

Join our Smoking Cessation Classes! Nov 5th—Dec 17th

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**, Mondays 3:30—5 pm,

Location: HonorHealth Virginia G. Piper Cancer Center - Shea Campus, 10460 N. 92nd Street, 1st Floor Conference RM, Scottsdale, AZ 85258



Seating is limited. Registration is required. Visit honorhealth.com/events or Call 623-580-5800

Visit the HonorHealth table at these community events:



Sunday, November 4th

REGISTER ONLINE AT:

http://events.tgen.org/goto/Honor_Health



Undy 5000 Sat, November 17th, 9:00 am

Location: State Capitol District Join the HonorHealth Research Institute team at <https://fundraise.ccalliance.org/2018phoenix/>

Visit the HonorHealth table.



Saturday, November 17th, 5:00 pm, Saturday

Location: Phoenix Municipal Stadium

Visit the HonorHealth Table. Would you like to join the HonorHealth Transplant Team? Visit <https://pages.lightthenight.org/az/Phoenix18/dgibson>

Directory

Virginia G. Piper Cancer Center	480-323-1000	Exercise Rehab	480-323-1233
Toll Free Number	866-553-6789	Keri Lee, MS, ACSM, Certified Clinical Exercise Physiologist	
Location: 1-0460 N. 92nd Street, Scottsdale, AZ 85258		Infusion Services	480-323-1340
Website: www.honorhealth.com/cancer		Lymphedema Treatment Center	480-323-1100
Oncology Nurse Navigator	480-323-1255	Kelly Chavez-Allen, PT, DPT, Joy Cochran, PTA, CLT - LANA	
Marlene Miller, MSN, RN		Barbara Debi, PT, MS, CL-LANA, Christy Kim, PT, MSPT, CLT-LANA	
Body, Mind and Spirit Program	480-323-1981	Jennifer Goretzki, MS, OTR/L, CLT- LANA, Dorothy Smith, OTR/L, CLT-LANA	
Dale Yavitt, MS, RT		Nutritional Counseling—Initial Appointment	Call 602-943-4269
Cancer Genetic Risk Assessment	480-323-1334	Terri Taylor, RD, CSO—Shea Campus	
Certified Genetic Counselors:	480-323-1231	LeeAnn Bond, MS, RD—Deer Valley Campus	
Arlie Colvin, MS, CGC, and Cynthia Lim, MS, CGC—Shea Campus Dana Brown, MSC, CGC, - Deer Valley Campus		Social Worker	
Clinical Trials Nurse Navigator		Gerrie Jakobs, LCSW, OSW-C—Shea	480-323-1321
Joyce Schaffer, MSN, RN,	480-323-1791	Gerald Hirohata, Ed. D., LCSW, MC—Deer Valley	623-238-7733
Janet Eriksen, BSN, RN	480-323-1339		
Community Outreach Program	480-323-1275	Tina's Treasures Boutique	480-323-1990
Nancy McCutcheon		Tina's Treasures Appointment Line	480-323-1027
		National Hair Loss	602-283-2355
Event Registration: To register for an event, visit HonorHealth.com/events or call 623-580-5800.		Werner Library & Resource Center	480-323-1050

HONORHEALTH™

Virginia G. Piper Cancer Center

10460 N. 92nd Street | Scottsdale, AZ

November Topic:

Fearless Cooking with Butternut Squash



6:00-7:30pm, Wed., November 14th

Winter squash is here in all its nutritional glory! Seeing those giant, hard shelled squashes lining the produce aisles can be intimidating.

Fear no more! Learn how to cook butternut squash with ease and confidence with Chef Candy Leshner. Find out why it's part of an anti-cancer eating plan from dietitian Terri Taylor.

Calendar of Events Nov/Dec 2018

Eat Real Nutrition Classes

December Topic:

Healthy Holiday Brunch

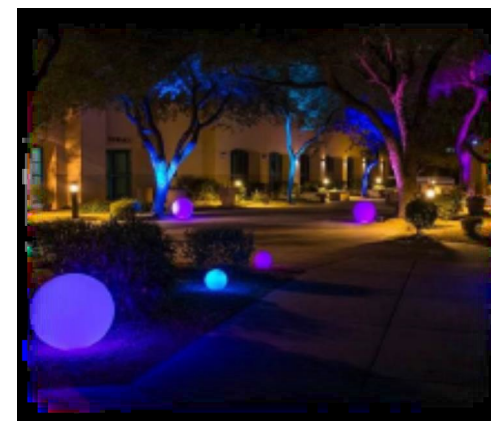


6:00-7:30pm, Wed., December 12th

Sugary foods are everywhere this time of year. Take a break from the sweets with a savory protein and plant dish you can share with your friends and loved ones.

Join us for some new holiday recipes that may become seasonal favorites! Class taught by Chef Candy Leshner and dietitian Terri Taylor.

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



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.

Celebration of Lights

Tuesday, Dec 4th, 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 with Dillard's & Tina's Treasures
- * Create Holiday Wreaths & Ornaments in the Holiday Workshops
- * Holiday Music
- * Candlelight Remembrance—Wall of Valor

Registration is required. Visit honorhealth.com/events or call 623-580-5800.





Holiday Recipe: Turkey Butternut Squash Soup

This hearty soup features autumn's vegetable harvest. It boasts more vegetables and less carbohydrate than traditional chicken noodle soup, yet is still comforting and delicious. You can substitute chicken for the turkey. For a vegetarian version, replace the chicken broth with vegetable broth and two cups of cooked cannellini beans for the poultry.

Ingredients:

2 tablespoons extra virgin olive oil
 ½ medium yellow onion, finely diced
 2 large carrots, peeled and chopped
 4 stalks celery, chopped
 ¼ teaspoon salt
 1 garlic clove, minced
 ¾ teaspoon chopped fresh sage or ¼ teaspoon dried
 1 tablespoon chopped fresh thyme or ¼ teaspoon dried
 6 cups low sodium chicken broth
 2-3 cups butternut squash spiral noodles (spiralize yourself or purchase ready made in produce section)
 2 cups diced cooked white meat turkey
 1 cup spinach, chopped
 1 teaspoon lemon zest

Preparation:

Heat olive oil in soup pot over medium heat. Add onion, carrots, celery and salt. Sauté until golden, about 10-15 minutes. Stir in garlic, sage and thyme. Cook another minute. Pour in one-half cup broth to deglaze the pot, stirring to loosen any bits stuck on bottom of pot. Cook until liquid is reduced by half. Add remaining broth. Bring to a boil over medium heat. Lower heat, add squash noodles and simmer until vegetables are tender, about 8-10 minutes. Stir in turkey, spinach and lemon zest. Simmer until turkey is heated through, about 3 minutes

Yield: 6 generous servings



HonorHealth Farm Stand Program

Our New Farm Stand Program:

Each week, local produce will be available to purchase on site at different HonorHealth campus. Produce will be available to purchase in the cafeteria. Debit/Credit/Cash/Employee Badge accepted.

Schedule:

John C. Lincoln Medical Center Cafeteria:
1st Wednesday of each month; 11am-1pm

Deer Valley Medical Center Cafeteria:
1st Wednesday of each month; 11am-1pm

Scottsdale Thompson Peak Medical Center Cafeteria: 2nd Wednesday of each month; 11am-1pm

Scottsdale Shea Medical Center Cafeteria:
3rd Wednesday of each month; 11am-1pm

Scottsdale Osborn Medical Center Cafeteria:
4th Wednesday of each month; 11am-1pm

Produce will be provided by Stern Produce's Arizona Fresh Program who is committed to source local, sustainable produce.

Local Arizona Farms Include:

Abby Lee Farms, Arizona Microgreens, Blue Sky Organic Farm, Briggs and Eggers, Duncan Family Farms, J and J Poms, Patagonia Orchards, Wholesum Family Farms, Martori Farms, Maya's Organic Farm, Merchant's Garden, Pinnacle Farms, Ramona Farms, Roosevelt Farms, Rousseau & Pacific, and True Garden.

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



Cancer treatment changes you.
It doesn't have to take your style.

You can look and feel more confident during your cancer treatment.

A team of healthcare professionals, oncology-certified estheticians and representatives from National Hair Loss will help you:

- Learn how to manage changes to your body, including your skin and hair.
- Receive hands-on skin care, make-up applications and tips on wearing wigs, hats and scarves.
- Discover the resources available to you through the HonorHealth Virginia G. Piper Cancer Care Network including practical information on nutrition, exercise, creative arts and more.



Attend Facing Forward from 4:30-6:30 p.m. Tuesdays on the listed dates and locations. ▶

2018 dates at the Virginia G. Piper Cancer Center:
10460 N. 92nd St.
Suite 206
Scottsdale, AZ 85258

- ▶ Jan. 9
- ▶ March 6
- ▶ May 1
- ▶ July 10
- ▶ Sept. 11
- ▶ Nov. 6

2018 dates at the HonorHealth Breast Health & Research Center:
19646 N. 27th Ave.
Suite 205
Phoenix, AZ 85027

- ▶ Feb. 6
- ▶ April 3
- ▶ June 5
- ▶ Aug. 7
- ▶ Oct. 9
- ▶ Dec. 4

RSVP required. Call 623-580-5800 or visit HonorHealth.com/events

HONORHEALTH

Virginia G. Piper
Cancer Care Network

HAIR LOSS? THINNING?

SERVICES AVAILABLE FOR
WOMEN & MEN
GENETIC HAIR LOSS
HORMONAL HAIR LOSS
CHEMOTHERAPY HAIR LOSS
ALOPECIA



CUSTOMIZED PROGRAMS

- 1-ON-1 Consulting With A Dedicated Team Member
- Safe & Effective Hair Restoration Treatments
- Stop Hair Loss & Stimulate Hair Regrowth

HAIR RESTORATION SERVICES

HAIR ANALYSIS
Detox for Hair Growth

QUALITY HAIR CARE
Scalp & Follicle Health

PRP & STEM CELL
Rejuvenate Hair Follicles

HOLISTIC SOLUTIONS
Stabilize & Stop Hair Loss

FREE 45-MIN EVALUATION

LOCATIONS ACROSS ARIZONA & U.S.
480-323-4247

NATIONAL HAIR LOSS

NATIONALHAIRLOSSASSOC.COM

Featured Creative Art Classes for December

Eco Friendly Lifestyle Essentials:

Monday, December 3rd, 2:00 pm

Join Dorie Morales, CEO/Editor, Green Living Magazine who will share daily tips for an eco friendly more sustainable lifestyle. She will have an interactive presentation, discussing sustainable product essentials, along with information about recycled fashion and organic clothing lines. Come, learn, have fun and GO GREEN!

Seating is Limited: Please register at honorhealth.com/events or by calling 623-580-5800.

Your conscious life
green living
MAGAZINE

Abstract Painting Class

Monday, December 17th, 2:00 pm



Abstract Art; Art that does not attempt to represent external reality, but seeks to achieve its effect using shapes, forms, line, tone, and texture.

Thrill your walls now with a stunning Abstract that tells your heart secret stories through the creating of Art. And notice the excitement and sensation of relaxation from doing this beautiful art creation. Research shows that doing art promotes stress relief and emotional resilience. Instruction provided by Cynthia Lim, Genetic Counselor for the Virginia G. Piper Cancer Center. Seating is Limited: Please register at honorhealth.com/events or by calling 623-580-5800.

Polish your look for the Holidays with Advanced Mineral Makeup



Available in Tina's Treasures

Personalize Your Glow

- ◆ Free of parabens, talc, fragrance and dyes
- ◆ Feels smooth as velvet
- ◆ Easy buildable coverage
- ◆ Wide range of colors
- ◆ Broad spectrum natural sunscreen to protect skin

Celebrate the Holidays with Tina's Treasures Cancer Care Boutique

Present this coupon for 25% off and a chance to win a New Years Gift Basket which includes the following:

- ◆ Essential Touch Facial
- ◆ National Hair 3 step Hair Care System
- ◆ Advanced Minerals Make-up

Look for these items in Tina's Treasures:

- ◆ Fall Handbags
- ◆ Holiday Décor
- ◆ New Year's Jewelry & Accessories



New Year's Gift Basket



Name: _____

Phone #: _____

Present at Tina's Treasures,
No purchase necessary.

Patient Services and Programs



Oncology Nurse Navigators: Oncology Nurse Navigators are part of the multi-disciplinary team and function as your advocate. They provide education regarding your disease process, treatment options and plan, how to manage side effects and survivorship care. Your oncology nurse navigator can recommend the appropriate team member for any specific need you may have, identify your barriers to care, and provide resources for you. To speak with an oncology nurse navigator, please call 480-323-1255.



Social Services: Our licensed, oncology certified clinical social worker can provide counseling and supportive services that can help you and your family through all phases of cancer, from diagnosis to treatment and survivorship. Information and referral services to specific cancer resources, assistance and advocacy with workplace and disability concerns, as well as transportation, lodging and financial assistance resources can also be provided. To request a consultation, call Gerrie Jakobs, MA, LCSW, OCS—W at 480-323-1321.

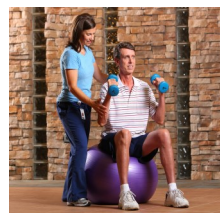


Cancer Genetics Risk Assessment and Prevention Program:

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. 480-323-1334



Body, Mind And Spirit: The Body, Mind, and Spirit program offers a variety of complementary therapies which can relieve symptoms; may alleviate pain or side effects of standard treatments; and improve overall physical, emotional and spiritual well-being. The program begins with a one-on-one consultation with the program coordinator who will assess your needs and identify which therapies would be most beneficial for you. Please review the monthly grid for the class schedule for Art, Meditation, Yoga, Tai Chi, Chi Qong and more. To schedule an appointment please call Dale Evans at 480-323-1981 or dale.evans@honorhealth.com.



Cancer Exercise Rehab—During and after cancer therapy:

Exercise can actually help you better cope with treatment and maintain your independence. It is essential to continue participating in normal daily activities during cancer treatment and beyond. Physical activity can also give you other benefits. It can improve your state of mind and your mood, increase your self-confidence, decrease depression and give you a higher energy level to perform your daily routine. If you find it difficult to start or maintain your exercise program, the Exercise Rehab program at the Virginia G. Piper Cancer Center can help. Please note that a physician referral is required. For additional information please contact: Keri Lee, Exercise Physiologist, 480-323-1233.



Nutrition: 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 602-943-4269 or have your physician FAX a referral to 602-331-5765.

Early Detection Programs at HonorHealth Research Institute

Colon Cancer Early Detection Program led by Sunil Sharma, MD and Carol Guarnieri FNP-C.

- Colon Cancer is one of the most common cancers in females and males and is curable if detected early
- Once colon cancer spreads, it is difficult to cure and can afflict many different organs such as liver and lung
- Improving the ability to detect colon cancer early is a key research priority at Honor Health Research Institute

Consider participating in our Early Detection & Prevention Program for Colon Cancer if you have any of the following personal or family history:

- Age > 50 years, never screened for colon cancer
- Family history of colon cancer or colon polyps
- Family history of breast and ovarian cancer
- Known gene mutation associated with colon cancer (such as FAP, Lynch syndrome, Peutz-Jeghers syndrome)
- Ashkenazi Jewish descent

Ovarian Cancer Early Detection Program led by Jasjit Sachdev, MD.

- 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, once 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

Consider participating in our Early Detection & Prevention Program for Ovarian Cancer if you have any of the following personal or family history:

- 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...)



If interested in our Early Detection & Prevention Programs for Colon and Ovarian Cancer

please call: 1-833-354-6667, or email early.detection@honorhealth.com.

Pancreatic Cancer Early Detection Program led by Erkut Borazanci, MD.

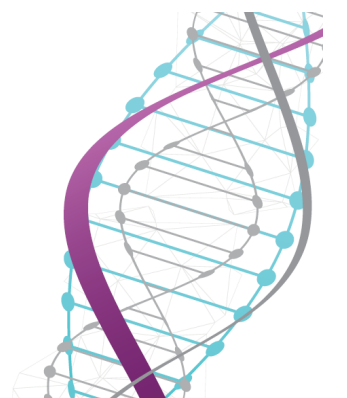
Pancreatic Cancer is the third leading cause of cancer-related deaths in the United States and is usually diagnosed in advanced or metastatic stages.

Answering a few questions can help determine if you qualify for a research program addressing the early detection of pancreatic cancer:

1. Have one or more of your family members been diagnosed with pancreatic cancer?
2. Have you personally undergone genetic testing and been told that you have a genetic mutation that puts you at increased risk for pancreatic cancer?
3. Have you been diagnosed with a pancreatic cyst called intraductal papillary mucinous neoplasm?

If you answered "yes" to any of these questions, you may benefit from participating in research that addressed your pancreatic cancer risk factors.

To see if you're eligible to enroll in the study, contact: **HonorHealth Research Institute 480-323-1339, option 2**. Read more about the program: my.honorhealth.com/pancreatic-cancer-early-detection





HonorHealth—Honor Giving

Dillard's Holiday Event - December 4th—6th 10am –5pm

Visit the on-site Dillard's Boutique held in the Virginia G. Piper Cancer Center, where 10% of your purchase benefits the Virginia G. Piper Cancer Center Community Outreach Program.

See all the brands you love to shop!

Dillard's
The Style of Your Life.



Opportunities to support the Virginia G. Piper Cancer Center in our community.



Support VGPCC through the
MidFirst **Pink Card**.

Visit midfirst.com/pink for more information.

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



Visit www.FrysCommunityRewards.com and set up an account. Click on 'Enroll' under Community Rewards and look for HonorHealth Virginia G. Piper Cancer Center Foundation in the list of organizations to support. Together we can make a difference.



Mastectomy Care Program

The Mastectomy Care Program is one of many resources we offer 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

Please register by calling 480-323-1250.

West Valley Location:

Breast Health and Research Center

Deer Valley Medical Center Campus

Every Tuesday

5:00 pm—7:00 pm

Please register by calling 623-238-7713.

This program is designed to guide you through your upcoming surgery. It will help explain what to expect, before, during and after your mastectomy procedure. Participants should call to register for the class prior to surgery.



Early Detection/Prevention Program for Breast Cancer *Envision the Future*

- Breast Cancer (BC) 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 cancer.

The Early Detection Program (EDP) at HonorHealth Research Institute (HRI) offers a personalized approach to BC risk assessment through individualized evaluation, novel approaches for screening, risk reduction and long-term surveillance.

Criteria for Participation (one or more):

- Diagnosis of a precancerous breast lesion.
- Personal or family history of cancer related gene mutation (ie. BRCA 1/2) or of Ashkenazi Jewish heritage.
- High lifetime risk for developing breast cancer based on predictive risk models.
- Strong family history of certain cancers such as female or male breast cancer, ovarian, prostate, or pancreatic cancer in close relatives (generally first or second degree relatives).



Dr. Jasjit Sachdev and her team understand the impact of a possible future diagnosis of breast cancer not only on the individual but also the individual's family, thus early detection and prevention is paramount. To learn more or ask questions, call us at 1-855-485-HOPE (4673) or visit HonorHealth.com/cancercare.

Breast Health and Research—Deer Valley Campus

Breast Cancer Learn & Support Group: 6 – 8 p.m.

Held on the second and fourth 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. Location: **BHRC, Suite 205, No RSVP required.**

Look Good....Feel Better: 4:30 – 6:30 p.m.

Held every other month. This is non-medical, brand-neutral public service program that teaches beauty techniques to cancer patients to help them manage the appearance-related side effects of cancer treatment. Open to all women with cancer who are undergoing chemotherapy, radiation, or other forms of treatment. Co-sponsored by the American Cancer Society. Location: BHRC, Suite 205 **RSVP REQUIRED: 623-434-2779.**

Breast Health and Research Center,

19646 N. 27th Ave., Room 205,
Phoenix, AZ

Yoga for Recovery: 5:30—6: 45 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. **New Location: VGPCC Network Office. Please RSVP. Visit honorhealth.com/events or Call 623-580-5800 .**

Meditation For Healing: 5:30—6:30 pm.

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. **New Location: VGPCC Network Office. Please RSVP. Visit honorhealth.com/events or Call 623-580-5800 .**

Virginia G. Piper Cancer Care Network Office-Deer Valley

19646 N. 27th Ave, 3rd Floor Multipurpose RM
Phoenix, AZ

Expanded Services for Body, Mind and Spirit to the East and West Valley



YOGA FOR RECOVERY

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 or call 623-580-5800.

Phoenix: 2nd & 4th Saturday, 9 –10:15 am
Virginia G. Piper Cancer Care Network
John C Lincoln Campus
9250 N. 3rd St, Phoenix, AZ, 85020
3rd Floor Multi-Purpose Room

Gilbert:
Every 1st & 3rd Tuesday of each month.
Virginia G. Piper Cancer Care Network
3645 S. Rome St. Suite 204
Gilbert, AZ 85297

Chandler:
Every 2nd & 4th Tuesday of each month.
Virginia G. Piper Cancer Care Network
1110 S. Dobson Rd., Suite 1
Chandler, AZ 85286

Support Groups

Cancer Support groups are meetings for people with cancer and anyone touched by the disease. They can have many benefits and some research shows that joining a support group improves both quality of life and survival. Support groups can help you to feel better, more hopeful and not alone; give you a chance to talk about your feelings and work through them; help you deal with practical problems; and help you cope with the side effects of treatment. Even though a lot of people receive support from family and friends, the number one reason to join a support group is to be with others with similar cancer experiences.

Before joining a support group you may want to ask yourself if you are comfortable talking about personal issues. You can also think about what you hope to gain by joining one. Support groups may not be right for everyone, but you won't know if it's right for you unless you try one. The Virginia G. Piper Cancer Care Networks offers a variety of cancer site-specific and general cancer support groups, facilitated by our licensed social workers for patients, caregivers and families.



**With permission from National Cancer Institute*

Support Groups



Living with, and through a cancer diagnosis and treatment presents unique challenges to patients, survivors and family members. Please join us for support and educational opportunities. All groups below are ongoing unless noted. **Please call 480-323-1321 for information and registration where required.**

Support Group	Location	Audience	Date/Time	Registration
East Side Support Groups				
Breast Cancer Support	VGPCCC— Suite 206	Patients and Survivors	Second Wednesday, 12:00-	Yes
Transplant/ Leukemia Caregiver Support	VGPCCC—Suite 206	Caregivers	Every Thursday, 12:00—1:00 pm	No
General Cancer Caregiver	VGPCCC— Suite 206	Caregivers and Family	Third Wednesday, 4:30-5:30	No
General Cancer Support	VGPCCN/Chandler	Patients and Survivors	2nd Wednesday, 10:00—	No
General Cancer Support	VGPCCN/Gilbert	Patients and Survivors	2nd Wednesday, 2:30—4:00	No
Grief Support	VGPCCC—1st Floor	Anyone grieving a loss	Second & Fourth Tuesdays,	No
Lymphedema Education/ Support	VGPCCC—1st Floor Conference Room	Anyone living with lymphedema	Fourth Monday, January, February, March, September and October, 6:30—8:00 pm	No
Men's Cancer Support	VGPCCC—Suite 206	Patients and survivors	Fourth Tuesday, 4:00—5:30	Yes
Pancreatic Cancer Support	VGPCCC—1st Floor Conference Room	Patients, survivors, loved ones	Second Monday, 4:00—5:30 pm	Yes
SPOHNC—Oral, Head and Neck Cancers Support	VGPCCC—1st Floor Conference Room	Patients, survivors, loved ones	Third Thursday, 6:30-8:00 pm	No
West Side Support Groups				
Breast Cancer Learn/Support	BHRC/Deer Valley	Patients and Survivors	Second & Fourth Thursdays, 6:00–8:00 pm	No
Colorectal Cancer Support	VGPCCN/Deer Valley	Patients and Survivors	Second Tuesday, 4:00—5:30	Yes
General Cancer Caregiver	VGPCCN/Deer Valley	Caregivers and Family	Third Tuesday, 4:00-5:30 pm *	No
GYN Cancer Support	VGPCCN/Deer Valley	Patients and Survivors	Third Thursday, 4:00—5:30	Yes
Men's Cancer Support	VGPCCN/Deer Valley	Patients and survivors	First Tuesday, 4:00—5:30 pm	Yes

VGPCCC—Virginia G. Piper Cancer Center, 10460 N. 92nd St., Scottsdale 85258
 VGPCCN/Deer Valley—19646 N. 27th Ave, Ste 301/Multipurpose Room, Phoenix 85027
 BHRC/Deer Valley—19646 N. 27th Ave, Ste 205, Phoenix 85027
 VGPCCN/Chandler— 1110 S. Dobson Rd. Ste. 1, Chandler 85286
 VGPCCN/Gilbert—3645 S. Rome St. Ste 209, Gilbert 85297

NOVEMBER 2018

Mon	Tues	Wed	Thur	Fri	Sat
Please note Support Groups are now listed on the Support Group Page. 			1 VGPC Hatha Yoga 9 am Yin Yoga 1030 a.m. Crochet & Knitting 12-2 pm Gentle Chair Yoga 2:15 pm <hr style="border: 0.5px solid purple;"/> DV Breast Health & Research ****Yoga Nidra Guided Meditation for Healing 6 – 7pm (No RSVP Required)	2 VGPC Yoga Nidra Singing Bowls 10 am <hr style="border: 0.5px solid purple;"/> DV Breast Health & Research	3 VGPC Tai Chi Qigong 9:30 am <hr style="border: 0.5px solid purple;"/> VGPC Network - JCL NEW! Gentle Yoga 9AM
5 VGPC Ukulele 10-1130, Beginners welcome Buff Bones 12 pm Healing Art 2 pm Painting with Deb Freedom From Smoking 330 to 5 p.m 1 st floor conference Gentle Yoga 5:00 pm AZCCC Osborn** <hr style="border: 0.5px solid purple;"/> DV Breast Health & Research	6 VGPC Hatha Yoga 9 am Tai Chi 1040 am Belly-Dancing 1145 am Gentle Chair Yoga 2:15 pm Mastectomy Class 2-4 pm register at 480-323-1250 Facing Forward 4:30 @ VGPC <hr style="border: 0.5px solid purple;"/> DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC 623-238-7713 New! 5pm Gentle Flow Yoga Gilbert Network Office <hr style="border: 0.5px solid purple;"/> Thompson Peak Medical Center Strength and Stretch 12:30 pm	7 VGPC Strength & Stretch 9:45 am Qi Gong 11 am Mahjong Game 12:30 pm (Beginners Welcome) <hr style="border: 0.5px solid purple;"/> DV Breast Health & Research ****Yoga for Recovery 6 – 7:15pm (No RSVP required)	8 VGPC Hatha Yoga 9 am Yin Yoga 1030 am Crochet & Knitting 12-2 pm Gentle Chair Yoga 2:15 pm <hr style="border: 0.5px solid purple;"/> DV Breast Health & Research	9 VGPC Yoga Nidra /Singing Bowls 10 am <hr style="border: 0.5px solid purple;"/> DV Breast Health & Research	10 VGPC Tai Chi Qigong 9:30 am <hr style="border: 0.5px solid purple;"/> VGPC Network - JCL NEW! Gentle Yoga 9AM
12 VGPC Buff Bones Noon Healing Art 2 pm Holiday Cards Freedom From Smoking 330pm 1 st floor conference Gentle Yoga 5:00 pm AZCCC Osborn** <hr style="border: 0.5px solid purple;"/> DV Breast Health & Research	13 VGPC Hatha Yoga 9 am Tai Chi 1040 am Belly-Dancing 1145 am Gentle Chair Yoga 2:15 pm <hr style="border: 0.5px solid purple;"/> DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC 623-238-7713 New! 5pm Gentle Flow Yoga Chandler Network Office <hr style="border: 0.5px solid purple;"/> Thompson Peak Medical Center Strength and Stretch 12:30 pm	14 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) <hr style="border: 0.5px solid purple;"/> DV Breast Health & Research ****Yoga for Recovery 6 – 7:15pm (No RSVP required)	15 VGPC Hatha Yoga 9 am Yin Yoga 1030 am Crochet & Knitting 12-2 pm Gentle Chair Yoga 2:15 pm <hr style="border: 0.5px solid purple;"/> DV Breast Health & Research ****Yoga Nidra Guided Meditation for Healing 6- 7pm (No RSVP Required)	16 VGPC Yoga Nidra Gong/Singing Bowls 10 am <hr style="border: 0.5px solid purple;"/> DV Breast Health & Research	17 VGPC Tai Chi Qigong 9:30 am <hr style="border: 0.5px solid purple;"/> DV Breast Health & Research
19 VGPC Ukulele 10-1130, Beginners welcome Buff Bones 12 pm Healing Art 2-3 pm Painting with Deb Freedom From Smoking 330pm 1 st floor conference Gentle Yoga 5:00 pm AZCCC Osborn* <hr style="border: 0.5px solid purple;"/> DV Breast Health & Research	20 VGPC Hatha Yoga 9 am Tai Chi 1040 am Belly-Dancing 1145 am Gentle Chair Yoga 2:15 pm Mastectomy Class 2-4 pm register at 480-323-1250 <hr style="border: 0.5px solid purple;"/> DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC 623-238-7713 New! 5pm Gentle Flow Yoga Gilbert Network Office <hr style="border: 0.5px solid purple;"/> Thompson Peak Medical Center Strength and Stretch 12:30 pm	21 VGPC Strength & Stretch 9:45 am Qi Gong 11 am Mahjong Game 12:30 pm (Beginners Welcome) Healing Sound Gong/Singing bowls 3 pm <hr style="border: 0.5px solid purple;"/> DV Breast Health & Research ****Yoga for Recovery 6 – 7:15pm (No RSVP required)			24
26 VGPC Buff Bones 12 pm Healing Art 2-3 pm Holiday Cards Freedom From Smoking 330pm 1 st floor conference Gentle Yoga 5:00 pm AZCCC Osborn* <hr style="border: 0.5px solid purple;"/> DV Breast Health & Research	27 VGPC Hatha Yoga 9 am Tai Chi 1040 am Belly-Dancing 1145 am Gentle Chair Yoga 2:15 pm <hr style="border: 0.5px solid purple;"/> DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC 623-238-7713 New! 5pm Gentle Flow Yoga Chandler Network Office <hr style="border: 0.5px solid purple;"/> Thompson Peak Medical Center Strength and Stretch 12:30 pm	28 VGPC Strength & Stretch 9:45 am Qi Gong 11 am Mahjong Game 12:30 pm (Beginners Welcome) Healing Sound Gong/Singing bowls 3 pm <hr style="border: 0.5px solid purple;"/> DV Breast Health & Research ****Yoga for Recovery 6 – 7:15pm (No RSVP required)	29 VGPC Hatha Yoga 9 am Yin Yoga 1030 am Crochet & Knitting 12-2 pm Gentle Chair Yoga 2:15 pm <hr style="border: 0.5px solid purple;"/> DV Breast Health & Research	30 VGPC Yoga Nidra /Singing Bowls 10am <hr style="border: 0.5px solid purple;"/> DV Breast Health & Research	

- Body, Mind and Spirit classes are held at Virginia G. Piper Cancer Center 10460 N. 92nd St., Suite 203, unless otherwise noted. For Body, Mind and Spirit Classes or events, sign up at 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 or call 623-580-5800. All nutrition and cooking classes are held in the 1st Floor Education Conference Room of the Virginia G. Piper Cancer Center 10460 N. 92nd 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 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. 27th Ave, Ste. 205, Phoenix, AZ 85027 (For more information, call 623-580-5800.)

 **** **NEW LOCATION:** Honor Health Virginia G. Piper Cancer Care Network Clinic (DV) Wednesday's Yoga for Recovery & 1st, & 3rd, Thursday's Meditation for Healing, - 19646 N. 27th Ave, 3rd 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 – 2nd, Saturday of each month, 9250 N. 3rd St, 3rd floor multi-purpose room, Phoenix, AZ 85020. (For more information, call 623-580-5800.)
- *******New East Valley Locations for Gentle Flow Yoga at 5 pm:** 1st & 3rd Tuesday of each month Gilbert: 3645 S. Rome St. Suite 204 Gilbert, AZ 85297 / 2nd & 4th, Tuesday of each month Chandler: 1110 S. Dobson Rd., Suite 1 Chandler, AZ 85286

DECEMBER 2018

Mon	Tues	Wed	Thur	Fri	Sat
Please note Support Groups are now listed on the Support Group Page.					1 VGPCC Tai Chi Qigong 9:30 am
3 VGPCC Ukulele 10-1130, Beginners welcome Buff Bones 12 pm Healing Art 2 pm Environment Health Freedom from Smoking 330 1 st , floor conference Gentle Yoga 5:00 pm AZCCC Osborn** DV Breast Health & Research	4 VGPCC Hatha Yoga 9 am Tai Chi 1040 am Belly-Dancing 1145 am Mastectomy Class 2-4 pm register at 480-323-1250 Gentle Chair Yoga 2:15 pm DV Breast Health & Research Facing Forward 4:30 @ DV BHRC Mastectomy Class 5 pm @ DV BHRC623-238- Thompson Peak Medical Center Strength and Stretch 12:30 pm New! 5 pm Gentle Flow Yoga Gilbert Network Office	5 VGPCC 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)	6 VGPCC Hatha Yoga 9 am Yin Yoga 1030 am Crochet & Knitting 12-2pm Gentle Chair Yoga 2:15 pm DV Breast Health & Research ****Yoga Nidra Guided Meditation for Healing 6-7 pm (No RSVP Required)	7 VGPCC Yoga Nidra Singing Bowls 10 am DV Breast Health & Research	8 VGPCC Tai Chi Qigong 9:30 am VGPCC Network - JCL NEW! Gentle Yoga 9AM
10 VGPCC Buff Bones 12pm Healing Art 2 pm Holiday Cards Freedom from Smoking 330 1 st , floor conference Gentle Yoga 5:00 pm AZCCC Osborn** DV Breast Health & Research	11 VGPCC Hatha Yoga 9 am Tai Chi 1040 am Belly-Dancing 1145 am Gentle Chair Yoga 2:15 pm DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC Thompson Peak Medical Center Strength and Stretch 12:30 pm New! 5pm Gentle Flow Yoga Chandler Network Office	12 VGPCC Strength & Stretch 9:45 am Qi Gong 11 am Mahjong Game 12:30 pm (Beginners Welcome) Healing Sound Gong/Singing bowls 3 p.m. Cooking Class 6-7:30 pm (registration required) DV Breast Health & Research ****Yoga for Recovery 6 – 7:15 pm (No RSVP required)	13 VGPCC Hatha Yoga 9 am Yin Yoga 1030 am Crochet & Knitting 12-2 pm Gentle Chair Yoga 2:15 pm DV Breast Health & Research	14 VGPCC Yoga Nidra Singing Bowls 10 am DV Breast Health & Research	15 VGPCC Tai Chi Qigong 9:30 am
17 VGPCC Ukulele 10-1130, Beginners welcome Buff Bones 12 pm Healing Art 2 pm Abstract Canvas Painting Freedom from Smoking 330 1 st , floor conference Gentle Yoga 5:00 pm AZCCC Osborn** DV Breast Health & Research	18 VGPCC Hatha Yoga 9 am Tai Chi 1040 am Belly-Dancing 1145 am Mastectomy Class 2-4 pm register at 480-323-1250 Gentle Chair Yoga 2:15 pm DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC Thompson Peak Medical Center Strength and Stretch 12:30 pm New! 5 pm Gentle Flow Yoga Gilbert Network Office	19 VGPCC 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)	20 VGPCC Hatha Yoga 9 am Yin Yoga 1030 am Crochet & Knitting 12-2 pm Gentle Chair Yoga 2:15 pm DV Breast Health & Research ****Yoga Nidra Guided Meditation for Healing 6-7 pm (No RSVP Required)	21 VGPCC Yoga Nidra Gong/Singing Bowls 10 am DV Breast Health & Research	 <p>Classes cancelled for Holidays.</p>
24 VGPCC	25 VGPCC	26 VGPCC	27 VGPCC	28 VGPCC	29/30/31



The Body, Mind and Spirit Classes will not be offered during the following dates for the Holidays from December 23rd - January 1st.

The Cancer Exercise Rehab Gym will not be open December 24th - January 2nd.

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****** NEW LOCATION:** Honor Health Virginia G. Piper Cancer Care Network Clinic (DV) Every Wednesday Yoga for Recovery & 1st, & 3rd, Thursday's Yoga Nidra Guided Meditation for Healing, - 19646 N. 27th Ave, 3rd floor multi-purpose room, Phoenix, AZ 85027 (For more information call 623-580-5800.)
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