

Spring  
2024

APRIL • MAY • JUNE



WELCOME!

New to The Gathering Place?

Call **216-455-1507** to speak with a Participant Navigator about our programs and services.

PROGRAMS FOR:

Children • Teens • Young Adults (YA)  
Families • Adults

The Gathering Place's mission is to provide a caring community that supports, educates and empowers individuals and families currently coping with the impact of cancer through programs and services

*provided free of charge.*



As we enter a new quarter, I'm filled with gratitude for the support that fuels our mission to support, educate and empower individuals and families impacted by a cancer diagnosis. Our upcoming Race for the Place plays a crucial role in raising the funds necessary to keep our programs and services free of charge. By participating in this event, you're not just running or walking; you're helping to keep our services accessible and free of charge for thousands of individuals who are impacted by cancer every year. Please join us on Sunday, June 2nd to celebrate National Cancer Survivors Day and together, let's make a difference. Without you there is no us!

In addition, I'm happy to announce the reopening of our Beachwood Healing Garden at the end of May. This serene and welcoming space provides a sanctuary for reflection, connection, and healing. I invite each of you to visit and experience the restorative power of nature firsthand. Whether you're seeking solace, support, or simply a moment of peace, our garden is open to all.

Furthermore, I want to express our deep appreciation for our partners and collaborators who share our commitment to supporting those affected by cancer - local hospitals, community, and other civic organizations. Together, we've accomplished so much, and I'm excited about the possibilities that lie ahead. Keep an eye on your inbox for updates and invitations to participate in upcoming joint programs and initiatives. It's through our collective efforts that we can continue to make meaningful connections throughout Northeast Ohio and beyond.

We look forward to seeing each of you throughout this quarter as we continue to provide hope, healing, and support to all those who walk through our doors. Also please don't forget we are counting on you to join us for a fun filled morning on June 2!



*warm regards,*  
**MICHELE SEYRANIAN**  
CEO

## OUR OFFICES

### OFFICE HOURS

We are available Monday through Friday 9:00am-5:00pm and by phone at 216-595-9546.

**Our Beachwood office** Monday-Friday, 9:00am-5:00pm, and the 2<sup>nd</sup> Saturday of the month, 9:00am-1:00pm.

**Our Westlake location** Monday-Friday, 9:00am-5:00pm, and the 3<sup>rd</sup> Saturday of the month, 9:00am-1:00pm.

**Summer Fridays:** 9:00am to 2:00pm beginning Friday, June 7<sup>th</sup>.

For a complete list of programs and to register, visit [touchedbycancer.org/calendar](https://touchedbycancer.org/calendar).

### THE GATHERING PLACE EAST

The Arnold & Sydell Miller Family Campus  
23300 Commerce Park, Beachwood, OH 44122

### THE GATHERING PLACE WEST

The Sandy Borrelli Center  
25425 Center Ridge Road, Westlake, OH 44145

### WELLNESS CENTER

Richman Family Wellness Center  
23295 Commerce Park, Beachwood, OH 44122

Please refer to the icons in this key throughout the Program Guide.



VIRTUAL



BEACHWOOD



WESTLAKE



WELLNESS CENTER



OFF SITE

If you see more than one icon grouped together, it means the program is in person at one of our locations, and is also offered virtually. Note all programs are EDT time. If you have additional questions, please contact our Participant Navigator at 216-455-1507.

## MEET THE CLINICAL TEAM

### CHIEF PROGRAM OFFICER



**KAREN HATFIELD**  
MMT, MT-BC, CHPCA  
hatfield@touchedbycancer.org  
216-455-1517

### PROGRAM STAFF



**SARAH AXNER GILMORE**  
MSSA, LSW  
gilmore@touchedbycancer.org  
216-455-1516



**SYDNEY BEEMAN**  
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216-455-1520



**EILEEN COAN**  
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216-455-1504



**BRITTANI DAVIS**  
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216-455-1528



**MARY FISHER-BORNSTEIN**  
LISW-S  
bornstein@touchedbycancer.org  
216-455-1506



**SUSAN MARINAC**  
MSSA, LISW-S  
marinac@touchedbycancer.org  
216-455-1512



**KARELYS ORTIZ SANTIAGO**  
MSW, LSW  
santiago@touchedbycancer.org  
216-455-1508

### MOVEMENT & NUTRITION



**STEPHEN CERNE**  
NSCA-CPT, ACSM/ACS-CET  
cerne@touchedbycancer.org  
216-455-1503



**SANDY CONOCHAN**  
ATC, PTA  
conochan@touchedbycancer.org  
216-455-1529



**STEPHANIE HOPKINS**  
MS, RDN, LD  
Nutrition Program Staff  
hopkins@touchedbycancer.org  
216-455-1525

### TGP KIDS



**WHITNEY HADLEY**  
MA, MSW, LSW, OSW-C  
Child, Teen and Young Adult  
Program Manager  
hadley@touchedbycancer.org  
216-455-1522



**ADELLE GATES**  
MA, CCLS  
gates@touchedbycancer.org  
216-455-1523

# ONGOING MOVEMENT PROGRAMS

PROGRAM DETAILS KEY:



Health and fitness screenings are required before attending any movement classes. **Please reach out to Sandy at 216-455-1529.**

## BALANCE FOR IMPROVED FUNCTION

Exercise class that builds on balance, stability and body awareness.

**WEDNESDAYS: 12:30-1:00PM** \*RECORDINGS AVAILABLE  
Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

## CHAIR ONE FITNESS

Fun, chair-based dance fitness class that helps improve posture, strengthen shoulders, lubricate knee joints, and increase flexibility.

**WEDNESDAYS: 11:00-11:45AM**   
Sandy Conochan, ATC, PTA

## CORE FOR MORE STABILITY & BALANCE

In this class, participants will learn about the muscles that make up the core and be guided through exercises targeting the abdomen, low back, and muscles that control the hips and pelvis.

**TUESDAYS: 1:00-1:30PM** \*RECORDINGS AVAILABLE  
Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

## EXERCISE CLASSES \*NEW NAMES BUT SAME GREAT CLASSES! (FOR THOSE DIAGNOSED WITH CANCER)

Comprehensive strength, endurance, balance, and flexibility routine for those in cancer treatment or dealing with side effects from treatment.

### WARRIOR WORKOUT

**MONDAYS & THURSDAYS: 6:30-7:15PM** \*RECORDINGS AVAILABLE

### CIRCUIT FUSION

**TUESDAYS: 12:00-12:45PM**

### FUNCTIONAL MOVEMENT

**TUESDAYS: 12:00-12:45PM** \*RECORDINGS AVAILABLE  
**THURSDAYS: 12:00-12:45PM**

### BODY BALANCE BOOTCAMP

**THURSDAYS: 12:00-12:45PM** \*RECORDINGS AVAILABLE

## OPEN GYM

Attend an orientation and work out on your own.

**THURSDAYS: 9:00-11:00AM**

## QIGONG-TAI CHI

Reduce stress & improve balance.

**SATURDAYS: 10:00-11:00AM**

## RESTORATIVE MOTION

A slow flow stretching and yoga-based program.

**FRIDAYS: 12:30-1:00PM** \*RECORDINGS AVAILABLE  
Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

## YOGA

A gentle flow class appropriate for all levels.

**TUESDAYS: 10:00-11:00AM**

**TUESDAYS: 6:00-7:00PM**

**THURSDAYS: 11:00AM-12:00PM**

**SATURDAYS: 9:00-10:00AM**

## ZUMBA GOLD

Move at your own pace while dancing to Latin rhythms in this low impact, low intensity class.

**MONDAYS: 11:00-11:45AM**

# ONGOING ADULT SUPPORT GROUPS

All support groups require registration and screening with the facilitator before attending the first session.

Register by visiting our website at [touchedbycancer.org/calendar](http://touchedbycancer.org/calendar) or call our Participant Navigators at 216-455-1507.

## ALL CANCERS

### GROUP FOR ADULTS WITH CANCER

Brittani Davis, 216-455-1528  
Mondays, 6:30-8:00pm

### GROUP FOR ADULTS WITH CANCER

Sarah Axner Gilmore, 216-455-1516  
Thursdays, 6:30-8:00pm

### GROUP FOR CAREGIVERS

Susan Marinac, 216-455-1512  
Mondays, 6:30-8:00pm

April 1, 15 & 29, May 13, June 3 & 17

April 8 & 22, May 6 & 20, June 10 & 24

### GROUP FOR CAREGIVERS

Karelys Santiago Ortiz, 216-455-1508  
Thursdays, 6:30-8:00pm

### GROUP FOR OLDER ADULTS

Brittani Davis, 216-455-1528  
April 19, May 17, June 21, 11:00am-12:30pm

### GROUP FOR YOUNG ADULTS

Whitney Hadley, 216-455-1522  
April 25, May 23, June 27, 6:30-8:00pm

### LGBTQ+ VIRTUAL DROP-IN GROUP

Brittani Davis, 216-455-1528  
April 16, May 21, June 18, 6:00-7:00pm

### LIFE AFTER CANCER TREATMENT GROUP

Whitney Hadley, 216-455-1522  
April 15, May 20, June 17, 6:30-8:00pm   
April 11, May 9, June 13, 6:30-8:00pm

### SISTER CIRCLE: FOR AFRICAN AMERICAN WOMEN WITH CANCER

Sydney Beeman, 216-455-1520  
April 4, May 2, June 6, 6:30-8:00pm

### YA VIRTUAL DROP-IN GROUP

Whitney Hadley, 216-455-1522  
April 4, May 2, June 6, 12:00-1:00pm

## CANCER SPECIFIC

### BREAST CANCER SUPPORT GROUP - EVENING

April 11, May 9, June 13, 6:30-7:30pm

### GROUP FOR YOUNG ADULTS WITH BREAST CANCER

Susan Marinac, 216-455-1512  
April 2, May 7, June 4, 6:30-8:00pm

### LUNG CANCER SUPPORT GROUP

Susan Marinac, 216-455-1512  
April 23, May 28, June 25, 2:00-3:30pm

### METASTATIC BREAST CANCER GROUP

Sarah Axner Gilmore, 216-455-1516  
April 16, May 21, June 18, 6:00-7:30pm

### MYELOMA GROUP

Contact facilitator for more details about program topics.  
Mary Fisher Bornstein, 216-455-1506  
May 6, 5:30-7:00pm

### ORAL, HEAD AND NECK CANCER GROUP

Brittani Davis, 216-455-1528  
April 17, May 15, 3:30-4:30pm

### OVARIAN CANCER SUPPORT GROUP

Susan Marinac, 216-455-1512  
April 17, May 15, 2:00-3:30pm

### PANCREATIC CANCER GROUP

Sydney Beeman, 216-455-1520  
April 24, May 22, June 26, 3:30-4:30pm

### PROSTATE PARTNERS

Contact facilitator for more details about program schedule and topics.

Mary Fisher Bornstein, 216-455-1506  
April 11, May 9, June 13

Brittani Davis, 216-455-1528

May 14

Information session 5:15-6:15pm  
Group 6:30-8:00pm

### PROSTATE PARTNER'S PARTNERS

Mary Fisher Bornstein, 216-455-1506  
April 11, May 9, June 13, 5:15-6:15pm

## GRIEF & LOSS

### ADULT GRIEF SUPPORT

Karelys Ortiz Santiago, 216-455-1508  
April 9, May 14, June 11, 2:00-3:30pm

### ADULT GRIEF SUPPORT

Karelys Ortiz Santiago, 216-455-1508  
April 23, May 28, June 25, 6:30-8:00pm

### ADULT GRIEF SUPPORT

Sarah Axner Gilmore, 216-455-1516  
April 9 & 23, May 14 & 28, June 11 & 25  
6:30-8:00pm

### GRIEF: WHEN, WILL IT END?

Sarah Axner Gilmore, 216-455-1516  
April 17, May 15, June 26, 11:00am-12:30pm

# INFORMATION & EDUCATION

PROGRAM DETAILS KEY:



ALL PROGRAMS ARE EDT TIME



## LUNCH AND LEARN

### HOSPICE & PALLIATIVE CARE

Explore options and choices surrounding hospice and palliative care, the differences between the two and how each program works. Bring a bag lunch.

**NATHAN GRADISHER**  
PROVIDER RELATIONS MANAGER

**THURS, APRIL 4, 12:00-1:00PM**

### HOW TO MANAGE ANXIETY

Define anxiety and learn helpful coping tools. Bring a bag lunch.

**SUSAN MARINAC, MSSA, LISW-S**

**THURS, MAY 2, 12:00-1:00PM**

### USING ART TO PROMOTE RELAXATION

Experience the power of art in this program that will reduce anxiety and promote relaxation and wellness. Bring a bag lunch.

**SUSAN MARINAC, MSSA, LISW-S**

**THURS, JUNE 6, 12:00-1:00PM**

### RADIATION THERAPY: EVERYTHING YOU NEED TO KNOW

Join this presentation to learn about radiation therapy, what it is and how it works, and preparation and management during and after treatment.

**DR. SHAUNA R. CAMPBELL, DO**  
Radiation Oncology, Cleveland Clinic

**WED, APRIL 10, 6:00-7:00PM**

### COFFEE AND CONVERSATION

Informal monthly discussions.

**KAREN HATFIELD MMT, MT-BC, CHPCA**

### LET'S TALK ABOUT GRIEF

**FRI, APRIL 12, 10:00-11:00AM**

### CHAT WITH A MUSIC THERAPIST: MUSIC FOR EXPRESSION AND WELL-BEING

**FRI, MAY 10, 10:00-11:00AM**

### COFFEE IN THE GARDEN

**FRI, JUNE 14, 10:00-11:00AM**

### POST- MASTECTOMY CLOTHING, SUPPLIES & PRODUCTS BY ELEGANT ESSENTIALS

Come to see the wide variety of post-mastectomy bras, bathing suits, prosthesis, and lymphedema supplies that Elegant Essentials sells in Medina and Mentor. Meet their staff, learn about being fitted and how they can submit the claims to your insurance provider.

**SHELLIE GRAF**

**TUES, APRIL 16, 2:00-3:00PM**

**THURS, APRIL 25, 2:00-3:00PM**

### NAVIGATING UPDATES IN BRAIN TUMOR CLASSIFICATION, PATHOLOGY AND MOLECULAR DIAGNOSTICS

Join for a discussion of brain tumor classification, pathology and molecular diagnostics. Dr. Newton's presentation will be followed by time for questions from those in attendance. Refreshments will be provided.

**WED, APRIL 24, 6:30-8:00PM**



#### DR. HERBERT NEWTON

Neuro-Oncology Medical Director of the Brain Tumor Center, University Hospitals Seidman Cancer Center



### SUPPORTIVE ONCOLOGY & PALLIATIVE CARE: DISPELLING MYTHS AND PROVIDING CLARITY

Join us to discuss supportive oncology and palliative care throughout the cancer journey – what it is (and isn't), national guidelines, benefits and goals of care, terminology, and more.

**KRISTINA LESTER, MSN, APRN, FNP-BC, FNP-C**  
Palliative Care Nurse Practitioner

**BECKY KIELY, ATR-BC, Art Therapist**

**WED, MAY 1, 6:00-7:00PM**

### DATE NIGHT: LET'S CREATE TOGETHER

Maintaining connection can be a challenge when cancer care becomes priority. Join for an evening of collaborating with your partner to create a fun work of art and learn creative ways to cope with life's stressors.

**BRITTANI DAVIS, LPCC-S, LICDC**

**FRI, MAY 10, 5:00-7:00PM**

Location: Community Arts Center (located inside of PIVOT Center)

2937 West 25th Street, Cleveland, OH 44113

## INDIVIDUAL SERVICES

To schedule wig salon, reiki, and reflexology appointments please call 216-595-9546

For information and resources related to medical research, legal consultations, and medical bill questions please contact Eileen Coan.



#### EILEEN COAN

MA, MLS  
Medical Librarian  
coan@touchedbycancer.org  
216-455-1504

All programs require registration.

Visit our website or call our Participant Navigators to register.

## INTEGRATIVE ONCOLOGY

Integrative oncology is a patient-centered, evidence-informed field of cancer care that utilizes mind and body practices, natural products, and/or lifestyle modifications from different traditions alongside conventional cancer treatment. Dr. Umeda will provide resources including how to find a practitioner as well as an update on the latest research in integrative oncology.

**NAOKI UMEDA, MD**

Integrative Medicine Specialist, Cleveland Clinic

**THURS, MAY 23, 6:30-8:00PM**

## NEW PATHWAYS TO IMPROVE ANXIETY AND INSOMNIA: A GUIDE TO A BETTER NIGHT'S REST

Getting a good night's rest is essential to function well the next day, yet getting to sleep, and staying asleep, isn't easy for many people. Anxiety and insomnia are common problems that may hamper your ability to fall asleep. We will explore anxiety and insomnia, their symptoms, how they can affect each other, and what you can do to treat, manage, and potentially stop your anxiety or insomnia from disrupting your sleep. Presented in partnership with Southwest General Health Center.

**DR. DIPALI DESAI**

Family Medicine/Integrative Psychiatrist  
Southwest General Health Center

**SAT, JUNE 15, 11:00AM-12:15PM**

## BREAST CANCER: BODY, MIND & SPIRIT

Join us for this interactive session where we attempt to answer the question: Who am I now that I have/had breast cancer? Please bring a photo of yourself before your diagnosis. We will use discussion, art and writing during this experiential program.

**SUSAN MARINAC, MSSA, LISW-S**

**THURS, JUNE 20, 12:00-1:30PM**

## LEGAL CLINIC

Hear from a Certified Financial Planner about income, replacement income for cancer patients who cannot work, Social Security Income, disability income and how to plan and manage income fluctuations.

**MATT GOTTSALL, CFP**

**FRI, JUNE 28, 12:00-1:00PM**

# NUTRITION

PROGRAM DETAILS KEY:

- VIRTUAL
- BEACHWOOD
- WESTLAKE
- WELLNESS CENTER
- OFF SITE

ALL PROGRAMS ARE EDT TIME



## CHAT WITH THE DIETITIAN

Adults with cancer and caregivers join this monthly nutrition discussion. We share recipes, review topics of interest, and the latest news around cancer and diet. Feel free to bring a snack to enjoy as we talk. For more information on the month's topic, please subscribe to the Snack & Chat Nutrition newsletter.

STEPHANIE HOPKINS, MS, RDN, LD

FRI, APRIL 5, 11:00AM-12:00PM

FRI, MAY 3, 11:00AM-12:00PM

FRI, JUNE 7, 11:00AM-12:00PM

## COOKING AND EATING DURING TREATMENT

When going through cancer treatment, whether radiation, chemotherapy, surgery, or immunotherapy, side effects can happen that impact appetite and food choices. Join this class in person or virtually to learn about strategies to maintain your nutrition status during treatment as well as recipes that may be best tolerated.

STEPHANIE HOPKINS, MS, RDN, LD

WED, APRIL 10, 6:00-7:30PM

SAT, APRIL 13, 10:00-11:00AM

SAT, APRIL 13, 12:00-1:30PM

## DIET AND TREATMENT SIDE EFFECTS

Chemotherapy, radiation, immunotherapy, and surgery can all cause potential side effects that impact eating. Learn dietary tips and strategies to maintain your nutrition status during treatment.

MIKE PANDY, MS, RDN, LD

WED, APRIL 17, 6:00-7:00PM

## EATING RIGHT FOR EXERCISE

Nutrition provides the foundation for energy and movement. And both diet and physical activity go together to help support the health of cancer survivors and reduce risk of new cancer diagnoses. Whether you are beginning to increase your activity level or have an established exercise routine, join this hands-on cooking class to learn how to best fuel your body before, during, and after a workout. The best types of foods and meal timing will be discussed to maximize your exercise benefits.

STEPHANIE HOPKINS, MS, RDN, LD

WED, MAY 8, 6:00-7:30PM

SAT, MAY 11, 10:00-11:00AM

SAT, MAY 11, 12:00-1:30PM

## CANCER SURVIVORSHIP DIET: ADDING BEANS AND LENTILS

The American Institute for Cancer Research recommends eating a diet rich in whole grains, vegetables, fruits, and beans to help reduce risk of new cancer diagnoses and support survivorship health. Join this hands-on cooking class to learn more about the health benefits of consuming beans and lentils and recipes to use beans in different ways.

STEPHANIE HOPKINS, MS, RDN, LD

WED, JUNE 5, 3:00-4:00PM

WED, JUNE 5, 6:00-7:30PM

SAT, JUNE 8, 10:30AM-12:00PM

Location: Village Project, 27378 W Oviatt Rd, Bay Village, OH 44140

All TGP programs and services are *free of charge.*

# MOVEMENT

See page 3 for ongoing movement classes.



## FOUNDATIONS OF AQUATIC EXERCISE SERIES

Participants will explore different ways to exercise in an aquatic environment to build strength, endurance, and improve balance after cancer treatment. Participants are encouraged but not required to complete all classes in the series.

### UH AVON THERAPY POOL

JACKIE URIG, GROUP FITNESS INSTRUCTOR

WEDNESDAYS, 5:00-6:00PM

APRIL 3, 10, 17, 24 & MAY 1

Location: University Hospitals, Avon Fitness Center, 1997 Healthway Dr, Avon, OH 44011

## KING DAVID AQUATIC CENTER

JOY NOWELS, EXERCISE SPECIALIST, ACSM

Certified, Ai Chi Certified, Arthritis Foundation, Certified Aquatic Program Leader

FRIDAYS, 1:00-2:00PM

APRIL 19 & 26, MAY 3, 10 & 17

Location: King David Aquatic Center, 27300 Cedar Rd, Cleveland, OH 44122

## PHYSICAL THERAPY SCREENING

Meet one-on-one to assess your physical function, fall risk, and address any other individual questions or concerns related to physical health during and after cancer treatment.

AUSTIN PETRIE, PT, DPT

MON, MAY 13, 2:30-5:00PM

## EXERCISE ROUTINE: HOW TO

A simple yet thorough explanation of how to design and progress an exercise routine. Learn the parameters set forth by The American Cancer Society and American College of Sports Medicine as it relates to cancer and exercise.

STEPHEN CERNE, NSCA-CPT, ACSM/ACS-CET

MON, APRIL 8, 12:30-1:30PM

## HIKE & SNACK

Pair exercise and nutrition together in a natural, outdoor setting. Learn the importance of balance as it relates to movement and eating. And, if you plan on participating in the annual Race for the Place, you can use the Hike and Snack program as an opportunity to train for the walk or 5k!

STEPHEN CERNE, NSCA-CPT, ACSM/ACS-CET

STEPHANIE HOPKINS, MS, RDN, LD

WED, MAY 15, 6:00-7:30PM

Location: Acacia Reservation on Cedar Rd. Lyndhurst, OH 44124

## BALANCE SCREENING

Do you have a fear of falling or worried that your balance is not as good as it used to be? Meet for 15 minutes with a Physical Therapist for a balance screening.

SHELLEY ALBERT, PT, DPT

Board Certified Clinical Specialist in Orthopedic Physical Therapy and Certified in REVITAL Oncology Rehabilitation

FRI, MAY 17, 1:00-3:00PM

PROGRAM DETAILS KEY:



ALL PROGRAMS ARE EDT TIME



## FAMILY FUN DAY: GUARDIANS AT THE GATHERING PLACE

For this quarter's Family Fun Day grab your peanuts and hotdogs and gear up for opening day by cheering on our Guardians at The Gathering Place! Watch the game, eat up stadium snacks, and play backyard baseball (weather permitting).

WHITNEY HADLEY MA, MSW, LSW, OSW-C  
 EMMA RAULINAITIS, MSFHD

SAT, APRIL 6, 2:00-4:30PM

## KALEIDOSCOPE

Just as a group of butterflies is called a Kaleidoscope, this monthly grief workshop is for young families to reflect, build community, and learn skills to process grief together after the death of a loved one.

ADELLE GATES, MA, CCLS

SAT, 9:30-10:30AM

APRIL 13, MAY 11, JUNE 8

## KALEIDOSCOPE: PARENT GROUP

Grief group for parents/partners with school age children who have had a spouse/partner die from cancer. This group is a supportive space for parents/caregivers to process their grief.

WHITNEY HADLEY MA, MSW, LSW, OSW-C

SAT, 9:30-10:30AM

APRIL 13, MAY 11, JUNE 8

## THE KID SPOT

Supportive and psychoeducational group for children ages 4-12. Participants will use A Little Spot by Diane Alber to learn how to identify, manage, and cope with big emotions relating to their loved one's cancer. Age-appropriate activities and supportive discussions will assist participants with the development of new coping skills among peers with shared experiences.

WHITNEY HADLEY MA, MSW, LSW, OSW-C

SAT, 11:00AM-12:00PM

APRIL 13, MAY 11, JUNE 8

## CONNECTIONS: SUPPORT FOR FAMILIES AFFECTED BY CHILDHOOD CANCER

Support group designed to connect and support the entire family in coping with the impact of childhood cancer.

ADELLE GATES, MA, CCLS

## SIBLING CELEBRATION

SAT, APRIL 13, 11:00AM-12:00PM

## HELPING HANDS

SAT, MAY 11, 11:00AM-12:00PM

## COPING SKILLS

SAT, JUNE 8, 11:00AM-12:00PM

## CONNECTIONS: PARENT GROUP

Safe and supportive space for parents or caregivers to discuss the difficulties of having a child/teen dealing with cancer.

ADELLE GATES, MA, CCLS

TUES, 7:00-8:00PM

APRIL 16, MAY 21, JUNE 18

## TUESDAY TALKS

Educational sessions for participants with children and teens in their lives. Topics surround the unique challenges participants face when navigating cancer and family.

ADELLE GATES, MA, CCLS

TUES, 12:00-1:00PM

MAY 28, JUNE 25

## NATURE COLLAGE

Collect samples of nature and create collages. These pieces of art will be temporary and changeable.

EILEEN COAN, MA, MLS

TUES, APRIL 30, 6:00-7:00PM

WED, JUNE 5, 6:00-7:00PM



## ANIMAL CAMP

A special summer experience for children ages 6 to 10 who have been impacted by a cancer diagnosis.

Scan the QR Code, visit our website

[touchedbycancer.org/animal-camp](http://touchedbycancer.org/animal-camp) or contact Whitney Hadley at [hadley@touchedbycancer.org](mailto:hadley@touchedbycancer.org) or 216-455-1522 to learn more.

HORSES: MON, JUNE 17- FRI, JUNE 21

PUPPIES: MON, JULY 29- FRI, AUGUST 2

HORSES: MON, JULY 8- FRI, JULY 12

for children with cancer & their siblings

KITTENS: MON, JULY 15- FRI, JULY 19

# ADOLESCENTS & YOUNG ADULTS (YA)

ADOLESCENTS: AGES 13-17 | YA: AGES 18-45

PROGRAM DETAILS KEY:



ALL PROGRAMS ARE EDT TIME



## YA LUNCH AND LEARN: MENTAL HEALTH-ASK THE NURSE PRACTITIONER

Bring your questions about mental health during and after treatment for Psych Nurse Practitioner Amelia Baffa.

AMELIA BAFFA, MSN, APRN, PMHNP-BC

TUES, APRIL 2, 12:00-1:00PM

## YOUNG ADULT VIRTUAL DROP-IN GROUP

Virtual drop-in group for young adults. Bring your lunch and join us for a check in with your YA lunch buddies.

WHITNEY HADLEY, MA, MSW, LSW, OSW-C

THURS, 12:00-1:00PM

APRIL 4, MAY 2, JUNE 6

## GUARDIANS AT TGP

Celebrate AYA Cancer Awareness week with your peers and their families while rooting for the home team.

WHITNEY HADLEY, MA, MSW, LSW, OSW-C

SAT, APRIL 6, 2:00-4:30PM

## TEENS WITH CANCER GROUP

Monthly group for teens (13-17) who have been diagnosed with cancer, in treatment, or recently completed treatment, to chat in a safe space with others who get it. Take control back and join our first session to discuss what YOU want from this group. Every month we will cover topics decided on by you and important to you.

ADELLE GATES, MA, CCLS

TUES, 7:00-8:00PM

APRIL 9, MAY 14, JUNE 11

## YA GROUP

Connect and build community with Young Adults (18-45) who have been diagnosed with cancer.

### HORTICULTURE THERAPY

Welcome spring and spend time with plants.

KAREN KENNEDY, HTR

THURS, APRIL 25, 6:30-8:00PM

### COOKING CLASS

Try new recipes in this hands-on cooking class to find dishes that are tasty and support your health!

STEPHANIE HOPKINS, MS, RDN, LD

THURS, MAY 23, 6:30-8:00PM

### LABYRINTH

Learn about walking the labyrinth as a form of meditation to celebrate the summer solstice.

EILEEN COAN, MA, MLS

THURS, JUNE 27, 6:30-8:00PM

# CREATIVE ARTS & MEDITATION

## GUIDED MEDITATION

Learn and practice basic meditation techniques to manage stress.

EILEEN COAN, MA, MLS

MON, 6:30-7:15PM

APRIL 1 & 15, MAY 6 & 20, JUNE 3 & 17 

APRIL 8, MAY 13, JUNE 10 

APRIL 22, JUNE 24 

## SINGING BOWLS (SOUND BATH)

Immerse yourself in the healing power of sound on this relaxing journey using the highest-grade Crystal Alchemy Singing Bowls. This full body relaxation experience will help with stress, tension, sleeplessness, anxiety, depression, grief, physical pain, and more.

BECKY HOPP, CERTIFIED SOUND HEALER

FRI, APRIL 12, 11:00AM-12:00PM  

FRI, MAY 10, 11:00AM-12:00PM  

FRI, JUNE 7, 11:00AM-12:00PM  

## WRITING FOR CAREGIVER SELF-CARE

Join other caregivers in a workshop using short writing prompts as an introduction to journaling as a form of self-care.

WHITNEY HADLEY, MA, MSW, LSW, OSW-C

WED, APRIL 17, 12:00-1:00PM 

## CIRCLE WEAVING

Weaving can take us away from what is happening externally, to some degree, and shift from things we can't control to something we can. Utilizing yarn and other fibers and a loom, participants will create a circle weaving. This program is intended for those dealing with a cancer diagnosis.

GABRIELLE COOPER, LPC, ATR-P

WED, MAY 1, 6:30-8:00PM 

WED, MAY 22, 6:30-8:00PM 

## ULTIMATE BEGINNERS PAINT PARTY

Come paint with us! No experience needed, but all experience levels welcome. Participants will be provided with instructions and all materials needed to create their own work of art.

KAREN HATFIELD, MMT, MT-BC, CHPCA

TUES, MAY 7, 11:30AM-1:00PM 

TUES, JUNE 4, 11:30AM-1:00PM 

## IF YOUR CANCER COULD TALK

What would it say? Join to explore your cancer in a new way – separate from who you are as a person using writing and art prompts.

WHITNEY HADLEY, MA, MSW, LSW, OSW-C

FRI, MAY 17, 10:00-11:30AM 

FRI, MAY 31, 10:00-11:30AM 

## HORTICULTURE THERAPY: LIFE & LEMONS

The flavor of a lemon is a bit sour until a little sweetness is added! Join us for a discussion on reframing the negative and looking to the positive with new growth possibilities. We'll explore growing lemon scented plants and how the fragrance can be uplifting and energizing. Participants will plant lemon scented plants to take home.

KAREN KENNEDY, HORTICULTURE THERAPY

TUES, JUNE 4, 6:00-7:30PM 

THURS, JUNE 6, 6:00-7:30PM 

## DRUM CIRCLE

Experience the health benefits of drumming. No experience needed and drums are provided.

KAREN HATFIELD, MMT, MT-BC, CHPCA


WED, MAY 29, 6:30-7:30PM 

## VIRTUAL READING ROOM

Quarterly virtual reading room for group discussion about a selected reading. Readings will be distributed prior to each group.

THE HEALTH BENEFITS OF NATURE

EILEEN COAN, MA, MLS

WED, JUNE 12, 6:30-7:30PM 

# TGP IN CLE

April is **National Minority Health Month**, a time to raise awareness about health disparities that continue to affect people from racial and ethnic minority groups. The theme for this year is "Better Health Through Better Understanding". Action is encouraged through health education, early detection, and control of disease complications. We are pleased to help move this theme forward by offering our **2<sup>nd</sup> Annual Minority Health Community Fair** in partnership with UH Glenville Wellness Center. TGP has been off to a wonderful start in the city of Cleveland this year to help educate and empower the community. Sydney continues to provide drop-in onsite support at the newly reopened Greater Cleveland Food Bank Community Resource Center, Joseph and Mary's Home, and is creating partnership with various community clinics or centers. This means that Sydney, or other Outreach staff, will be available during scheduled hours to offer education about cancer screening and support to those impacted by cancer. Sydney provided a Self-Care as Prevention session to the ladies of RTA's employee resource group, shared TGP resources over the airwaves with the historic Cleveland radio platform WOJU and led seniors on a guided meditation to teach self-care.

Follow us on social media to see our Outreach team in action and be sure to visit our Community Webpage <https://touchedbycancer.org/tgp-in-cle> to find out where the team will be spreading the TGP mission!

*Peace & Blessings, Sydney Beeman*



**SYDNEY BEEMAN**

MA, NCC, LPC  
Community Program Manager  
beeman@touchedbycancer.org  
216-455-1520

# APRIL PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

PROGRAM LOCATIONS: \*IN-PERSON AND VIRTUAL

BEACHWOOD  
WESTLAKE  
VIRTUAL ONLY

OFFSITE  
WELLNESS CENTER

ADVANCE REGISTRATION REQUIRED.

216-595-9546

TOUCHEDBYCANCER.ORG/CALENDAR



Scan the QR code with your smartphone camera to register for our upcoming programs and events.

MON	TUES	WED	THUR	FRI	SAT
<p><b>1</b></p> <p>11:00AM <b>Zumba Gold*</b> 6:30PM Exercise: Warrior Workout 6:30PM <b>Adults with Cancer Group*</b> 6:30PM <b>Caregiver Group</b> 6:30PM Guided Meditation</p>	<p><b>2</b></p> <p>10:00AM <b>Yoga*</b> 12:00PM <b>Exercise: Circuit Fusion</b> 12:00PM Exercise: Functional Movement 12:00PM YA Lunch &amp; learn 1:00PM Core for More 6:00PM <b>Yoga</b> 6:30PM <b>YA Breast Cancer Group</b></p>	<p><b>3</b></p> <p>11:00AM <b>Chair One Fitness*</b> 12:30PM Balance for Improved Function 5:00PM <b>Aquatics: Therapy Pool</b></p>	<p><b>4</b></p> <p>9:00AM <b>Open Gym</b> 11:00AM <b>Yoga</b> 12:00PM <b>Exercise: Functional Movement</b> 12:00PM Exercise: Body Balance 12:00PM YA Virtual Drop-in 12:00PM <b>Lunch and Learn</b> 6:30PM Exercise: Warrior Workout 6:30PM <b>Sister Circle</b> 6:30PM <b>Adults with Cancer Group</b> 6:30PM <b>Caregiver Group</b></p>	<p><b>5</b></p> <p>11:00AM <b>Chat with the Dietitian*</b> 12:30PM Restorative Motion</p>	<p><b>6</b></p> <p>9:00AM Yoga 10:00AM Qigong-Tai Chi 2:00PM <b>Guardians At TGP</b></p>
<p><b>8</b></p> <p>11:00AM <b>Zumba Gold*</b> 12:30PM Exercise Routine: How To 6:30PM Exercise: Warrior Workout 6:30PM <b>Adults with Cancer Group*</b> 6:30PM <b>Caregiver Group</b> 6:30PM <b>Guided Meditation</b></p>	<p><b>9</b></p> <p>10:00AM <b>Yoga*</b> 12:00PM <b>Exercise: Circuit Fusion</b> 12:00PM Exercise: Functional Movement 1:00PM Core for More 2:00PM <b>Grief Group</b> 6:00PM <b>Yoga</b> 6:30PM <b>Grief Group</b> 7:00PM Teens with Cancer at TGP</p>	<p><b>10</b></p> <p>11:00AM <b>Chair One Fitness*</b> 12:30PM Balance for Improved Function 5:00PM <b>Aquatics: Therapy Pool</b> 6:00PM <b>Cooking During Treatment</b> 6:00PM Radiation Therapy</p>	<p><b>11</b></p> <p>9:00AM <b>Open Gym</b> 11:00AM <b>Yoga</b> 12:00PM <b>Exercise: Functional Movement</b> 12:00PM Exercise: Body Balance 5:15PM <b>Prostate Partner's Partners</b> 5:15PM <b>Prostate Partners Info Session</b> 6:30PM <b>Prostate Partners Group</b> 6:30PM Exercise: Warrior Workout 6:30PM <b>Life After Cancer Group</b> 6:30PM <b>Breast Cancer Group</b> 6:30PM <b>Adults with Cancer Group</b> 6:30PM <b>Caregiver Group</b></p>	<p><b>12</b></p> <p>10:00AM <b>Coffee &amp; Conversation</b> 11:00AM <b>Singing Bowls (Sound Bath)*</b> 12:30PM Restorative Motion</p>	<p><b>13</b></p> <p>9:00AM Yoga 9:30AM <b>Kaleidoscope</b> 9:30AM <b>Kaleidoscope: Parent Group</b> 11:00AM <b>The Kid Spot</b> 10:00AM Qigong-Tai Chi 10:00AM <b>Cooking During Treatment</b> 11:00AM <b>Connections: Siblings</b> 12:00PM <b>Cooking During Treatment</b></p>
<p><b>15</b></p> <p>11:00AM <b>Zumba Gold*</b> 6:30PM Exercise: Warrior Workout 6:30PM <b>Adults with Cancer Group*</b> 6:30PM <b>Caregiver Group</b> 6:30PM <b>Life After Cancer Group</b> 6:30PM Guided Meditation</p>	<p><b>16</b></p> <p>10:00AM <b>Yoga*</b> 12:00PM <b>Exercise: Circuit Fusion</b> 12:00PM Exercise: Functional Movement 1:00PM Core for More 2:00PM <b>Post Mastectomy</b> 6:00PM <b>Yoga</b> 6:00PM LGBTQ+ Virtual Drop-in 6:00PM <b>Metastatic Breast Cancer Group</b> 7:00PM <b>Connections: Parent Group</b></p>	<p><b>17</b></p> <p>11:00AM <b>Chair One Fitness*</b> 11:00AM <b>Grief: When Will It End?</b> 12:00PM Writing For Caregiver Self-Care 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 3:30PM Oral, Head &amp; Neck Cancer Group 5:00PM <b>Aquatics: Therapy Pool</b> 6:00PM Diet &amp; Treatment Side Effects</p>	<p><b>18</b></p> <p>9:00AM <b>Open Gym</b> 11:00AM <b>Yoga</b> 12:00PM <b>Exercise: Functional Movement</b> 12:00PM Exercise: Body Balance 6:30PM Exercise: Warrior Workout 6:30PM <b>Adults with Cancer Group</b> 6:30PM <b>Caregiver Group</b></p>	<p><b>19</b></p> <p>11:00AM <b>Older Adults Group</b> 12:30PM Restorative Motion 1:00PM <b>Aquatic Exercise</b></p>	<p><b>20</b></p> <p>9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM <b>Minority Health Community Fair</b></p>
<p><b>22</b></p> <p>11:00AM <b>Zumba Gold*</b> 6:30PM Exercise: Warrior Workout 6:30PM <b>Adults with Cancer Group*</b> 6:30PM <b>Caregiver Group</b> 6:30PM <b>Guided Meditation</b></p>	<p><b>23</b></p> <p>10:00AM <b>Yoga*</b> 12:00PM <b>Exercise: Circuit Fusion</b> 12:00PM Exercise: Functional Movement 12:00PM Tuesday Talks 1:00PM Core for More 2:00PM <b>Lung Cancer Group</b> 6:00PM <b>Yoga</b> 6:30PM <b>Grief Group</b> 6:30PM <b>Grief Group</b></p>	<p><b>24</b></p> <p>11:00AM <b>Chair One Fitness*</b> 12:30PM Balance for Improved Function 3:30PM Pancreatic Cancer Group 5:00PM <b>Aquatics: Therapy Pool</b> 6:30PM <b>Navigating Updates: Brain Tumor Classification</b></p>	<p><b>25</b></p> <p>9:00AM <b>Open Gym</b> 11:00AM <b>Yoga</b> 12:00PM <b>Exercise: Functional Movement</b> 12:00PM Exercise: Body Balance 2:00PM <b>Post Mastectomy</b> 6:30PM Exercise: Warrior Workout 6:30PM <b>YA Group: Horticulture Therapy</b> 6:30PM <b>Adults with Cancer Group</b> 6:30PM <b>Caregiver Group</b></p>	<p><b>26</b></p> <p>12:30PM Restorative Motion 1:00PM <b>Aquatic Exercise</b></p>	<p><b>27</b></p> <p>9:00AM Yoga 10:00AM Qigong-Tai Chi</p>
<p><b>29</b></p> <p>11:00AM <b>Zumba Gold*</b> 6:30PM Exercise: Warrior Workout 6:30PM <b>Adults with Cancer Group*</b> 6:30PM <b>Caregiver Group</b></p>	<p><b>30</b></p> <p>10:00AM <b>Yoga*</b> 12:00PM <b>Exercise: Circuit Fusion</b> 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:00PM <b>Yoga</b> 6:00PM <b>Nature Collage</b></p>				



# MAY

## PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

PROGRAM LOCATIONS: \*IN-PERSON AND VIRTUAL

BEACHWOOD  
WESTLAKE  
VIRTUAL ONLY

OFFSITE  
WELLNESS CENTER

ADVANCE REGISTRATION REQUIRED.

216-595-9546

TOUCHEDBYCANCER.ORG/CALENDAR



Scan the QR code with your smartphone camera to register for our upcoming programs and events.

MON	TUES	WED	THUR	FRI	SAT
		<p><b>1</b></p> <p>11:00AM <b>Chair One Fitness*</b></p> <p>12:30PM Balance for Improved Function</p> <p>5:00PM <b>Aquatics: Therapy Pool</b></p> <p>6:00PM <b>Supportive Oncology &amp; Palliative Care: Dispelling Myths</b></p> <p>6:30PM <b>Circle Weaving</b></p>	<p><b>2</b></p> <p>9:00AM <b>Open Gym</b></p> <p>11:00AM <b>Yoga</b></p> <p>12:00PM <b>Exercise: Functional Movement</b></p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM YA Virtual Drop-in</p> <p>12:00PM <b>Lunch and Learn</b></p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM <b>Sister Circle</b></p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p>	<p><b>3</b></p> <p>11:00AM <b>Chat with the Dietitian*</b></p> <p>12:30PM Restorative Motion</p> <p>1:00PM <b>Aquatic Exercise</b></p>	<p><b>4</b></p> <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p>
<p><b>6</b></p> <p>11:00AM <b>Zumba Gold*</b></p> <p>5:30PM <b>Myeloma Group*</b></p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM <b>Adults with Cancer Group*</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM <b>Guided Meditation</b></p>	<p><b>7</b></p> <p>10:00AM <b>Yoga*</b></p> <p>11:30AM <b>Beginners Paint Party</b></p> <p>12:00PM <b>Exercise: Circuit Fusion</b></p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>6:00PM <b>Yoga</b></p> <p>6:30PM <b>YA Breast Cancer Group</b></p>	<p><b>8</b></p> <p>11:00AM <b>Chair One Fitness*</b></p> <p>12:30PM Balance for Improved Function</p> <p>6:00PM <b>Eating Right for Exercise</b></p>	<p><b>9</b></p> <p>9:00AM <b>Open Gym</b></p> <p>11:00AM <b>Yoga</b></p> <p>12:00PM <b>Exercise: Functional Movement</b></p> <p>12:00PM Exercise: Body Balance</p> <p>5:15PM <b>Prostate Partner's Partners</b></p> <p>5:15PM <b>Prostate Partners Info Session</b></p> <p>6:30PM <b>Prostate Partners Group</b></p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM <b>Life After Cancer Group</b></p> <p>6:30PM <b>Breast Cancer Group</b></p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p>	<p><b>10</b></p> <p>10:00AM <b>Coffee &amp; Conversation</b></p> <p>11:00AM <b>Singing Bowls (Sound Bath)*</b></p> <p>12:30PM Restorative Motion</p> <p>1:00PM <b>Aquatic Exercise</b></p> <p>5:00PM <b>Date Night</b></p>	<p><b>11</b></p> <p>9:00AM Yoga</p> <p>9:30AM <b>Kaleidoscope</b></p> <p>9:30AM <b>Kaleidoscope: Parent Group</b></p> <p>10:00AM Qigong-Tai Chi</p> <p>10:00AM <b>Eating Right for Exercise</b></p> <p>11:00AM <b>The Kid Spot</b></p> <p>11:00AM <b>Connections: Helping Hands*</b></p> <p>12:00PM <b>Eating Right for Exercise</b></p>
<p><b>13</b></p> <p>11:00AM <b>Zumba Gold*</b></p> <p>2:30PM <b>Physical Therapy Screening</b></p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM <b>Adults with Cancer Group*</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM <b>Guided Meditation</b></p>	<p><b>14</b></p> <p>10:00AM <b>Yoga*</b></p> <p>12:00PM <b>Exercise: Circuit Fusion</b></p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>2:00PM <b>Grief Group</b></p> <p>5:15PM <b>Prostate Partners Info Session*</b></p> <p>6:30PM <b>Prostate Partners Group*</b></p> <p>6:00PM <b>Yoga</b></p> <p>6:30PM <b>Grief Group</b></p> <p>7:00PM <b>Teens with Cancer at TGP</b></p>	<p><b>15</b></p> <p>11:00AM <b>Chair One Fitness*</b></p> <p>11:00AM <b>Grief: When Will It End?</b></p> <p>12:30PM Balance for Improved Function</p> <p>2:00PM Ovarian Cancer Group</p> <p>3:30PM Oral, Head &amp; Neck Cancer Group</p> <p>6:00PM <b>Hike &amp; Snack</b></p>	<p><b>16</b></p> <p>9:00AM <b>Open Gym</b></p> <p>11:00AM <b>Yoga</b></p> <p>12:00PM <b>Exercise: Functional Movement</b></p> <p>12:00PM Exercise: Body Balance</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p>	<p><b>17</b></p> <p>10:00AM <b>If Cancer Could Talk</b></p> <p>11:00AM <b>Older Adults Group</b></p> <p>12:30PM Restorative Motion</p> <p>1:00PM <b>Aquatic Exercise</b></p> <p>1:00PM <b>Balance Screening</b></p>	<p><b>18</b></p> <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p>
<p><b>20</b></p> <p>11:00AM <b>Zumba Gold*</b></p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM <b>Adults with Cancer Group*</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM <b>Life After Cancer Group</b></p> <p>6:30PM <b>Guided Meditation</b></p>	<p><b>21</b></p> <p>10:00AM <b>Yoga*</b></p> <p>12:00PM <b>Exercise: Circuit Fusion</b></p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>6:00PM <b>Yoga</b></p> <p>6:00PM LGBTQ+ Virtual Drop-in</p> <p>6:00PM <b>Metastatic Breast Cancer Group</b></p> <p>7:00PM <b>Connections: Parent Group</b></p>	<p><b>22</b></p> <p>11:00AM <b>Chair One Fitness*</b></p> <p>12:30PM Balance for Improved Function</p> <p>3:30PM <b>Pancreatic Cancer Group</b></p> <p>6:30PM <b>Circle Weaving</b></p>	<p><b>23</b></p> <p>9:00AM <b>Open Gym</b></p> <p>11:00AM <b>Yoga</b></p> <p>12:00PM <b>Exercise: Functional Movement</b></p> <p>12:00PM Exercise: Body Balance</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM <b>YA Group: Cooking Class</b></p> <p>6:30PM <b>Integrative Oncology</b></p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p>	<p><b>24</b></p> <p>12:30PM Restorative Motion</p>	<p><b>25</b></p> <p>Closed for Memorial Day</p>
<p><b>27</b></p> <p>Closed for Memorial Day</p>	<p><b>28</b></p> <p>10:00AM <b>Yoga*</b></p> <p>12:00PM <b>Exercise: Circuit Fusion</b></p> <p>12:00PM <b>Tuesday Talks</b></p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>2:00PM <b>Lung Cancer Group</b></p> <p>6:00PM <b>Yoga</b></p> <p>6:30PM <b>Grief Group</b></p> <p>6:30PM <b>Grief Group</b></p>	<p><b>29</b></p> <p>11:00AM <b>Chair One Fitness*</b></p> <p>12:30PM Balance for Improved Function</p> <p>6:00PM <b>Drum Circle</b></p>	<p><b>30</b></p> <p>9:00AM <b>Open Gym</b></p> <p>11:00AM <b>Yoga</b></p> <p>12:00PM <b>Exercise: Functional Movement</b></p> <p>12:00PM Exercise: Body Balance</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p>	<p><b>31</b></p> <p>10:00AM <b>If Cancer Could Talk</b></p> <p>12:30PM Restorative Motion</p>	

# JUNE PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

PROGRAM LOCATIONS: \*IN-PERSON AND VIRTUAL

BEACHWOOD  
WESTLAKE  
VIRTUAL ONLY

OFFSITE  
WELLNESS CENTER


ADVANCE REGISTRATION REQUIRED.

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Scan the QR code with your smartphone camera to register for our upcoming programs and events.

MON	TUES	WED	THUR	FRI	SAT
 <p><b>RACE FOR THE PLACE</b> SUN, JUNE 2ND BEACHWOOD PLACE MALL</p>					<p>9:00AM Yoga 10:00AM Qigong-Tai Chi</p>
<p>11:00AM Zumba Gold* 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Guided Meditation</p>	<p>10:00AM Yoga* 11:30AM Beginners Paint Party 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:00PM Yoga 6:00PM Horticulture Therapy 6:30PM YA Breast Cancer Group</p>	<p>11:00AM Chair One Fitness* 12:30PM Balance for Improved Function 3:00PM Cancer Survivorship Diet 6:00PM Cancer Survivorship Diet 6:00PM Nature Collage</p>	<p>9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise: Functional Movement 12:00PM Exercise: Body Balance 12:00PM YA Virtual Drop-in 12:00PM Lunch and Learn 6:00PM Horticulture Therapy 6:30PM Exercise: Warrior Workout 6:30PM Sister Circle 6:30PM Adults with Cancer Group 6:30PM Caregiver Group</p>	<p>11:00AM Singing Bowls (Sound Bath)* 11:00AM Chat with the Dietitian* 12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p>9:00AM Yoga 9:30AM Kaleidoscope 9:30AM Kaleidoscope: Parent Group 10:00AM Qigong-Tai Chi 10:30AM Cancer Survivorship Diet 11:00AM Connections: Coping Skills* 11:00AM The Kid Spot</p>
<p>11:00AM Zumba Gold* 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Guided Meditation</p>	<p>10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 2:00PM Grief Group 6:00PM Yoga 6:30PM Grief Group 7:00PM Teens with Cancer at TGP</p>	<p>11:00AM Chair One Fitness* 12:30PM Balance for Improved Function 6:30PM Virtual Reading Room</p>	<p>9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise: Functional Movement 12:00PM Exercise: Body Balance 5:15PM Prostate Partner's Partners 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group 6:30PM Exercise: Warrior Workout 6:30PM Life After Cancer Group 6:30PM Breast Cancer Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group</p>	<p>10:00AM Coffee &amp; Conversation 12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p>9:00AM Yoga 10:00AM Qigong-Tai Chi 11:00AM Improve Anxiety &amp; Insomnia</p>
<p>9:00AM Animal Camp 11:00AM Zumba Gold* 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Life After Cancer Group 6:30PM Guided Meditation</p>	<p>9:00AM Animal Camp 10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:00PM Yoga 6:00PM LGBTQ+ Virtual Drop-in 6:00PM Metastatic Breast Cancer Group 7:00PM Connections: Parent Group</p>	<p>9:00AM Animal Camp</p> <p>Offices Closed for Juneteenth</p>	<p>9:00AM Animal Camp 9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise: Functional Movement 12:00PM Exercise: Body Balance 12:00PM Breast Cancer Program 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group 6:30PM Caregiver Group</p>	<p>9:00AM Animal Camp 11:00AM Older Adults Group 12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p>9:00AM Yoga 10:00AM Qigong-Tai Chi</p>
<p>11:00AM Zumba Gold* 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Guided Meditation</p>	<p>10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 12:00PM Tuesday Talks 1:00PM Core for More 2:00PM Lung Cancer Group 6:00PM Yoga 6:30PM Grief Group 6:30PM Grief Group</p>	<p>11:00AM Chair One Fitness* 11:00AM Grief: When Will It End? 12:30PM Balance for Improved Function 3:30PM Pancreatic Cancer Group</p>	<p>9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise: Functional Movement 12:00PM Exercise: Body Balance 6:30PM Exercise: Warrior Workout 6:30PM YA Group: Labyrinth 6:30PM Adults with Cancer Group 6:30PM Caregiver Group</p>	<p>12:00PM Legal Clinic 12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p>9:00AM Yoga 10:00AM Qigong-Tai Chi</p>



# SUNDAY, JUNE 2, 2024

## BEACHWOOD PLACE MALL RACEFORTHEPLACE.ORG



The people who race for the place are our *community of champions.*

They participate in race for the place & raise funds to keep TGP's programs **free of charge.**

The best way to participate in race for the place is to form a team.

Whether small or large, teams help us raise more than \$350,000 each year.

Visit [racefortheplace.org](https://racefortheplace.org) to start your team, join a team or make a donation.



- 7:30AM Registration Opens
- 8:00AM Celebration Village Opens (fun for the entire family)
- 8:45AM Cancer Survivor Ceremony
- 9:00AM 5K and 1 Mile Walk/Run Begins
- 10:30AM Awards Ceremony

## THANK YOU TO OUR SPONSORS

### GOLD SPONSORS



### BRONZE SPONSORS





# THE GATHERING PLACE

The Arnold & Sydell Miller Family Campus  
23300 Commerce Park,  
Beachwood, Ohio 44122

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Cleveland, OH  
Permit #769

INSIDE!

PROGRAM GUIDE

*Spring Edition*

APRIL • MAY • JUNE

## WAYS TO *give.*

Our mission at The Gathering Place is to support, educate and empower individuals and families currently coping with the impact of cancer in their lives through programs and services. One of the things that sets The Gathering Place apart is that everything we offer is completely free of charge, thanks to the generous support of our donors. You can ensure that others are able to have this invaluable resource on their journey by making a gift today.

Find out more at [touchedbycancer.org/donate](http://touchedbycancer.org/donate).



## WAYS TO CONNECT

216-595-9546  
[touchedbycancer.org](http://touchedbycancer.org)



### TGP EAST

The Arnold & Sydell Miller Family Campus  
23300 Commerce Park  
Beachwood, Ohio 44122

### TGP WEST

The Sandy Borrelli Center  
25425 Center Ridge Road  
Westlake, Ohio 44145