



Virtual Integrative Therapy Program



September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Easy Chair Yoga 2:00pm-3:00pm	2 Yoga 10:00am-11:00am Energize with Exercise 5:00pm-6:00pm	3
6 Happy Labor Day Family Yoga 7:30pm-8:15pm	7 Tai Chi 10:00am-11:00am Budgeting Tips 2:00pm-2:30pm GYN Support Group 5:00pm-6:00pm	8 Easy Chair Yoga Canceled	9 Yoga 10:00am-11:00am	10
13 Sit, Stand, Stabilize 10:00am-10:30am Breast Support Group 5:00pm-6:00pm	14 Tai Chi 10:00am-11:00am	15 Easy Chair Yoga 2:00pm-3:00pm	16 Yoga 10:00am-11:00am	17
20 Latino Support Group 5:30pm-7:30pm	21 Tai Chi 10:00am-11:00am Payment Management 2:00pm-2:30pm	22 Easy Chair Yoga 2:00pm-3:00pm	23 Yoga 10:00am-11:00am Meditation 12:00pm-12:30pm	24
27 Sit, Stand, Stabilize 10:00am-10:30am	28 Tai Chi 10:00am-11:00am	29 Easy Chair Yoga 2:00pm-3:00pm Stop Tobacco 6:00pm-7:00pm	30 Yoga 10:00am-11:00am Women of Color Support Group 5:30pm-6:30pm	

SEPTEMBER IS GYNECOLOGICAL CANCER AWARENESS MONTH

Gynecologic cancer consists of cervical cancers, to include: ovarian cancer, uterine cancer, endometrial cancer, vaginal cancer, and vulvar cancer. There are different risk factors for each of the cancers, including hereditary. The goal of this month is to reach more people and spread awareness of these diagnoses, including knowledge of symptoms, risk factors, early detection. Every 5 minutes, someone will be diagnosed with one of the gynecologic cancers and over 33,000 women will die from a gynecologic cancer this year. Screenings, knowing the symptoms of each cancer, and paying attention to your body and taking note of when something is "off" are critical.

BE OVARY AWARE 5K RUN/3K WALK

Join our team for the 13th Annual Be Ovary Aware 5k Run 3K Walk on September 19th, 2021, at America the Beautiful Park. There is also a virtual event option available. Help raise awareness and funds for ovarian cancer and support Colorado women with gynecologic cancer. Sue's Gift provides support through their financial assistance and Woman to Woman program. Over 90% of Sue's Gift assistance stays right here within in El Paso County community.

Our team name is: **Ova-Achievers: St Francis-Penrose Cancer Center**

Click here: <https://raceroster.com/events/2021/49065/13th-annual-be-ovary-aware-5k-run-3k-walk> to register.

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Course Descriptions

Tai Chi: Every Tuesday, from 10:00am-11:00am: Requires a Consent

A series of gentle stretches and exercises to calm the mind. Each movement will be rhythmic to the next ensuring a sense of peace and grounding.

Easy Chair Yoga: Every Wed., from 2:00pm-3:00pm: Requires a Consent

Participants will benefit from relaxation techniques including breathing exercises and easy yoga poses designed to increase strength, flexibility, and balance. For women only.

Yoga: Every Thursday, from 10:00am-11:00am: Requires a Consent

Focusing on alignment, balance, breathing and stretching. Poses will connect to your breath and will be modified as needed to students' level of experience.

Family Yoga: 1st Mon. of Every Month from 7:30pm-8:15pm: Requires a Consent

Cancer impacts the entire family, and healing is important for everyone. Join us for a family yoga session where patients and their loved ones can enjoy healing, connection and support together. Children participation is welcomed and encouraged. Requires a consent to participate.

Survivorship Sit, Stand, Stabilize: 2nd & 4th Monday, from 10:00am-10:30am

Focus on muscle movement and joint stabilization to promote overall physical and mental wellbeing for survivors and their caregivers. What you'll need: Chair, hand towel, water bottle. Requires a consent to participate.

Budgeting & Payment MGMT.: 7th & 21st Tuesday(s), from 2:00pm-2:30pm

Join Darlene as she shares valuable information and tips on saving for the things that are important to you and payment management tips for when unexpected things happen in life.

Energize with Exercise: Thursday, Sept. 2nd from 5:00pm-6:00pm

Learn the benefits of exercise and the power it holds to take back control of your physical and mental health after a cancer diagnosis and treatment.

Meditation: Thursday, Sept. 23rd from 12:00pm-12:30pm

Focuses on being present in the moment, living intentionally and utilizing calming strategies to reduce the impact of stress.

Stop Tobacco: Wednesday, Sept. 29th from 6:00pm-7:00pm

Smoking leads to disease and disability and harms nearly every organ system of the body. It is the leading cause of preventable death. It's never too late to quit smoking. Quitting smoking now improves your health and reduces your risk of chronic disease. Learn tips to help you quit smoking

Women of Color Support Group: Thurs., Sept. 30th from 5:30pm-6:30pm

For more information, please contact Cheryl Turonis at 719.776.5548

Latino Cancer Support Group: Monday, Sept. 20th from 5:30pm-7:30pm

3er Lunes de cada mes. Para más información por favor contacte a:
Cecilia Belardi Thompson (719) 776-5549.

****Breast Cancer Support Group: 2nd Monday of Each Month 5:00pm-6:00pm**

For more information, please contact: Tanya Portee at (719) 776-5878.

****GYN Cancer Support Group: 1st Tuesday of Each Month 5:00pm-6:00pm**

For more information, please contact: Taylor Hearrell Schulz at (719) 776-5884.

****Caregiver Corner: 3rd Wednesday of Each Month 4:30pm-5:30pm**

For more information, please contact: Tanya Portee at (719) 776-5878.

*****Please note the above 3 support groups have a different Zoom link than the one listed provided in the email body, for login information please email: pccintegrativetherapy@centura.org*****

Counseling

Counseling with an oncology social worker is available at no charge for patients and/or caregivers seen at our cancer centers. Please contact Tanya Portee, LCSW at (719) 776-5878 or Taylor Hearrell Schulz, LSW at (719) 776-5884 for an appointment.

Spiritual Care

The Spiritual Care Department serves the spiritual and emotional needs of cancer patients and families of all faith traditions. Contact one of our chaplains through the Cancer Center staff or by calling (719) 776-5660.

Resource Center

Free wigs and hats for patients are provided by Penrose Hospital. Please call (719) 776-5878 to make an appointment and/or to verify hours of operation.