

Support Groups - Current Schedule



SUPPORT GROUP	LOCATION	AUDIENCE	DATE/TIME	RSVP
East Side Groups				
General Cancer Support	VGPCCN/Chandler	Patients and Survivors	2nd Wednesday, 10:00—11:30 am	No
General Cancer Support	VGPCCN/Gilbert	Patients and Survivors	2nd Wednesday, 2:30—4:00 pm	No
Grief Support	VGPCCN—1st Floor	Anyone grieving a loss	2nd & 4th Tuesdays, 3:00—4:30 pm	No
Lymphedema Education/Support	VGPCCN—1st Floor Conference Room	Anyone living with lymphedema	4th Monday, Sept. & Oct., 5:00—6:30 pm	No
Pancreatic Cancer Support	VGPCCN—Suite 206	Patients, survivors, loved ones	Second Monday, 4:00—5:30 pm	Yes
SPOHNC—Oral, Head and Neck Cancer Support	VGPCCN—1st Floor Conference Room	Patients, survivors, loved ones	Third Thursday, 6:30-8:00 pm	No
Breast Cancer Support	BHRC/Deer Valley	Patients and Survivors	Second & Fourth Thursdays, 6:00—8:00 pm	No
SUPPORT GROUP	LOCATION	AUDIENCE	DATE/TIME	RSVP
West Side Groups				
Breast Cancer Support	BHRC/Deer Valley	Patients and Survivors	Second & Fourth Thursdays, 6:00—8:00 pm	No

Note: To register for a support group, please contact 480-323-1321 or kgemmill@honorhealth.com unless otherwise notated.

Virginia G. Piper Cancer Center Shea Campus 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: 10460 N. 92nd Street, Scottsdale, AZ 85258		Lymphedema Treatment Center	480-323-1100
Website: www.honorhealth.com/cancer		Kelly Chavez-Allen, PT, DPT, Joy Cochran, PTA, CLT - LANA	
Oncology Nurse Navigator	480-323-1255	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	
Body, Mind and Spirit Program	480-323-1981	Nutritional Counseling—Initial Appointment Call 602-943-4269	
Dale Evans, RRT, MPH		Terri Taylor, RD, CSO—Shea Campus	480-323-1254
Cancer Genetic Risk Assessment	480-323-1334	LeeAnn Bond, MS, RD—Deer Valley Campus	623-238-7726
Certified Genetic Counselors:	480-323-1231	Social Worker	
Cynthia Lim, MS, CGC—Shea Campus		Kelly Gemmill, LCSW — Shea	480-323-1321
Madison LaFleur, MS, Genetics Counselor—Shea/Deer Valley		Gerald Hirohata, Ed. D., LCSW, MC—Osborn	623-238-7733
		Rashonna Cook, LCSW — Deer Valley	623-238-7732
Clinical Trials Nurse Navigator		Tina's Treasures Boutique	480-323-1990
Joyce Schaffer, MSN, RN,	480-323-1364	Tina's Treasures Appointment Line	480-323-1027
		National Hair Loss	602-283-2355
Community Outreach Program	480-323-1275	Werner Library & Resource Center	480-323-1050
Nancy McCutcheon			

Eat Real Nutrition Classes: Shea Medical Center Campus

July Topic: Hearty Summer Vegetable Meals

6:00-7:30pm,
Wed, July 10th

Are you looking for ways to prepare summer's beautiful vegetables?

How about an easy summer ratatouille? Come see how to make it, and more, at this class taught by Certified Holistic Practitioner Kim Balzan and Registered Dietitian Terri Taylor.



August Topic:

Superfood Desserts

6:00-7:30 pm,
Wed, Aug 14th

Imagine eating desserts with health benefits!

Join Certified Holistic Practitioner Kim Balzan and Registered Dietitian Terri Taylor to learn about nutritious superfoods and how to incorporate them into delicious, healthful treats.



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 Educational Conference Room of the Virginia G. Piper Cancer Center.*

Color The Road To Survivorship



A very special "Thank You" to Debra Lee Murrow, Artist/Owner of **COLORME** Art Spa for creating the beautiful custom themed canvas in honor of National Cancer Survivorship Day!

COLOR



From start to finish, "Thank You Survivors" for making this a wonderful day of **COLOR**.

Visit the Virginia G. Piper Cancer to see the completed project on display. A group photo is available for those who attended this wonderful event. Email nmccutcheon@honorhealth.com or by calling 480-323-1275.





Refreshing Recipes

This vegan berry banana ice cream is bananas and berries blended into a healthy spin on ice cream! Sometimes called “banana ice cream,” it’s oh so good.

Enjoy this during these high temperatures in AZ.

Ingredients:

2 ripe bananas, peeled and cut into 1-inch rounds.

2 cups mixed frozen berries

1/4 cup coconut milk or natural plain yogurt, plus extra as needed

Maple syrup (optional)

Lemon juice (optional)

Instructions:

Place banana pieces on a tray in a single layer and freeze overnight.

Just before serving, place the frozen banana slices, frozen berries, and coconut milk or yogurt into a food processor and pulse until starting to break up. Scrape down the sides of the bowl and then blend on high until a smooth, creamy ice cream forms. You can add a touch more milk/yogurt to help it process better, but remember that the more liquid you add, the softer the end result will be.

If desired, add a tablespoon of maple syrup and squeeze of lemon for flavor brightener. Scoop into bowls and serve immediately. The ice cream doesn’t re-freeze well, but it’s fast and easy to put together if you have the fruit pre-frozen, so making it fresh shouldn’t be a problem.

Prep Time: 15 minutes, Yield: 4 servings



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

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.



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 and tips on wearing wigs, hats and scarves.

2019

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

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

July 2 **November 5**
December 17

August 8 **October 10**

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

September 26

HAIR LOSS? THINNING?

SERVICES AVAILABLE FOR
WOMEN & MEN

GENETIC HAIR LOSS
HORMONAL HAIR LOSS
CHEMOTHERAPY HAIR LOSS
THINNING HAIR/SHEDDING



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

NHL NATIONAL HAIR LOSS

NATIONALHAIRLOSSASSOC.COM

Yoga For Recovery throughout the East and West Valley

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.**



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
2nd & 4th 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.



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

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 Campus



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

Yoga for Recovery: 6 – 8 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 Office

3rd Floor Multi-Purpose Rm 19646 N. 27th Ave, Phoenix, AZ

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 social workers can provide 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 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 dyavitt@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 call 602-943-4269 or have your physician FAX a referral to 602-331-5765.

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

True to your money
MIDFIRST BANK



Support VGPC 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 Virginia G. Piper Cancer Center – Honor Health Foundation in the list of organizations to support. Together we can make a difference.

Are You ready to be a quitter? 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 , Every Monday* - 4—5:30 pm, September 9th, —October 21. (*Exception Oct. 2nd, will held on Wednesday.)

Location: HonorHealth Virginia G. Piper Cancer Care Network - Deer Valley Location:

Multi-Purpose Room — 19646 N. 27th, Ave. 3rd Floor Phoenix, AZ 85027

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



Sunscreen and natural melanin help decrease DNA damage and lower our risk for skin cancer and premature photo-aging of the skin. To protect yourself:

- Stay out of the direct sun between 10 a.m. and 4 p.m.
- Use sunscreen with an SPF of 30 for daily use, SPF 50+ when outdoors
- Consider a lip balm with sunscreen
- Wear protective clothing
- Wear sunglasses that UVA and UVB protection
- Avoid sunlamps and tanning beds
- Check your skin regularly for changes in the size, shape, color or feel of birthmarks, moles, and spots. Such changes can be a sign of skin cancer.

Sun Safety

Frequently Asked Questions

How much sunscreen should I apply? Most people only apply 25-50 percent of the recommended amount of sunscreen.

The average person should apply one ounce or one shot glass of sunscreen per application. Be sure to apply 15 to 30 minutes before going outdoors. A 12-ounce bottle should last for only 12 applications. Do not forget your ears, lips, neck, nose, hands and feet.

How often should I reapply sunscreen? Sunscreen should be applied every two hours even if water resistant. Always reapply after swimming, significant perspiration, and toweling off.



Which do I choose?

Provided by Neel Patel, MD
Southwest Skin Specialist

JULY 2019

Mon	Tue	Wed	Thur	Fri	Sat
<p>1 VGPCC Ukulele 10-11:30 am Beginners welcome</p> <p>Buff Bones 12pm</p> <p>Healing Art 1:30 pm Surprise with Carmen</p> <p>Freedom from Smoking</p> <p>Gentle Yoga 5:00 pm AZCCC Osborn**</p> <p>DV Breast Health & Research</p>	<p>2 VGPCC Hatha Yoga 9 am Tai Chi 1040 am Yoga Nidra 11:45 am Dance 1-2pm</p> <p>Mastectomy Class 2-4 pm register at 480-323-1250</p> <p>Gentle Chair Yoga 2:30 pm</p> <p>DV Breast Health & Research</p> <p>Facing Forward 4:30 @ VGPCC Mastectomy Class 5 pm @ DV BHRC Register at 623-238-7713.</p> <p>Thompson Peak Medical Center Strength and Stretch 12:30 pm</p> <p>Gilbert - Yoga for Recovery -5pm</p>	<p>3 VGPCC Strength & Stretch 9:45 am Qi Gong 11 am</p> <p>Mahjong Game 12:30 pm (Beginners Welcome)</p> <p>DV Breast Health & Research</p> <p>****Yoga for Recovery 6 – 7:15 pm (No RSVP required)</p> <p>New! 5pm Yoga for Recovery Avondale Network office</p>	<p>4 VGPCC Hatha Yoga 9 am</p> <p>Crochet & Knitting 12-2pm</p> <p>Gentle Chair Yoga 2:30 pm</p> <p>DV Breast Health & Research</p>	<p>5 VGPCC Yoga Nidra Singing Bowls 10 am</p> <p>Classes Cancelled</p>	<p>6 VGPCC Classes Cancelled</p>
<p>15 VGPCC Ukulele 10-11:30 am Beginners welcome</p> <p>Buff Bones 12pm</p> <p>Healing Art 1:30 pm Painting canvas - Debra Murrow'</p> <p>Freedom from Smoking Celebration</p> <p>Gentle Yoga 5:00 pm AZCCC Osborn**</p> <p>DV Breast Health & Research</p>	<p>16 VGPCC Hatha Yoga 9 am Tai Chi 1040 am Yoga Nidra 11:45 am Dance 1-2pm</p> <p>Gentle Chair Yoga 2:30 pm</p> <p>Mastectomy Class 2-4 pm Register at 480-323-1250</p> <p>DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC Register at 623-238-7713.</p> <p>Thompson Peak Medical Center Strength and Stretch 12:30 pm</p> <p>Gilbert - Yoga for Recovery -5pm</p>	<p>17 VGPCC Strength & Stretch 9:45 am Qi Gong 11 am</p> <p>Mahjong Game 12:30 pm (Beginners Welcome)</p> <p>Healing Sound Gong/Singing bowls 3 p.m.</p> <p>DV Breast Health & Research</p> <p>****Yoga for Recovery 6 – 7:15 pm (No RSVP required)</p> <p>New! 5pm Yoga for Recovery Avondale Network office</p>	<p>18 VGPCC Hatha Yoga 9 am</p> <p>Crochet & Knitting 12-2 pm</p> <p>Gentle Chair Yoga 2:30 pm</p> <p>DV Breast Health & Research</p> <p>****Yoga Nidra Guided Meditation for Healing 6-7 pm (No RSVP Required)</p>	<p>19 VGPCC Yoga Nidra Singing Bowls 10 am</p> <p>DV Breast Health & Research</p>	<p>20 VGPCC</p> <p>VGPCC Network - JCL NEW! Gentle Yoga 9AM</p>
<p>22 VGPCC Ukulele 10-11:30 am Beginners welcome</p> <p>Buff Bones 12pm</p> <p>Healing Art 1:30 pm Plastic art by Debra Murrow</p> <p>Gentle Yoga 5:00 pm AZCCC Osborn**</p> <p>DV Breast Health & Research</p>	<p>23 VGPCC Hatha Yoga 9 am Tai Chi 1040 am Yoga Nidra 11:45 am Dance 1-2pm</p> <p>Gentle Chair Yoga 2:30 pm</p> <p>DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC. Register at 623-238-7713.</p> <p>Thompson Peak Medical Center Strength and Stretch 12:30 pm</p> <p>Chandler - Yoga for Recovery -5pm</p>	<p>24 VGPCC Strength & Stretch 9:45 am Qi Gong 11 am</p> <p>Mahjong Game 12:30 pm (Beginners Welcome)</p> <p>Healing Sound Gong/Singing bowls 3 p.m.</p> <p>DV Breast Health & Research</p> <p>****Yoga for Recovery 6 – 7:15 pm (No RSVP required)</p> <p>New! 5pm Yoga for Recovery Avondale Network office</p>	<p>25 VGPCC Hatha Yoga 9 am</p> <p>Crochet & Knitting 12-2 pm</p> <p>Gentle Chair Yoga 2:30 pm</p> <p>DV Breast Health & Research</p>	<p>26 VGPCC Kundalini Yoga 9 am</p> <p>Yoga Nidra Gong/Singing Bowls 10 am</p> <p>DV Breast Health & Research</p>	<p>27 VGPCC</p> <p>VGPCC Network - JCL NEW! Gentle Yoga 9AM</p>
<p>29 VGPCC Ukulele 10-11:30 am Beginners welcome</p> <p>Buff Bones 12pm</p> <p>Healing Art 1:30 pm Painting step by step Debra Murrow</p> <p>Gentle Yoga 5:00 pm AZCCC Osborn**</p> <p>DV Breast Health & Research</p>	<p>30 VGPCC Hatha Yoga 9 am Tai Chi 1040 am Yoga Nidra 11:45 am Dance 1-2pm</p> <p>Gentle Chair Yoga 2:30 pm</p> <p>DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC. Register at 623-238-7713.</p> <p>Thompson Peak Medical Center Strength and Stretch 12:30 pm</p>	<p>31 VGPCC Strength & Stretch 9:45 am Qi Gong 11 am</p> <p>Mahjong Game 12:30 pm (Beginners Welcome)</p> <p>Healing Sound Gong/Singing bowls 3 p.m.</p> <p>DV Breast Health & Research</p> <p>****Yoga for Recovery 6 – 7:15 pm (No RSVP required)</p> <p>New! 5pm Yoga for Recovery Avondale Network office</p>	<p>11 VGPCC Hatha Yoga 9 am</p> <p>Crochet & Knitting 12-2pm</p> <p>Gentle Chair Yoga 2:30 pm</p> <p>DV Breast Health & Research</p>	<p>12 VGPCC Yoga Nidra Singing Bowls 10 am</p> <p>DV Breast Health & Research</p>	<p>13 VGPCC</p> <p>VGPCC Network - JCL NEW! Gentle Yoga 9AM</p>



- 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 VGPCC. For Reiki appointments or additional information about our Body, Mind and Spirit program, call 480-323-1981.
- Cooking Classes taught by our dietician, 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.) Mastectomy Class- 5 pm @ DV BHRC
- **** 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.)
- **** NEW LOCATION: HonorHealth Virginia G. Piper Cancer Care Network - John C Lincoln (JCL) Gentle Yoga – 2nd, and 4th, 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 Yoga for Recovery 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
- ****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

AUGUST 2019

Mon	Tues	Wed	Thur	Fri	Sat
 <p>Need more balance in your exercise program? 6:30-7:30 PM, Tues, August 27th Join exercise physiologists Keri Lee, Virginia G. Piper Cancer Center and Lisa Strongoli, HonorHealth Cardiac Rehab for an informative program.</p> <p>The Balance system requires maintenance. Test, challenge and improve your balance through exercises that target the different systems involved with balance. Come and learn through this interactive presentation. Limited Seating. Virginia G. Piper Cancer Center in the 1st Floor Educational Conf. Room. Register at honorhealth.com/events or call 623-580-5800.</p>			<p>1 VGPC</p> <p>Hatha Yoga 9 am Crochet & Knitting 12-2pm Gentle Chair Yoga 2:30 pm</p> <hr/> <p>DV Breast Health & Research ****Yoga Nidra Guided Meditation for Healing 6-7 pm (No RSVP Required)</p>	<p>2 VGPC</p> <p>Yoga Nidra Singing Bowls 10 am Game Day at Noon MahJong</p> <hr/> <p>DV Breast Health & Research</p>	<p>3 VGPC</p>
<p>5 VGPC</p> <p>Ukulele 10-11:30 am Beginners welcome Buff Bones 12pm Healing Art 1:30 pm Painting step by step Debra</p> <p>Gentle Yoga 5:00 pm AZCCC Osborn**</p> <hr/> <p>DV Breast Health & Research</p>	<p>6 VGPC</p> <p>Hatha Yoga 9 am Tai Chi 10:40 am Yoga Nidra 11:45 am Mastectomy Class 2-4 pm Register at 480-323-1250. Gentle Chair Yoga 2:30 pm</p> <hr/> <p>DV Breast Health & Research Mastectomy Class 5 pm@ DV BHRC Register at 623-238-7713.</p> <hr/> <p>Thompson Peak Medical Center Strength and Stretch 12:30 pm</p> <hr/> <p>New! 5 pm Yoga For Recovery Gilbert Network Office</p>	<p>7 VGPC</p> <p>Strength & Stretch 9:45 am Qi Gong 11 am Mahjong Game 12:30 pm (Beginners Welcome)</p> <hr/> <p>DV Breast Health & Research ****Yoga for Recovery 6 – 7:15 pm (No RSVP required) New! 5pm Yoga for Recovery Avondale Network office</p>	<p>8 VGPC</p> <p>Hatha Yoga 9 am Crochet & Knitting 12-2pm Gentle Chair Yoga 2:30 pm</p> <hr/> <p>DV Breast Health & Research Facing Forward 4:30 @ DV Network Office, Multi-purpose RM</p>	<p>9 VGPC</p> <p>Yoga Nidra Singing Bowls 10 am Game Day at Noon MahJong</p> <hr/> <p>DV Breast Health & Research</p>	<p>10 VGPC</p> <hr/> <p>VGPC Network - JCL NEW! Gentle Yoga 9AM</p>
<p>12 VGPC</p> <p>Ukulele 10-11:30 am Beginners welcome Buff Bones 12pm Healing Art 1:30 pm Surprise with Cheri</p> <p>Gentle Yoga 5:00 pm AZCCC Osborn**</p> <hr/> <p>DV Breast Health & Research</p>	<p>13 VGPC</p> <p>Hatha Yoga 9 am Tai Chi 10:40 am Yoga Nidra 11:45 am Gentle Chair Yoga 2:30 pm</p> <hr/> <p>DV Breast Health & Research Mastectomy Class 5 pm@ DV BHRC. Register at 623-238-7713.</p> <hr/> <p>Thompson Peak Medical Center Strength and Stretch 12:30 pm</p> <hr/> <p>New! 5pm Yoga For Recovery Chandler Network Office</p>	<p>14 VGPC</p> <p>Strength & Stretch 9:45 am Qi Gong 11 am Mahjong Game 12:30 pm (Beginners Welcome)</p> <p>Cooking Class 6-7:30 pm (registration required)</p> <hr/> <p>DV Breast Health & Research ****Yoga for Recovery 6 – 7:15 pm (No RSVP required) New! 5pm Yoga for Recovery Avondale Network office</p>	<p>15 VGPC</p> <p>Hatha Yoga 9 am Crochet & Knitting 12-2 pm Gentle Chair Yoga 2:30 pm</p> <hr/> <p>DV Breast Health & Research ****Yoga Nidra Guided Meditation for Healing 6-7 pm (No RSVP Required)</p>	<p>16 VGPC</p> <p>Yoga Nidra Singing Bowls 10 am Game Day at Noon MahJong</p> <hr/> <p>DV Breast Health & Research</p>	<p>17 VGPC</p>
<p>19 VGPC</p> <p>Ukulele 10-11:30 am Beginners welcome Buff Bones 12pm Healing Art 1:30 pm Watercolor with Debra</p> <p>Gentle Yoga 5:00 pm AZCCC Osborn**</p> <hr/> <p>DV Breast Health & Research</p>	<p>20 VGPC</p> <p>Hatha Yoga 9 am Tai Chi 10:40 am Yoga Nidra 11:45 am Mastectomy Class 2-4 pm @ VGPC. Register at 480-323-1250. Gentle Chair Yoga 2:30 pm</p> <hr/> <p>DV Breast Health & Research Mastectomy Class 5 pm@ DV BHRC Register at 623-238-7713.</p> <hr/> <p>Thompson Peak Medical Center Strength and Stretch 12:30 pm</p> <hr/> <p>New! 5 pm Yoga For Recovery Gilbert Network Office</p>	<p>21 VGPC</p> <p>Strength & Stretch 9:45 am Qi Gong 11 am Mahjong Game 12:30 pm (Beginners Welcome)</p> <p>Healing Sound Gong/Singing bowls 3 p.m.</p> <hr/> <p>DV Breast Health & Research ****Yoga for Recovery 6 – 7:15 pm (No RSVP required) New! 5pm Yoga for Recovery Avondale Network office</p>	<p>22 VGPC</p> <p>Hatha Yoga 9 am Crochet & Knitting 12-2 pm Gentle Chair Yoga 2:30 pm</p> <hr/> <p>DV Breast Health & Research</p>	<p>23 VGPC</p> <p>Kundalini Yoga 9 am Yoga Nidra Gong/Singing Bowls 10 am Game Day at Noon MahJong</p> <hr/> <p>DV Breast Health & Research</p>	<p>24 VGPC</p> <hr/> <p>VGPC Network - JCL NEW! Gentle Yoga 9AM</p>
<p>26 VGPC</p> <p>Ukulele 10-11:30 am Beginners welcome Buff Bones 12pm Healing Art 1:30 pm Rock painting Cynthia Lim</p> <p>Gentle Yoga 5:00 pm AZCCC Osborn**</p> <hr/> <p>DV Breast Health & Research</p>	<p>27 VGPC</p> <p>Hatha Yoga 9 am Tai Chi 10:40 am Yoga Nidra 11:45 am Gentle Chair Yoga 2:30 pm</p> <hr/> <p>DV Breast Health & Research Mastectomy Class 5 pm@ DV BHRC. Register at 623-238-7713.</p> <hr/> <p>Thompson Peak Medical Center Strength and Stretch 12:30 pm</p> <hr/> <p>New! 5 pm Yoga For Recovery Chandler Network Office</p>	<p>28 VGPC</p> <p>Strength & Stretch 9:45 am Qi Gong 11 am Mahjong Game 12:30 pm (Beginners Welcome)</p> <p>Healing Sound Gong/Singing bowls 3 p.m.</p> <hr/> <p>DV Breast Health & Research ****Yoga for Recovery 6 – 7:15 pm (No RSVP required) New! 5pm Yoga for Recovery Avondale Network office</p>	<p>29 VGPC</p> <p>Hatha Yoga 9 am Crochet & Knitting 12-2 pm Gentle Chair Yoga 2:30 pm</p> <hr/> <p>DV Breast Health & Research</p>	<p>30 VGPC</p> <p>Labor Day Weekend Holiday</p> <hr/> <p>DV Breast Health & Research</p>	<p>31 VGPC</p> <p>Labor Day weekend Holiday</p>

- 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.) Mastectomy Class - 5 pm@ DV BHRC**
****** 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.)
- ****** NEW LOCATION:** HonorHealth Virginia G. Piper Cancer Care Network - John C Lincoln (JCL) Gentle Yoga – 2nd and 4th, 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 Yoga for Recovery 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**
- ******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**