

February PROGRAMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <input checked="" type="checkbox"/> QiGong - NEW Week 4 11:00 AM	2 <input type="checkbox"/> Stretch and Tone 11:00 AM <input type="checkbox"/> Welcome Meeting 12:00 PM <input type="checkbox"/> Common Threads: Fun With Fabric NEW - 1:30 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input checked="" type="checkbox"/> Family Support Grp 6:30 PM	3 <input checked="" type="checkbox"/> Mindfulness Meditation I Week 5 10:00 AM <input checked="" type="checkbox"/> Yoga Nidra 12:30 PM	4 <input type="checkbox"/> Yoga 9:00 AM <input type="checkbox"/> Couples Support Group 10:15 AM <input checked="" type="checkbox"/> Kids Grief Week 3 10:15 AM
5 <input checked="" type="checkbox"/> Mindfulness Meditation I Week 5 - NEW 9:30 AM	6 <input type="checkbox"/> StretchOut & Walk 9:30 AM <input type="checkbox"/> Strength and Tone 11:00 AM <input type="checkbox"/> QiGong 6:00 PM <input type="checkbox"/> Breast Cancer Group 7:00 PM <input checked="" type="checkbox"/> SPEAKER! 7:00 PM Maureen McBeth, MPT, CLT-LANA	7 <input type="checkbox"/> Yoga 10:45 AM <input type="checkbox"/> Meditations 12:00 PM <input checked="" type="checkbox"/> Family Support Grp 1:00 PM <input checked="" type="checkbox"/> Participant Group 1:00 PM <input type="checkbox"/> Yoga 6:00 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input type="checkbox"/> Welcome Meeting 7:00 PM <input checked="" type="checkbox"/> Adult Bereavement Group 7:00 PM	8 <input checked="" type="checkbox"/> QiGong - NEW Week 5 11:00 AM	9 <input type="checkbox"/> Stretch and Tone 11:00 AM <input type="checkbox"/> Welcome Meeting 12:00 PM <input checked="" type="checkbox"/> Valentine's Tea 12:30 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input checked="" type="checkbox"/> Family Support Grp 6:30 PM <input type="checkbox"/> Ovarian Cancer Grp 7:30 PM	10 NO MINDFULNESS MEDITATION <input checked="" type="checkbox"/> Balance and Strengthening through Gentle Movement NEW - 1:00 PM	11 <input type="checkbox"/> Yoga 9:00 AM <input checked="" type="checkbox"/> Kids Grief Week 4 10:15 AM CONCERT FOR HOPE 7:00 PM Doors Open at 6:00 PM
12 <input checked="" type="checkbox"/> Mindfulness Meditation I Week 6 - NEW 9:30 AM	13 <input type="checkbox"/> StretchOut & Walk 9:30 AM <input type="checkbox"/> Strength and Tone 11:00 AM <input checked="" type="checkbox"/> Look Good... Feel Better 12:30 PM <input type="checkbox"/> Metastatic Breast Cancer Group 1:00 PM <input type="checkbox"/> QiGong 6:00 PM	14 <input type="checkbox"/> Yoga 10:45 AM <input type="checkbox"/> Meditations 12:00 PM <input checked="" type="checkbox"/> Family Support Grp 1:00 PM <input checked="" type="checkbox"/> Participant Group 1:00 PM <input type="checkbox"/> Yoga 6:00 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input type="checkbox"/> Welcome Meeting 7:00 PM	15 <input checked="" type="checkbox"/> QiGong - NEW Week 6 11:00 AM	16 <input type="checkbox"/> Stretch and Tone 11:00 AM <input type="checkbox"/> Welcome Meeting 12:00 PM <input checked="" type="checkbox"/> PROJECT 10 1:30 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input checked="" type="checkbox"/> Family Support Grp 6:30 PM	17 <input checked="" type="checkbox"/> Mindfulness Meditation I Week 6 10:00 AM <input checked="" type="checkbox"/> Yoga Nidra 12:30 PM	18 <input type="checkbox"/> Yoga 9:00 AM <input type="checkbox"/> Couples Support Group 10:15 AM <input checked="" type="checkbox"/> Kids Grief Week 5 10:15 AM
19 <input checked="" type="checkbox"/> Mindfulness Meditation I Week 7 - NEW 9:30 AM	20 HOPEWELL CLOSED DAYTIME PRESIDENTS DAY HOLIDAY Evening Schedule is as follows: <input type="checkbox"/> QiGong 6:00 PM <input type="checkbox"/> Breast Cancer Group 7:00 PM <input type="checkbox"/> Prostate Group 7:00 PM	21 <input type="checkbox"/> Yoga 10:45 AM <input type="checkbox"/> Meditations 12:00 PM <input checked="" type="checkbox"/> Family Support Grp 1:00 PM <input checked="" type="checkbox"/> Participant Group 1:00 PM <input type="checkbox"/> Yoga 6:00 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input type="checkbox"/> Welcome Meeting 7:00 PM <input checked="" type="checkbox"/> Adult Bereavement Group 7:00 PM	22 <input checked="" type="checkbox"/> Kids Circle Orientation 6:00 PM	23 <input type="checkbox"/> Stretch and Tone 11:00 AM <input type="checkbox"/> Welcome Meeting 12:00 PM <input type="checkbox"/> Needlecrafters 12:30 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input checked="" type="checkbox"/> Family Support Grp 6:30 PM <input type="checkbox"/> Ovarian Cancer Grp 7:30 PM	24 <input checked="" type="checkbox"/> Mindfulness Meditation I Week 7 10:00 AM <input checked="" type="checkbox"/> Balance and Strengthening through Gentle Movement NEW - 1:00 PM	25 <input type="checkbox"/> Yoga 9:00 AM <input checked="" type="checkbox"/> Kids Grief Week 6 10:15 AM
26 <input checked="" type="checkbox"/> Mindfulness Meditation I Week 8 - NEW 9:30 AM	27 <input type="checkbox"/> StretchOut & Walk 9:30 AM <input type="checkbox"/> Strength and Tone 11:00 AM <input type="checkbox"/> Metastatic Breast Grp 1:00 PM <input type="checkbox"/> QiGong 6:00 PM <input type="checkbox"/> Brain Tumor Group 7:00 PM <input type="checkbox"/> Leukemia, Lymphoma and Myeloma Group 7:00 PM <input type="checkbox"/> Lung Cancer Group 7:00 PM <input checked="" type="checkbox"/> SPEAKERS! 7:00 PM Jeannette Linder, MD Nikhilesh M. Korgaonkar, MD Roberto Martinez, MD	28 <input type="checkbox"/> Yoga 10:45 AM <input type="checkbox"/> Meditations 12:00 PM <input checked="" type="checkbox"/> Family Support Grp 1:00 PM <input checked="" type="checkbox"/> Participant Group 1:00 PM <input type="checkbox"/> Yoga 6:00 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input type="checkbox"/> Welcome Meeting 7:00 PM	29 <input checked="" type="checkbox"/> QiGong - NEW Week 1 11:00 AM <input checked="" type="checkbox"/> Kids Circle - Week 1 6:30 PM <input checked="" type="checkbox"/> SPEAKER! 7:00 PM Janet Hanson, NP	<input checked="" type="checkbox"/> PRE-REGISTRATION OR RSVP REQUIRED Programs marked with this symbol require pre-registration or RSVP. Please contact us. <input type="checkbox"/> OPEN PROGRAMS are offered on a drop-in basis, so feel free to stop in when you can. No RSVP or pre-registration is required.		

Be sure to check out our website for more information on upcoming programs and HopeWell community events.

February HIGHLIGHTS

Common Threads: Fun With Fabric and Other Materials

Thursday, February 2 NEW - 1:30 - 3:00 PM

Come together with Allison Bachmann, instructor and Ava Barron-Shasho, LCSW-C, facilitator, to create projects using fabric and other materials. Each month we will feature a new project. This month we will be making 'Eye Pods'--Lavender eye pillows for anytime you want to relax. Makes a nice Valentine gift, even for yourself. Learn, be inspired and enjoy! Group support can make a difference. No experience needed. RSVP.

Lymphedema, Exercise and Wellness

Speaker: Maureen McBeth, MPT, CLT-LANA
Monday, February 6 7:00 - 8:30 PM

Get the most up to date information regarding early detection and treatment of lymphedema and advances in treatment for those already diagnosed. Plus, learn about the state of the science in cancer care rehabilitation and the importance of exercise and wellness practices. Join Maureen McBeth, Program Manager for Cancer Care at the Center for Restorative Therapies at Weinberg, Mercy Medical Center, to understand this condition and how to manage it to enhance quality of life. RSVP.

Valentine's Day Tea

Thursday, February 9 12:30 - 2:00 PM

Join your friends at HopeWell for our annual celebration of cupid. Our tea will include pastries, savories and sweet nothings. After the goodies, we'll share passages that are special to each of us and listen to the favorites of friends in our community. Remember to bring a poem, quote, or book to share. Please RSVP.

Balance and Strengthening Through Gentle Movement

Fridays, February 10 and 24 1:00 - 2:15 PM

People going through cancer treatments may experience a loss of balance and muscle strength. Join us for a fun workout (mostly seated) which combines yoga, tai chi, weight training and resistance bands. Increase your strength, flexibility, and tone up core muscles to improve balance. Then relax with breathing exercises, self massage and a guided meditation. Kathy Reid is a yoga and Tai Chi instructor who has combined her lifelong studies of health and wellness into a program that is filled with fun and compassion. RSVP.

Concert For Hope Six-A Benefit For HopeWell

Saturday, February 11 7:00 PM - 2:00 AM

Concert for Hope is scheduled for February 11 at the Historic Recher Theatre in Towson. Buy your tickets today at missiontix.com or by calling HopeWell at (410) 832-2719!

Look Good. . . Feel Better

Monday February 13 12:30 - 2:00 PM

Look Good . . . Feel Better is a free, brand-neutral, national program created to help individuals look good, improve their self-esteem and manage their treatment and recovery with greater confidence. HopeWell offers this program in cooperation with the American Cancer Society. Please RSVP.

Kids Circle Six Week Series

Orientation:
Wednesday, February 22 6:00 - 7:00 PM

Series Begins:
Wednesday, February 29 6:30 - 8:00 PM

This six-week program is for children (ages of 5 through 12) and teens (ages 13 through 18) who have a parent, grandparent, close relative, or family friend living with cancer. Children and teens follow a curriculum of activities, discussion, crafts, and other age appropriate activities to support family attachments, diminish false attributions and myths associated with cancer, bolster self-competency, and increase knowledge. Emphasis is also on coping with change, identifying feelings, developing new coping skills, and boosting self-esteem. Pre-registration is required.

Lung Cancer: A Session with a Panel of Thoracic Oncology Experts

Monday, February 27 7:00 - 8:30 PM

House Calls Speakers: Jeanette Linder, MD, Nikhilesh M.Korgaonkar, MD, Roberto Martinez, MD

Treatment for lung cancer often draws on various medical specialties including surgical, medical and radiation therapies. This evening you will have the opportunity to hear from and ask questions of experts in all three areas. Physicians from the Multidisciplinary Thoracic Oncology Clinic Team at the Alvin and Lois Lapidus Cancer Institute at Sinai Hospital will share state-of-the-art options for treatment of lung cancer, side effects of each treatment, current research and what's out on the horizon. Our informal panel will include Dr. Jeanette Linder, Chief of Radiation Oncology, Dr. Nikhilesh Korgaonkar, Chief of Thoracic Surgery and Dr. Roberto Martinez, Medical Oncologist/Hematologist. Please RSVP.

New Six-Week Qigong Series,

Wednesdays, February 29 - April 4
11:00 AM - 12:00 PM

Instructor: Pamela Tanton,

Certified Sheng Zhen Qigong Instructor

Qigong movements stimulate the flow of energy, energizing and at the same time relaxing our bodies. Qigong is an ancient Chinese moving meditation. It is also called an internal healing art. A regular qigong practice can improve circulation, lower blood pressure, create better balance, and enhance well-being, just to name a few benefits. In this 6-week session, Pamela Tanton, a certified qigong instructor, will teach seated and standing qigong movements that are gentle to the body but that also build strength. Join us to experience the benefits of this practice. This class is for beginners and those with experience as it will include a review plus new movements. RSVP.

Cancer & Sleep Disturbances: What You Should Know, What You Can Do

Wednesday, February 29 7:00 - 8:30 PM

Speaker: Janet Hanson, NP

It is not uncommon for people living with cancer to experience sleep problems. Our speaker, Janet Hanson, Nurse Practitioner, is affiliated with the University of Maryland Sleep Disorder Center. She also has a wealth of experience having worked in oncology at the University of Maryland Greenebaum Cancer Center. Please join her to learn what the research tells us about the connection between cancer and sleep disturbances. She will also share strategies for managing and even improving your sleep. Questions are welcome. Please RSVP.

hopewellcancersupport.org

PHONE 410.832.2719 ADDRESS 10628 Falls Road, Lutherville, MD 21093

2012