

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 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 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[®]
Virginia G. Piper Cancer Care Network

Calendar of Events
Nov/Dec 2019

Eat Real Nutrition Classes—Shea Campus

November Topic:

One Pot Meals
6:00-7:30pm,
Wed, Nov 13th



Are your time and energy stretched during the holidays?

Do your meals and nutrition suffer?

Make our simple and nutritious one pot meals your go-to this season. Invest your time to save some time with Chef Candy Lesher and Registered Dietitian Terri Taylor.

December Topic:

Calorie Friendly Cookies
6:00-7:30 pm,
Wed, Dec 11th



Baking and eating cookies is a holiday tradition.

How can you enjoy this tradition without tipping the bathroom scale by January?

Come learn how to make scrumptious, figure flattering cookies from Chef Candy Lesher and Registered 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 Educational Conference Room of the Virginia G. Piper Cancer Center.*

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 623-580-5800	
Dale Evans, RRT, MPH		Fax Referral—	
Cancer Genetic Risk Assessment	480-323-1334	Terri Taylor, RD, CSO—Shea Campus 480-323-1254	
Certified Genetic Counselors:	480-323-1231	LeeAnn Bond, MS, RD—Deer Valley Campus 623-238-7726	
Cynthia Lim, MS, CGC—Shea Campus		Social Worker	
Madison LaFleur, MS, Genetics Counselor—Shea/Deer Valley		Kelly Gemmill, LMSW — Shea 480-323-1321	
Clinical Trials Nurse Navigator		Gerald Hirohata, Ed. D., LCSW, MC—Osborn 623-238-7733	
Joyce Schaffer, MSN, RN,	480-323-1364	Tina's Treasures Boutique	480-323-1990
Community Outreach Program	480-323-1275	Tina's Treasures Appointment Line	480-323-1027
Nancy McCutcheon		National Hair Loss	602-283-2355
		Werner Library & Resource Center	480-323-1050

Celebration of Lights - Tuesday, Dec 3rd, 6-7:30 pm

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

Festivities Include:

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

Location: Virginia G. Piper Cancer Center.

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



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.



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

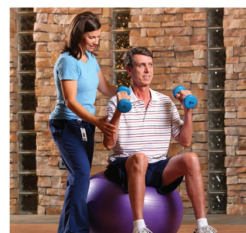
Cancer Genetic Counseling
480-323-1334

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



Virginia G. Piper
Cancer Care Network

Learn more at HonorHealth.com/cancer



HONORHEALTH[®]

Research Institute

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).



Healthy
Holiday Options

The Holidays are upon us with so many wonderful delicious looking delights. In the midst of the temptations, consider this healthy option.

Ingredients:

2 lbs. sweet potatoes
 3 TBS coconut oil or butter, Earth Balance, or ghee, melted
 1 cup unsweetened apple sauce
 2 tsp ground cinnamon
 1 tsp sea salt or to taste
 pinch of ground nutmeg
 1 cup chopped pecans
 Extra salt & cinnamon/sugar for topping optional

Instructions:

Preheat oven to 450 degrees. Wrap sweet potatoes in aluminum foil and bake in preheated oven until soft (about 1-1.5 hours). Remove from oven, cut in half and let cool. Remove skins and set sweet potatoes aside. Reduce oven to 375 degrees F. Add apple sauce and sweet potatoes to your blender (Vitamix) and blend until smooth. Add melted coconut oil (butter/earth balance/ghee), cinnamon, salt and nutmeg and blend until combined. Transfer to a 9" baking dish and sprinkle the top with pecans and optional topping. Bake at 375 for 25-30 minutes until potatoes begin to slightly bubble and topping is lightly browned. Let cool for 10 minutes before serving.

Notes: You can easily make this dish ahead of time in one of two ways: 1) Bake the dish completely, let cool and store, loosely covered in plastic wrap, in the fridge. Then reheat at 300 degrees until warmed through. 2) Make the sweet potato mixture and do not add toppings. Place it in your baking dish tightly covered in the refrigerator until you are ready to serve. Then add toppings and bake according to the instructions.

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

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.

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



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.



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. 27th 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 or call 623-580-5800.



Every Monday*, 3:30—5:00 pm, Oct. 28th – Dec. 9th (Exception: *Wednesday, November 20th)

LOCATION: **Virginia G. Piper Cancer Center, 10460 N. 92nd Street, Scottsdale, AZ 85258. Suite 206 Conference Room.**

Step-N-Out 5K 2019, November 3rd

On-line registration is open through 10/31. See you on race day!

Location: Scottsdale Sports Complex, 8081 E. Princess Drive, Scottsdale, AZ 85255

- 7:00 am — Registration Opens
- 8:30 am — Opening Ceremony Begins
- 9:00 am — 5K Run 9:15 am - Fun Run/Walk & 5K Walkers
- 10:00 am — Awards Ceremony
- 10:30 am — Kid's Dash & Raffle Winner Announced



Saturday, November 16th, Look for the HonorHealth Cancer Transplant Institute Booth. Join the team Join the team at <https://pages.lls.org/ltn/az/Phoenix19/HonorHealth>

Undy Walk for Colorectal Cancer— November 16, 2019

Location: 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!

Survivors registration is free at specialevents@ccalliance.org.

For All others: There is a discount code of BONUS for \$10 off, register at: <https://fundraise.ccalliance.org/2019phoenix/HonorHealth>.



Save This Date!

Artists of Scottsdale Ranch

INVITE YOU TO THE:

12TH ANNUAL

ART SHOW & SALE

SATURDAY, FEBRUARY 15, 2020

10 AM TO 4 PM

Free Indoor Art Show & Silent Auction benefiting:

HONORHEALTH Virginia G. Piper Cancer Center

Enjoy light refreshments while viewing paintings, sculpture, pottery, glass, photography, hand crafted jewelry and more from local Scottsdale Artisans.

World Class Art. Local at Heart.

Scottsdale Ranch Community Center

10585 N 100th St, Scottsdale, AZ 85258

SE Corner of 100th St. & Shea

WWW.ARTISTSOFSOTTSDALERANCH.COM



Support Groups for November—December

East Side Groups	LOCATION	AUDIENCE	DATE/TIME	RSVP Req'd
Women's Cancer Support (Breast/Gyn) Now Combined	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	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 –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 NEW	Osborn—AZCCC	Patients and Survivors	2nd Tuesday, 5:00—6pm	Yes
Men's Cancer Support NEW	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) Now Combined	BHRC/Deer Valley	Patients and Survivors	2nd & 4th Thursdays, 6:00—7:30 pm	No

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

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.



Tina's Treasures has expanded 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: Gilbert
Virginia G. Piper Cancer Care Network
 3645 S. Rome Street, Suite 209
 Gilbert, AZ 85297



Thursday: Chandler
Virginia G. Piper Cancer Care Network
 1110 S. Dobson Rd., Suite 1
 Chandler, AZ 85286

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



Nov 5th & Dec 17th Sessions: 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

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



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 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

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.

Virginia G. Piper Cancer Care Network — Surprise

14674 W. Mountain View Blvd., Suite 105, Surprise, AZ 85374

Every Thursday, 5—6:15 pm.

DECEMBER 2019

Mon	Tues	Wed	Thur	Fri	Sat
2 VGPCC Ukulele 10-11:30 am Beginners welcome Buff Bones 12pm Healing Art 1:30 pm Beaded Serving Pieces Cheri Freedom from Smoking Gentle Yoga 5:00 pm Osborn** DV Breast Health & Research	3 VGPCC Hatha Yoga 9 am Tai Chi 10:40 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. Register at 623-238-7713. Thompson Peak Medical Center Strength and Stretch 12:30 pm Gilbert- Yoga for Recovery 5pm Celebration of Lights @ VGPCC. 6-7:30 pm	4 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 Needed) New! 5pm Yoga for Recovery Avondale Network office	5 VGPCC Hatha Yoga 9 am Restorative Yoga 10:30 am Crochet & Knitting 12-2pm Gentle Chair Yoga 2:30 pm DV Breast Health & Research ****Yoga Nidra Guided Meditation for Healing 6-7 pm (No RSVP Required) New! 5 pm Yoga for Recovery Surprise Network office	6 VGPCC Yoga Nidra Singing Bowls 10 am Game Day Noon DV Breast Health & Research NEW! Gentle Yoga 9AM	7 VGPCC Tai Chi/Qi Gong 930 am VGPCC Network - JCL NEW! Gentle Yoga 9AM
9 VGPCC Ukulele 10-11:30 am Beginners welcome Buff Bones 12pm Healing Art 1:30 pm Jewelry-Joan Freedom from Smoking Celebration Gentle Yoga 5:00 pm Osborn** DV Breast Health & Research	10 VGPCC Hatha Yoga 9 am Tai Chi 10:40 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	11 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 Needed) New! 5pm Yoga for Recovery Avondale Network office	12 VGPCC Hatha Yoga 9 am Restorative Yoga 10:30 am Crochet & Knitting 12-2pm Gentle Chair Yoga 2:30 pm DV Breast Health & Research New! 5 pm Yoga for Recovery Surprise Network office	13 VGPCC Yoga Nidra Singing Bowls 10 am Game Day Noon DV Breast Health & Research NEW! Gentle Yoga 9AM	14 VGPCC Tai Chi/Qi Gong 930 am VGPCC Network - JCL NEW! Gentle Yoga 9AM
16 VGPCC Ukulele 10-11:30 am Beginners welcome Buff Bones 12pm Healing Art 1:30 pm Abstract Acrylic Painting By Debra Murrow Gentle Yoga 5:00 pm Osborn** DV Breast Health & Research	17 VGPCC Hatha Yoga 9 am Tai Chi 10:40 am Yoga Nidra 11:45 am Gentle Chair Yoga 2:30 pm Mastectomy Class 2-4 pm Register at 480-323-1250 Facing Forward 4:30 @ VGPCC 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	18 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) New! 5pm Yoga for Recovery Avondale Network office	19 VGPCC 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! 5 pm Yoga for Recovery Surprise Network office	20 VGPCC Yoga Nidra Singing Bowls 10 am Game Day Noon DV Breast Health & Research NEW! Gentle Yoga 9AM	21 VGPCC Tai Chi/Qi Gong 930 am VGPCC Network - JCL NEW! Gentle Yoga 9AM
23 VGPCC	24 VGPCC	25 VGPCC Closed	26 VGPCC	27 VGPCC	28 VGPCC
30 VGPCC	31 VGPCC CLOSED FOR NEW YEARS!				



**The Body, Mind and Spirit Classes will not be offered during the following dates for the holidays.
December 23rd – January 4th**

**The Cancer Exercise Rehab Gym will not be offered during the following dates for the holidays.
December 24th – January 1st.**

- 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.
- **** Osborn, HonorHealth VGPCC Network 3501 N. Scottsdale, Rd suite 300 85251 (evening Gentle Yoga for Recovery) 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**
- ******New West Valley Surprise Location: Gentle Yoga for Recovery at 5 p.m.: Every Thursday, 14674 W. Mountain View Rd. Suite 105, Surprise AZ 85374**

