thank You to Pets on Wheels". We are so blessed to have these incredible friends who bring smiles to all each time they visit. If you see them, don't hesitate to hello. They are a delight!**



**Support Groups:  
New Groups Have Been Added**

East Side Groups	LOCATION	AUDIENCE	DATE/TIME	RSVP Req'd
Women's Cancer Support (Breast/Gyn) <b>Now Combined</b>	VGPC— Suite 206	Patients and Survivors	2nd Wednesday, 12—1:30pm	Yes
General Cancer Caregiver	VGPC— Suite 206	Caregivers and Family	3rd Wednesday, 4:30 — 5:30pm	No
General Cancer Support <b>NEW Day</b>	VGPCCN/Gilbert	Patients and Survivors	2nd Wednesday, 2:30 — 4:00 pm	No
Grief Support	VGPC—1st Floor	Anyone grieving a loss	2nd / 4th Tuesdays, 3:00 — 4:30 pm	No
Lymphedema Education/Support	VGPC—1st Floor Conference Room	Anyone living with lymphedema	4th Monday, Jan, Feb, Sept & Oct, 5—6:30 pm	No
LGBTQ Cancer Support <b>NEW</b>	Osborn—AZCCC	Patients and Survivors	2nd Tuesday, 5:00—6pm	Yes
Men's Cancer Support <b>NEW</b>	Osborn —AZCCC	Patients and survivors	4th Tuesday, 5:00—6pm	Yes
Pancreatic Cancer Support	VGPC—Suite 206	Patients, survivors, loved ones	2nd Monday, 4:00—5:30 pm	Yes
SPOHNC—Oral, Head and Neck Cancer Support	VGPC—1st Floor Conference Room	Patients, survivors, loved ones	3rd Thursday, 6:30—8:00 pm	No
West Side Groups	LOCATION	AUDIENCE	DATE/TIME	RSVP Req'd
Women's Cancer Support (Breast/Gyn) <b>Now Combined</b>	BHRC/Deer Valley	Patients and Survivors	2nd & 4th Thursdays, 6:00 — 7:30 pm	No
General Cancer Caregiver <b>NEW</b>	VGPCCN/Deer Valley, 3rd Floor, Multipurpose RM	Caregivers and Family	3rd Wednesday, 4:00— 5:00 pm	Yes
LGBTQ Cancer Support <b>NEW</b>	VGPCCN/Deer Valley, 3rd Floor Multipurpose RM	Patients and Survivors	1st Thursday, 4—5:00pm	Yes

**Note: To register for a support group, please contact 480-323-1250 unless otherwise notated.**

**Celebration of Lights Save The Date, Tuesday, Dec 3th, 6-7:30 pm**



**Join us for the annual Celebration of Lights for cancer patients, survivors and guests.**

**Festivities include:**

- \* Tasty Holiday Treat Samplings
- \* Holiday Shopping
- \* Create Holiday Wreaths & Ornaments in the Holiday Workshops
- \* Holiday Music
- \* Candlelight Remembrance—Wall of Valor



The **Wall of Valor** honors those we have lost to cancer and those walking a cancer journey. Tiles for the Wall of Valor can be purchased in Tina's Treasures.

**Location: Virginia G. Piper Cancer Center**

**Registration is required. Visit [honorhealth.com/events](http://honorhealth.com/events) or call 623-580-5800.**

**Locations:**

- VGPC**—Virginia G. Piper Cancer Center, 10460 N. 92nd St., Scottsdale 85258
- VGPCCN/Deer Valley**—19646 N. 27th Ave, Multipurpose Rm past Suite 301, Phoenix 85027
- BHRC/Deer Valley**—19646 N. 27th Ave, Ste 205, Phoenix 85027
- VGPCCN/Gilbert**—3645 S. Rome St. Ste 209, Gilbert 85297
- AZCCC (Osborn Campus)**—7337 E. 2nd St., Scottsdale, 85251



# Tina's Treasures

## Cancer Care Boutique

Tina's Treasures is a boutique specially designed to meet the needs of cancer patients, cancer survivors, and their families. You'll find a variety of post breast surgery products to help you look and feel confident. Certified fitters take into consideration your personality, lifestyle and personal desires when recommending products such as wigs, scarves, hats or skincare.

To schedule an appointment call 480-323-1027.

Sometimes all it takes to feel better is a whimsical piece of jewelry, an inspirational saying or a handbag. You'll find just what you're looking for in the boutique environment at Tina's Treasures. Proceeds from boutique sales help support the free programs and services offered throughout the HonorHealth Virginia G. Piper Cancer Care Network.

For more information, visit [HonorHealth.com/tinastreasures](http://HonorHealth.com/tinastreasures).



### Tina's Treasures is expanding their fitting services to the East and West Valley!

Zandra Cardinale-King, CMF will be conducting mastectomy fittings on the below schedule:

**Monday & Tuesday: Deer Valley**  
**Virginia G. Piper Cancer Care Network**  
 19646 N. 27th Avenue, Suite 301  
 Phoenix, AZ 85027

**Wednesday & Thursday: Gilbert**  
**Virginia G. Piper Cancer Care Network**  
 3645 S. Rome Street, Suite 209  
 Gilbert, AZ 85297



Please call Tina's Treasures scheduling line for all appointments: 480-323-1027



Monthly sessions from 4:30 pm.— 6:30 p.m.

- Learn how to manage changes to your body, including your skin and hair.
- Receive oral health products, tips, and applications to maintain proper oral health habits
- Receive hands-on skin care, make-up applications/tips on wearing wigs, hats and scarves.
- Discover the resources available to you through the Virginia G. Piper Cancer Care Network

**2019**

Virginia G. Piper Cancer Center / **Scottsdale**  
 10460 N. 92nd Street, Suite 206  
 Scottsdale, AZ 85258  
**November 5 December 17**

Virginia G. Piper Cancer Care Network / **Deer Valley**  
 19646 North 27th Ave, 3rd Floor Multipurpose Room  
 Phoenix, AZ 85027  
**October 10th**

Virginia G. Piper Cancer Care Network/ **Gilbert**  
 3645 W. Rome St., Suite 209  
 Gilbert, AZ 85297  
**September 26**



## Do you know

we offer the **American Breast Care Custom Breast Prosthesis** for women following a mastectomy or breast conserving surgery?

- ◆ **Quick and easy** iPad scanning technology
- ◆ **Featherlight** silicone for comfort
- ◆ **Extensive selection** of skin and nipple/areola colors and options



Most insurance companies cover all or part of a custom breast prosthesis. Let us check your insurance for you. Call Tina's Treasures today at 480-323-1990 for a free consultation to see if the Custom Breast Prosthesis is right for you! ABC



## Recover Healthy Hair

Hair Restoration Treatments for Women & Men

**Are you experiencing hair loss from chemotherapy, hormones or genetics?**

Meet with our knowledgeable consultant and learn your options. Clinically proven treatments to stimulate healthy hair growth. *Consultations available at HonorHealth Virginia G. Piper Cancer Center.*

**BOOK YOUR PRIVATE COMPLIMENTARY CONSULTATION 602-283-2355**



## Yoga For Recovery is extended throughout the East and West

**Yoga for Recovery** includes meditation and exercises to help you improve strength, flexibility, balance, proprioception, mental clarity, and breathing; decrease stress, and maintain health. Several studies have shown that yoga helps lower blood pressure, improves a person's sense of well-being, reduces fatigue, and can help people with cancer and survivors to reduce anxiety through the practice of yoga. **Free to cancer survivors. \$10.00 per session for general community members. Please register at [honorhealth.com/events](http://honorhealth.com/events) or call 623-580-5800.**



**Virginia G. Piper Cancer Care Network**  
**Avondale**  
 10320 W. McDowell Rd. Bldg. H, Suite 8024  
 Avondale, AZ 85395  
 Every Wednesday, 5 –6:15 pm

**Virginia G. Piper Cancer Care Network**  
**John C Lincoln Campus - Phoenix**  
 9250 N. 3rd St, Phoenix, AZ, 85020  
 3rd Floor Multi-Purpose Room  
 Every Saturday, 9 –10:15 am

**Virginia G. Piper Cancer Care Network**  
**Gilbert**  
 3645 S. Rome St. Suite 204  
 Gilbert, AZ 85297  
 Every 1st & 3rd Tuesday, 5—6:15 pm.

**Virginia G. Piper Cancer Care Network**  
**Chandler**  
 1110 S. Dobson Rd., Suite 1  
 Chandler, AZ 85286  
 Every 2nd & 4th Tuesday, 5—6:15 pm.

**New West Valley Location** →

**NEW LOCATION: Virginia G. Piper Cancer Care Network — Surprise**  
 14674 W. Mountain View Blvd., Suite 105, Surprise, AZ 85374  
 Every Thursday, 5—6:15 pm.



# SEPTEMBER 2019

	Mon	Tues	Wed	Thur	Fri	Sat
<b>2</b>	VGPC  Holiday Closure  	<b>3</b> VGPC Hatha Yoga 9 am Tai Chi 1040 am  Yoga Nidra 11:45 am Mastectomy Class 2-4 pm register at 480-323-1250 Gentle Chair Yoga 2:30 pm  DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC. Register at 623-238-7713.  Thompson Peak Medical Center Strength and Stretch 12:30 pm  Gilbert - Yoga for Recovery -5pm	<b>4</b> VGPC  Strength & Stretch 9:45 am Qi Gong 11 am  Mahjong Game 12:30 pm (Beginners Welcome)  DV Breast Health & Research  ****Yoga for Recovery 6 – 7:15 pm (No RSVP required)  New! 5pm Yoga for Recovery Avondale Network office	<b>5</b> VGPC  Hatha Yoga 9 am  Restorative Yoga 10:30 am  Crochet & Knitting 12-2pm  Gentle Chair Yoga 2:30 pm  DV Breast Health & Research Facing Forward 4:30 @ VGPC  ****Yoga Nidra Guided Meditation for Healing 6-7 pm (No RSVP Required)  New! 5pm Yoga for Recovery Surprise Network office	<b>6</b>  Yoga Nidra Singing Bowls 10 am  Game Day/Mahjong Noon-3pm  DV Breast Health & Research	<b>7</b> VGPC  Qi Gong/Tai Chi 9:30 am  Tina's Treasures 9am-1pm for fitting appointments, call to schedule  VGPC Network - JCL NEW! Gentle Yoga 9AM
<b>9</b>	VGPC  Ukulele 10-11:30 am Beginners welcome  Buff Bones 12pm  Healing Art 1:30 pm Essential oil/protect from colds & flu. Come & make your own  Freedom from Smoking Deer Valley @ 4pm to 5:30  Gentle Yoga 5:00 pm AZCCC Osborn**  DV Breast Health & Research	<b>10</b> VGPC  Hatha Yoga 9 am Tai Chi 1040 am  Yoga Nidra 11:45 am Gentle Chair Yoga 2:30 pm  DV Breast Health & Research Facing Forward 4:30 @ VGPC Mastectomy Class 5 pm @ DV BHRC. Register at 623-238-7713.  Thompson Peak Medical Center Strength and Stretch 12:30 pm  Chandler- Yoga for Recovery 5pm	<b>11</b> VGPC  Strength & Stretch 9:45 am Qi Gong 11 am  Mahjong Game 12:30 pm (Beginners Welcome)  Cooking Class 6-7:30 pm (registration required)  Healing Sound Gong/Singing bowls 3 p.m.  DV Breast Health & Research  ****Yoga for Recovery 6 – 7:15 pm (No RSVP Needed)  New! 5pm Yoga for Recovery Avondale Network office	<b>12</b> VGPC  Hatha Yoga 9 am  Restorative Yoga 10:30 am  Crochet & Knitting 12-2pm  Gentle Chair Yoga 2:30 pm  DV Breast Health & Research  New! 5pm Yoga for Recovery Surprise Network office	<b>13</b> VGPC  Yoga Nidra Singing Bowls 10 am  Game Day/Mahjong Noon-3pm  DV Breast Health & Research	<b>14</b> VGPC  Qi Gong/Tai Chi 9:30 am  VGPC Network - JCL NEW! Gentle Yoga 9AM
<b>16</b>	VGPC  Ukulele 10-11:30 am Beginners welcome  Buff Bones 12pm  Healing Art 1:30 pm Surprise - Cheri  Freedom from Smoking Deer Valley @ 4pm to 5:30  Gentle Yoga 5:00 pm AZCCC Osborn**  DV Breast Health & Research	<b>17</b> VGPC  Hatha Yoga 9 am Tai Chi 1040 am  Yoga Nidra 11:45 am Gentle Chair Yoga 2:30 pm Mastectomy Class 2-4 pm Register at 480-323-1250  DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC  Thompson Peak Medical Center Strength and Stretch 12:30 pm  Gilbert - Yoga for Recovery -5pm	<b>18</b> VGPC  Strength & Stretch 9:45 am Qi Gong 11 am  Mahjong Game 12:30 pm (Beginners Welcome)  Healing Sound Gong/Singing bowls 3 p.m.  DV Breast Health & Research ****Yoga for Recovery 6 – 7:15 pm (No RSVP required)  New! 5pm Yoga for Recovery Avondale Network office	<b>19</b> VGPC  Hatha Yoga 9 am  Restorative Yoga 10:30 am  Crochet & Knitting 12-2 pm  Gentle Chair Yoga 2:30 pm  DV Breast Health & Research  ****Yoga Nidra Guided Meditation for Healing 6-7 pm (No RSVP Required)  New! 5pm Yoga for Recovery Surprise Network office	<b>20</b> VGPC  Yoga Nidra Singing Bowls 10 am  Game Day/Mahjong Noon-3pm  DV Breast Health & Research	<b>21</b> VGPC  Qi Gong/Tai Chi 9:30 am  VGPC Network - JCL NEW! Gentle Yoga 9AM
<b>23</b>	VGPC  Ukulele 10-11:30 am Beginners welcome  Buff Bones 12pm  Healing Art 1:30 pm Card class - Joan  Freedom from Smoking Deer Valley @ 4pm to 5:30  Gentle Yoga 5:00 pm AZCCC Osborn**  DV Breast Health & Research	<b>24</b> VGPC  Hatha Yoga 9 am Tai Chi 1040 am  Yoga Nidra 11:45 am Gentle Chair Yoga 2:30 pm  DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC. Register at 623-238-7713.  Thompson Peak Medical Center Strength and Stretch 12:30 pm  Chandler - Yoga for Recovery -5pm	<b>25</b> VGPC  Strength & Stretch 9:45 am Qi Gong 11 am  Mahjong Game 12:30 pm (Beginners Welcome)  Healing Sound Gong/Singing bowls 3 p.m.  DV Breast Health & Research  ****Yoga for Recovery 6 – 7:15 pm (No RSVP required)  New! 5pm Yoga for Recovery Avondale Network office	<b>26</b> VGPC  Hatha Yoga 9 am  Restorative Yoga 10:30 am  Crochet & Knitting 12-2 pm  Gentle Chair Yoga 2:30 pm  DV Breast Health & Research  Facing Forward 4:30 @ Gilbert  New! 5pm Yoga for Recovery Surprise Network office	<b>27</b> VGPC  Kundalini Yoga 9 am  Yoga Nidra Gong/Singing Bowls 10 am  Game Day/Mahjong Noon-3pm  DV Breast Health & Research	<b>28</b> VGPC  Qi Gong/Tai Chi 9:30 am  VGPC Network - JCL NEW! Gentle Yoga 9AM
<b>30</b>	VGPC  Ukulele 10-11:30 am Beginners welcome  Buff Bones 12pm  Healing Art 1:30 pm Surprise – Cheri  Freedom from Smoking Deer Valley @ 4pm to 5:30  Gentle Yoga 5:00 pm AZCCC Osborn**  DV Breast Health & Research	 <p style="text-align: center;"><b>Tina's Treasures invites you to Get Fit For The Season!</b>                      You don't wear shoes that don't fit, why wear a bra that doesn't fit?</p> <p>Throughout the month of October, our visiting and resident experts will be working overtime to provide solutions for your body and lifestyle. Feel fabulous with your perfect fit!</p> <ul style="list-style-type: none"> <li>• Meet Natalie Moore with Amoena, Oct 8-9<sup>th</sup></li> <li>• Meet Karen Haines with American Breast Care, Oct 15-17</li> <li>• Meet Lauren Preszler with Anita International, Oct 22-24</li> <li>• Custom prosthesis scans available all month with prior authorization</li> </ul> <p style="text-align: center;">Call Tina's Treasures at 480-323-1027 to schedule your appointment.</p> <div style="border: 1px dashed black; padding: 5px; width: fit-content; margin: 0 auto;"> <p style="text-align: center;">Scratch and Win Promotion (1 winner per day)</p> </div>				

- Body, Mind and Spirit classes are held at Virginia G. Piper Cancer Center 10460 N. 92<sup>nd</sup> St., Suite 203, unless otherwise noted. For Body, Mind and Spirit Classes or events, sign up at [honorhealth.com/events](http://honorhealth.com/events) or call 623-580-5800. NOTE: Reiki service is available for cancer patients at VGPC. For Reiki appointments or additional information about our Body, Mind and Spirit program, call 480-323-1981.
- Cooking Classes taught by our dietitian, Terri Taylor. Classes are free - **Registration is required.** Visit [honorhealth.com/events](http://honorhealth.com/events) or call 623-580-5800. All nutrition and cooking classes are held in the 1<sup>st</sup> Floor Education Conference Room of the Virginia G. Piper Cancer Center 10460 N. 92<sup>nd</sup> St., Scottsdale, AZ.
- \*\*AZCCC - Osborn, 7337 E. 2nd St., Scottsdale, 85251 (evening Gentle Yoga) 85251
- Thompson Peak Medical Center Strength and Stretch Classes – Sign up at [honorhealth.com/events](http://honorhealth.com/events) or call 623-580-5800. 7400 E. Thompson Peak Pkwy., Scottsdale, AZ 85255 (To check on room location feel free to call Instructor at 480-695-7294)
- \*\*\*HonorHealth Breast Health & Research Center (DV) – Library, 19646 N. 27<sup>th</sup> Ave, Ste. 205, Phoenix, AZ 85027 (For more information, call 623-580-5800.) Mastectomy Class-5 pm @ DV BHRC  
 \*\*\*\* NEW LOCATION: Honor Health Virginia G. Piper Cancer Care Network Clinic (DV) Every Wednesday Yoga for Recovery & 1<sup>st</sup>, & 3<sup>rd</sup>, Thursday's Yoga Nidra Guided Meditation for Healing, - 19646 N. 27<sup>th</sup> Ave, 3<sup>rd</sup> floor multi-purpose room, Phoenix, AZ 85027 (For more information call 623-580-5800.)
- \*\*\*\* NEW LOCATION: HonorHealth Virginia G. Piper Cancer Care Network - John C Lincoln (JCL) Gentle Yoga every Saturday, 9250 N. 3<sup>rd</sup> St, 3<sup>rd</sup> floor multi-purpose room, Phoenix, AZ 85020. (For more information, call 623-580-5800.)
- \*\*\*\*New East Valley Locations for Yoga for Recovery at 5 pm: 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of each month Gilbert: 3645 S. Rome St. Suite 204 Gilbert, AZ 85297 / 2<sup>nd</sup> & 4<sup>th</sup>, Tuesday of each month Chandler: 1110 S. Dobson Rd., Suite 1 Chandler, AZ 85286
- \*\*\*\*New West Valley Avondale Location: Gentle Yoga for Recovery at 5 pm: Every Wednesday, 10320 W. McDowell Rd, building H, Suite 8025, Avondale, AZ 85392
- \*\*\*\*New West Valley Surprise Location: Gentle Yoga for Recovery at 5 pm: Every Thursday, 14674 W. Mountain View Rd. Suite 105, Surprise, AZ 85374

# OCTOBER 2019

Mon	Tues	Wed	Thur	Fri	Sat
<p><b>1</b> VGPC</p> <p>Hatha Yoga 9 am Tai Chi 1040 am Yoga Nidra 11:45 am</p> <p><b>Mastectomy Class 2-4 pm</b> register at 480-323-1250</p> <p>Gentle Chair Yoga 2:30 pm</p> <hr/> <p>DV Breast Health &amp; Research <b>Mastectomy Class 5 pm @ DV BHRC.</b> Register at 623-238-7713.</p> <hr/> <p>Thompson Peak Medical Center <b>Strength and Stretch 12:30 pm</b></p> <hr/> <p>Gilbert - Yoga for Recovery -5pm</p>	<p><b>2</b> VGPC</p> <p>Strength &amp; Stretch 9:45 am Qi Gong 11 am</p> <p><b>Mahjong Game 12:30 pm</b> (Beginners Welcome)</p> <p><b>Freedom from Smoking Deer Valley @ 4pm to 5:30</b></p> <hr/> <p>DV Breast Health &amp; Research</p> <hr/> <p>****Yoga for Recovery <b>6 – 7:15 pm (No RSVP required)</b></p> <hr/> <p><b>New! 5pm Yoga for Recovery Avondale Network office</b></p>	<p><b>3</b> VGPC</p> <p>Hatha Yoga 9 am Restorative Yoga 10:30 am</p> <p>Crochet &amp; Knitting 12-2pm Gentle Chair Yoga 2:30 pm</p> <hr/> <p>DV Breast Health &amp; Research <b>****Yoga Nidra Guided Meditation for Healing 6-7 pm (No RSVP Required)</b></p> <hr/> <p><b>New! 5pm Yoga for Recovery Surprise Network office</b></p>	<p><b>4</b> VGPC</p> <p>Yoga Nidra Singing Bowls 10 am</p> <p>Game Day/MahJong Noon-3pm</p> <hr/> <p>DV Breast Health &amp; Research</p>	<p><b>5</b> VGPC</p> <p>Tai Chi/Qi Gong 930 am</p> <p>Tina's Treasures 9-1 for fitting appointments. Call to schedule</p> <hr/> <p>VGPC Network - JCL</p> <p><b>NEW!</b> Gentle Yoga 9AM</p>	
<p><b>7</b> VGPC</p> <p>Ukulele 10-11:30 am Beginners welcome</p> <p>Buff Bones 12pm</p> <p>Healing Art 1:30 pm Surprise – Cheri</p> <p>Freedom from Smoking Deer Valley @ 4pm to 5:30</p> <p><b>Gentle Yoga 5:00 pm VGPCCNWK Osborn**</b></p> <hr/> <p>DV Breast Health &amp; Research</p>	<p><b>8</b> VGPC</p> <p>Hatha Yoga 9 am Tai Chi 1040 am Yoga Nidra 11:45 am</p> <p>Gentle Chair Yoga 2:30 pm</p> <hr/> <p>DV Breast Health &amp; Research <b>Mastectomy Class 5 pm @ DV BHRC.</b> Register at 623-238-7713.</p> <hr/> <p>Thompson Peak Medical Center <b>Strength and Stretch 12:30 pm</b></p> <hr/> <p>Chandler- Yoga for Recovery 5pm</p>	<p><b>9</b> VGPC</p> <p>Strength &amp; Stretch 9:45 am Qi Gong 11 am</p> <p><b>Mahjong Game 12:30 pm</b> (Beginners Welcome)</p> <p><b>Cooking Class 6-7:30 pm</b> (registration required)</p> <hr/> <p>DV Breast Health &amp; Research <b>****Yoga for Recovery 6 – 7:15 pm (No RSVP Needed)</b></p> <hr/> <p><b>New! 5pm Yoga for Recovery Avondale Network office</b></p>	<p><b>10</b> VGPC</p> <p>Hatha Yoga 9 am Restorative Yoga 10:30 am</p> <p>Crochet &amp; Knitting 12-2pm Gentle Chair Yoga 2:30 pm</p> <hr/> <p>DV Breast Health &amp; Research <b>Facing Forward 4:30 @ Deer Valley</b></p> <hr/> <p><b>New! 5pm Yoga for Recovery Surprise Network office</b></p>	<p><b>11</b> VGPC</p> <p>Yoga Nidra Singing Bowls 10 am</p> <p>Game Day/MahJong Noon-3pm</p> <hr/> <p>DV Breast Health &amp; Research</p>	<p><b>12</b> VGPC</p> <p>Tai Chi/Qi Gong 930 am</p> <hr/> <p>VGPC Network - JCL</p> <p><b>NEW!</b> Gentle Yoga 9AM</p>
<p><b>14</b> VGPC</p> <p>Ukulele 10-11:30 am Beginners welcome</p> <p>Buff Bones 12pm</p> <p>Healing Art 1:30 pm Halloween Cards - Joan</p> <p>Freedom from Smoking Deer Valley @ 4pm to 5:30</p> <p><b>Gentle Yoga 5:00 pm VGPCCNWK Osborn**</b></p> <hr/> <p>DV Breast Health &amp; Research</p>	<p><b>15</b> VGPC</p> <p>Hatha Yoga 9 am Tai Chi 1040 am Yoga Nidra 11:45 am</p> <p>Gentle Chair Yoga 2:30 pm</p> <p><b>Mastectomy Class 2-4 pm</b> Register at 480-323-1250</p> <hr/> <p>DV Breast Health &amp; Research <b>Mastectomy Class 5 pm @ DV BHRC</b></p> <hr/> <p>Thompson Peak Medical Center <b>Strength and Stretch 12:30 pm</b></p> <hr/> <p>Gilbert - Yoga for Recovery -5pm</p>	<p><b>16</b> VGPC</p> <p>Strength &amp; Stretch 9:45 am Qi Gong 11 am</p> <p><b>Mahjong Game 12:30 pm</b> (Beginners Welcome)</p> <p><b>Healing Sound Gong/Singing bowls 3 p.m.</b></p> <hr/> <p>DV Breast Health &amp; Research <b>****Yoga for Recovery 6 – 7:15 pm (No RSVP required)</b></p> <hr/> <p><b>New! 5pm Yoga for Recovery Avondale Network office</b></p>	<p><b>17</b> VGPC</p> <p>Hatha Yoga 9 am Restorative Yoga 10:30 am</p> <p>Crochet &amp; Knitting 12-2 pm Gentle Chair Yoga 2:30 pm</p> <hr/> <p>DV Breast Health &amp; Research</p> <hr/> <p><b>****Yoga Nidra Guided Meditation for Healing 6-7 pm (No RSVP Required)</b></p> <hr/> <p><b>New! 5pm Yoga for Recovery Surprise Network office</b></p>	<p><b>18</b> VGPC</p> <p>Yoga Nidra Singing Bowls 10 am</p> <p>Game Day/MahJong Noon-3pm</p> <hr/> <p>DV Breast Health &amp; Research</p>	<p><b>19</b> VGPC</p> <p>Tai Chi/Qi Gong 930 am</p> <hr/> <p>VGPC Network - JCL</p> <p><b>NEW!</b> Gentle Yoga 9AM</p>
<p><b>21</b> VGPC</p> <p>Ukulele 10-11:30 am Beginners welcome</p> <p>Buff Bones 12pm</p> <p>Healing Art 1:30 pm Holiday Cards - Joan</p> <p>Freedom from Smoking Deer Valley @ 4pm to 5:30</p> <p><b>Gentle Yoga 5:00 pm VGPCCNWk Osborn**</b></p> <hr/> <p>DV Breast Health &amp; Research</p>	<p><b>22</b> VGPC</p> <p>Hatha Yoga 9 am Tai Chi 1040 am Yoga Nidra 11:45 am</p> <p>Gentle Chair Yoga 2:30 pm</p> <hr/> <p>DV Breast Health &amp; Research <b>Mastectomy Class 5 pm @ DV BHRC.</b> Register at 623-238-7713.</p> <hr/> <p>Thompson Peak Medical Center <b>Strength and Stretch 12:30 pm</b></p> <hr/> <p>Chandler - Yoga for Recovery -5pm</p> <p style="text-align: center;"><b>Annual Ladies Night Event:</b> 4:30-7:30 pm Must RSVP, see front page.</p>	<p><b>23</b> VGPC</p> <p>Strength &amp; Stretch 9:45 am Qi Gong 11 am</p> <p><b>Mahjong Game 12:30 pm</b> (Beginners Welcome)</p> <p><b>Healing Sound Gong/Singing bowls 3 p.m.</b></p> <hr/> <p>DV Breast Health &amp; Research</p> <hr/> <p><b>****Yoga for Recovery 6 – 7:15 pm (No RSVP required)</b></p> <hr/> <p><b>New! 5pm Yoga for Recovery Avondale Network office</b></p>	<p><b>24</b> VGPC</p> <p>Hatha Yoga 9 am Restorative Yoga 10:30 am</p> <p>Crochet &amp; Knitting 12-2 pm Gentle Chair Yoga 2:30 pm</p> <hr/> <p>DV Breast Health &amp; Research</p> <hr/> <p><b>New! 5pm Yoga for Recovery Surprise Network office</b></p>	<p><b>25</b> VGPC</p> <p>Kundalini Yoga 9 am</p> <p>Yoga Nidra Gong/Singing Bowls 10 am</p> <p>Game Day/MahJong Noon-3p</p> <hr/> <p>DV Breast Health &amp; Research</p>	<p><b>26</b> VGPC</p> <p>Tai Chi/Qi Gong 930 am</p> <hr/> <p>VGPC Network - JCL</p> <p><b>NEW!</b> Gentle Yoga 9AM</p>
<p><b>28</b> VGPC</p> <p>Ukulele 10-11:30 am Beginners welcome</p> <p>Buff Bones 12pm</p> <p>Healing Art 1:30 pm Surprise – Cheri</p> <p>Freedom from Smoking JCL North Mountain @ 4pm to 5:30</p> <p><b>Gentle Yoga 5:00 pm VGPCCNWk Osborn**</b></p> <hr/> <p>DV Breast Health &amp; Research</p>	<p><b>29</b> VGPC</p> <p>Hatha Yoga 9 am Tai Chi 1040 am Yoga Nidra 11:45 am</p> <p>Gentle Chair Yoga 2:30 pm</p> <hr/> <p>DV Breast Health &amp; Research <b>Mastectomy Class 5 pm @ DV BHRC.</b> Register at 623-238-7713.</p> <hr/> <p>Thompson Peak Medical Center <b>Strength and Stretch 12:30 pm</b></p>	<p><b>30</b> VGPC</p> <p>Strength &amp; Stretch 9:45 am Qi Gong 11 am</p> <p><b>Mahjong Game 12:30 pm</b> (Beginners Welcome)</p> <p><b>Healing Sound Gong/Singing bowls 3 p.m.</b></p> <hr/> <p>DV Breast Health &amp; Research</p> <hr/> <p><b>****Yoga for Recovery 6 – 7:15 pm (No RSVP required)</b></p> <hr/> <p><b>New! 5pm Yoga for Recovery Avondale Network office</b></p>	<p><b>31</b> VGPC</p> <p>Hatha Yoga 9 am Restorative Yoga 10:30 am</p> <p>Restorative Yoga 10:30 am</p> <p>Crochet &amp; Knitting 12-2 pm Gentle Chair Yoga 2:30 pm</p> <hr/> <p>DV Breast Health &amp; Research</p> <hr/> <p><b>New! 5pm Yoga for Recovery Surprise Network office</b></p>	<div style="text-align: center;">  <p><b>Sunday, Nov 3<sup>rd</sup></b></p> <p>7:30 am - Registration Opens 8:30 am - Opening Ceremony Begins 9:00 am - 5K Run 9:15 am - Fun Run/Walk &amp; 5K Walkers 10:00 am - Awards Ceremony 10:30 am - Kid's Dash &amp; Raffle</p> <p>Registration is open through 10/31. Early bird registration available through 10/22.</p> <p>See you on race day!</p> <p><a href="http://events.tgen.org/goto/honorhealth2019">http://events.tgen.org/goto/honorhealth2019</a></p> <p>Location: Scottsdale Sports Complex 8081 E. Princess Drive, Scottsdale, AZ 85255</p> </div>	

- Body, Mind and Spirit classes are held at Virginia G. Piper Cancer Center 10460 N. 92<sup>nd</sup> St., Suite 203, unless otherwise noted. For Body, Mind and Spirit Classes or events, sign up at [honorhealth.com/events](http://honorhealth.com/events) or call **623-580-5800**. NOTE: Reiki service is available for cancer patients at VGPC. For Reiki appointments or additional information about our Body, Mind and Spirit program, call **480-323-1981**.
- Cooking Classes taught by our dietitian, Terri Taylor. Classes are free - **Registration is required**. Visit [honorhealth.com/events](http://honorhealth.com/events) or call **623-580-5800**. All nutrition and cooking classes are held in the 1<sup>st</sup> Floor Education Conference Room of the Virginia G. Piper Cancer Center 10460 N. 92<sup>nd</sup> St., Scottsdale, AZ.
- **\*\*New Location: VGPCNetwork – HonorHealth Osborn, 3501 N. Scottsdale Rd., Suite 300 Scottsdale, 85251 (evening Gentle Yoga at 5 pm)**
- **Thompson Peak Medical Center Strength and Stretch Classes – Sign up at [honorhealth.com/events](http://honorhealth.com/events) or call 623-580-5800.**  
7400 E. Thompson Peak Pkwy., Scottsdale, AZ 85255 (To check on room location feel free to call Instructor at 480-695-7294)
- **\*\*\*HonorHealth Breast Health & Research Center (DV) – Library, 19646 N. 27<sup>th</sup> Ave, Ste. 205, Phoenix, AZ 85027 (For more information, call 623-580-5800.) Mastectomy Class- 5 pm @ DV BHRC**  
**\*\*\*\* NEW LOCATION: Honor Health Virginia G. Piper Cancer Care Network Clinic (DV) Every Wednesday Yoga for Recovery & 1<sup>st</sup>, & 3<sup>rd</sup>, Thursday's Yoga Nidra Guided Meditation for Healing, - 19646 N. 27<sup>th</sup> Ave, 3<sup>rd</sup> floor multi-purpose room, Phoenix, AZ 85027 (For more information call 623-580-5800.)**
- **\*\*\*\*\* NEW LOCATION: HonorHealth Virginia G. Piper Cancer Care Network - John C Lincoln (JCL) Gentle Yoga –every Saturday, 9250 N. 3<sup>rd</sup> St, 3<sup>rd</sup> floor multi-purpose room, Phoenix, AZ 85020. (For more information, call 623-580-5800.)**
- **\*\*\*\*\*New East Valley Locations for Yoga for Recovery at 5 pm: 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of each month Gilbert: 3645 S. Rome St. Suite 204 Gilbert, AZ 85297 / 2<sup>nd</sup> & 4<sup>th</sup>, Tuesday of each month Chandler: 1110 S. Dobson Rd., Suite 1 Chandler, AZ 85286**
- **\*\*\*\*New West Valley Avondale Location: Gentle Yoga for Recovery at 5 pm: Every Wednesday, 10320 W. McDowell Rd, building H, Suite 8025, Avondale, AZ 85392**
- **\*\*\*\*New West Valley Surprise Location: Gentle Yoga for Recovery at 5 pm: Every Thursday , 14674 W. Mountain View Rd. Suite 105, Surprise, AZ 85374**