

# March PROGRAMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>STARTING MARCH 7: Sunday Mindfulness Meditation!</b></p>	<p><b>1</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Strength and Tone 11:00 AM</li> <li><input type="radio"/> QiGong 6:00 PM</li> <li><input type="radio"/> Breast Cancer Group 7:00 PM</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Yoga 10:45 AM</li> <li><input type="radio"/> Meditations 12:00 PM</li> <li><input checked="" type="checkbox"/> Family Support Grp 1:00 PM</li> <li><input checked="" type="checkbox"/> Participant Group 1:00 PM</li> <li><input checked="" type="checkbox"/> Participant Group 6:30 PM</li> <li><input type="radio"/> Welcome Meeting 7:00 PM</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Yoga 6:00 PM</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Stretch &amp; Tone 11:00 AM</li> <li><input type="radio"/> Welcome Meeting 12:00 PM</li> <li><input type="radio"/> The Art of Quilting 1:30 PM</li> <li><input type="radio"/> Kids Grief Orientation 6:00 PM</li> <li><input checked="" type="checkbox"/> Participant Group 6:30 PM</li> <li><input checked="" type="checkbox"/> Family Support Grp 6:30 PM</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Mindfulness Meditation I: Week 1 10:00 AM</li> <li><input checked="" type="checkbox"/> Mindfulness Meditation II 12:30 PM</li> <li><input type="radio"/> Yoga Nidra 1:30 PM</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Yoga 9:00 AM</li> <li><input type="radio"/> Kids/Teens/Family Circle Week 4 10:00 AM</li> <li><input type="radio"/> Couples Support Group 10:15 AM</li> </ul>	
<p><b>7</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Mindfulness Meditation I: Week 1 6:30–8:30 PM</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Strength and Tone 11:00 AM</li> <li><input type="radio"/> QiGong 6:00 PM</li> <li><input type="radio"/> Metastatic Breast Cancer Group 7:00 PM</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Yoga 10:45 AM</li> <li><input type="radio"/> Meditations 12:00 PM</li> <li><input checked="" type="checkbox"/> Family Support Grp 1:00 PM</li> <li><input checked="" type="checkbox"/> Participant Group 1:00 PM</li> <li><input checked="" type="checkbox"/> Participant Group 6:30 PM</li> <li><input type="radio"/> Welcome Meeting 7:00 PM</li> <li><input type="radio"/> SPEAKER! Julie Waldfogel, PharmD 7:00 PM</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Yoga 6:00 PM</li> <li><input checked="" type="checkbox"/> Kids Grief Week 1 6:30 PM</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Stretch &amp; Tone 11:00 AM</li> <li><input type="radio"/> Welcome Meeting 12:00 PM</li> <li><input checked="" type="checkbox"/> Project 10 1:30 PM</li> <li><input checked="" type="checkbox"/> Participant Group 6:30 PM</li> <li><input checked="" type="checkbox"/> Family Support Grp 6:30 PM</li> <li><input type="radio"/> Ovarian Cancer Grp 7:30 PM</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Mindfulness Meditation I: Week 2 10:00 AM</li> <li><input checked="" type="checkbox"/> Mindfulness Meditation II 12:30 PM</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Yoga 9:00 AM</li> <li><input type="radio"/> Kids/Teens/Family Circle Week 5 10:00 AM</li> </ul>	
<p><b>14</b></p> <p><b>NO Mindfulness Meditation!</b></p>	<p><b>15</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Strength and Tone 11:00 AM</li> <li><input type="radio"/> QiGong 6:00 PM</li> <li><input type="radio"/> Breast Tumor Group 7:00 PM</li> <li><input type="radio"/> SPEAKER! Lisa K. Jacobs, MD</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Prostate Cancer Grp 10:30 PM</li> <li><input type="radio"/> Yoga 10:45 AM</li> <li><input type="radio"/> Meditations 12:00 PM</li> <li><input checked="" type="checkbox"/> Family Support Grp 1:00 PM</li> <li><input checked="" type="checkbox"/> Participant Group 1:00 PM</li> <li><input checked="" type="checkbox"/> Participant Group 6:30 PM</li> <li><input type="radio"/> Welcome Meeting 7:00 PM</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Yoga 6:00 PM</li> <li><input checked="" type="checkbox"/> Kids Grief Week 2 6:30 PM</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Stretch &amp; Tone 11:00 AM</li> <li><input type="radio"/> Welcome Meeting 12:00 PM</li> <li><input checked="" type="checkbox"/> Participant Group 6:30 PM</li> <li><input checked="" type="checkbox"/> Family Support Grp 6:30 PM</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Professional Orientation Coffee 9:00 AM</li> <li><input checked="" type="checkbox"/> Mindfulness Meditation I: Week 3 10:00 AM</li> <li><input checked="" type="checkbox"/> Mindfulness Meditation II 12:30 PM</li> <li><input type="radio"/> Yoga Nidra 1:30 PM</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Yoga 9:00 AM</li> <li><input type="radio"/> Kids/Teens/Family Circle Week 6 10:00 AM</li> <li><input type="radio"/> Couples Support Group 10:15 AM</li> </ul>	
<p><b>21</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Mindfulness Meditation I: Week 2 6:30–8:30 PM</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Journaling :9:30 AM</li> <li><input type="radio"/> Strength and Tone 11:00 AM</li> <li><input type="radio"/> QiGong 6:00 PM</li> <li><input type="radio"/> Brain Tumor Group 7:00 PM</li> <li><input type="radio"/> Leukemia, Lymphoma and Myeloma Group</li> <li><input type="radio"/> SPEAKER! Carole Miller, MD, 7:00 PM</li> <li><input type="radio"/> Lung Cancer Group 7:00 PM</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Yoga 10:45 AM</li> <li><input type="radio"/> Meditations 12:00 PM</li> <li><input checked="" type="checkbox"/> Spring Luncheon 11:45 AM</li> <li><input checked="" type="checkbox"/> Family Support Grp 1:00 PM</li> <li><input checked="" type="checkbox"/> Participant Group 1:00 PM</li> <li><input checked="" type="checkbox"/> Participant Group 6:30 PM</li> <li><input type="radio"/> Welcome Meeting 7:00 PM</li> <li><input type="radio"/> TAKING STOCK 7:00 PM</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Yoga 6:00 PM</li> <li><input checked="" type="checkbox"/> Kids Grief Week 3 6:30 PM</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Stretch &amp; Tone 11:00 AM</li> <li><input type="radio"/> Welcome Meeting 12:00 PM</li> <li><input type="radio"/> Needlecrafters Grp 12:30 PM</li> <li><input checked="" type="checkbox"/> Participant Group 6:30 PM</li> <li><input checked="" type="checkbox"/> Family Support Grp 6:30 PM</li> <li><input type="radio"/> Ovarian Cancer Grp 7:30 PM</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Mindfulness Meditation I: Week 4 10:00 AM</li> <li><input checked="" type="checkbox"/> Mindfulness Meditation II 12:30 PM</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Yoga 9:00 AM</li> <li><input checked="" type="checkbox"/> Day of Mindfulness 11:00–4:00 PM</li> </ul>	
<p><b>28</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Mindfulness Meditation I: Week 3 6:30–8:30 PM</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Strength and Tone 11:00 AM</li> <li><input type="radio"/> QiGong 6:00 PM</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Yoga 10:45 AM</li> <li><input type="radio"/> Meditations 12:00 PM</li> <li><input checked="" type="checkbox"/> Family Support Grp 1:00 PM</li> <li><input checked="" type="checkbox"/> Participant Group 1:00 PM</li> <li><input checked="" type="checkbox"/> Participant Group 6:30 PM</li> <li><input type="radio"/> Welcome Meeting 7:00 PM</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Yoga 6:00 PM</li> <li><input checked="" type="checkbox"/> Kids Grief Week 4 6:30 PM</li> </ul>	<div style="display: flex; flex-direction: column; gap: 10px;"> <div style="display: flex; align-items: flex-start;"> <div style="font-size: 2em; margin-right: 10px;"><input checked="" type="checkbox"/></div> <p><b>PRE-REGISTRATION REQUIRED</b> To learn more about our on-going support groups, please attend a Welcome Meeting or contact the Program Director.</p> </div> <div style="display: flex; align-items: flex-start;"> <div style="font-size: 2em; margin-right: 10px;"><input type="checkbox"/></div> <p><b>OPEN PROGRAMS</b> are offered on a drop-in basis, so feel free to stop in when you can. No RSVP or pre-registration is required.</p> </div> </div>			

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

## **NEW!! Sunday evening Mindfulness Meditation**

Sunday, March 7th, 6:30 - 8:30 PM

Starting on March 7, this 6-week series presents mindfulness meditation, breath work and yoga as critical skills for managing life's challenges. These practices enable participants to see the value of the present moment, the possibility of transforming crisis into opportunity and learn to minimize the physical, emotional, and spiritual tolls of ordinary and extraordinary stresses. Pre-registration is required.

## **Project 10: An Expressive Arts Project for Women with Breast Cancer**

Thursday, March 11, 1:30 - 2:30 PM

In Project 10, women in varying stages of breast cancer photograph 10 images from their day-to-day lives and write about them. This creative roadmap spurs active discussion, self-reflection, the discovery of hidden fears and new paths toward hope. No experience is required and all materials are provided. To register and get more information, contact Susan Egelanian at 410.832.2719.

## **Managing Side Effects of Chemotherapy: A Pharmacist's Perspective**

Tuesday, March 9th, 7:00 - 8:30 PM

Dr. Julie Waldfogel, a resident with the Johns Hopkins Hospital Department of Pharmacy, will discuss the side effects caused by chemotherapy such as pain, nausea, fatigue, skin rashes, etc., and options for dealing with them. She will also talk about the role of the pharmacist on your health care team and how to get the most support from them. Please RSVP.

## **Breast Cancer: Quality of Life... The Issues, The Research**

Monday, March 15, 2010, 7:00 - 8:30 PM

Dr. Lisa Jacobs is Assistant Professor of Surgery at Johns Hopkins with a specialty in surgical oncology. She has a particular research interest in the area of quality of life for breast cancer patients. Join her for an informal discussion to learn about the latest research and how it can help improve your quality of life. Questions and dialogue are welcome. Please RSVP.

## **Meet the Doctor: Update on Blood Cancers**

Monday, March 22, 7:00 - 8:30 PM

Carole Miller, MD, Director, St. Agnes Cancer Center, will provide an update on findings coming out of the American Society of Hematology (ASH) Update held for hematologists/oncologists back in December. She will discuss new research and treatment developments on leukemia, lymphoma, myeloma and MDS and answer your questions. This co-sponsored support group is for people and families who have been touched by leukemia, lymphoma, MDS and myeloma. Please RSVP.

## **Welcome Spring Luncheon**

Tuesday, March 23, 11:45 - 1:00 PM

Celebrate the arrival of spring with your friends at HopeWell. Please bring a covered dish or dessert to share. We will provide the rest. Please RSVP.

## **Navigating Your Health Insurance When Living with Cancer**

Tuesday, March 23, 7:00 - 8:30 PM

Joy Hatchette is Associate Commissioner with the Maryland Insurance Administration. She will share information and answer questions about how best to handle issues such as: losing health insurance, what to do if a claim is denied, getting the most from your prescription plan, and more. This is a unique opportunity to become a better informed consumer and to understand your options when faced with insurance difficulties. Please RSVP.

## **Day of Mindfulness: A Five Hour Silent Retreat**

Saturday, March 27, 11:00 - 4:00 PM

Join us for a full day Silent Retreat to practice yoga, meditation, and mindfulness. Come together in community to reinvigorate and deepen the practices started in the mindfulness meditation class and to reconnect with yourself. Day includes a silent, shared lunch. Please bring your favorite dish to share. Pre-registration is required.