

CLASS DESCRIPTIONS



MAGNOLIA HOUSE
PATIENT SUPPORT

FREE support programs for cancer patients and survivors.
To register call (310)299-8473 or email Aidee@towercancer.org

CLASS	DESCRIPTION	FACILITATED BY
<p>All Bodies Dance</p>	<p>All Bodies Dance!™ is a simple, accessible approach to dance that anyone and everyone can do because the basic dance movements are adaptable to all bodies and abilities. We harness the power of music to influence mood, community connection and a deep sense of well-being, by dancing to a variety of music.</p>	<p>Marilyn McLaughlin, MFA, RSMT, founder of All Bodies Move!, Multidisciplinary Wellness Specialist, Healing Drum and Health Rhythms Facilitator, Professor of Dance at Loyola Marymount University</p>
<p>Art Connection©</p>	<p>A follow-up, monthly class for those who have completed the 8-week Expressions of Hope & Healing© program, this class is a forum for reconnecting with group members and continuing to reflect on one's journey through various artistic mediums.</p>	<p>Flori Hendron, Certified in Social Emotional Arts, UCLArts & Healing</p>
<p>Art Expressions of Hope & Healing©</p>	<p>This 8-week art series is about expression through writing, drawing, cutting, pasting and reflective sharing. Emphasis is on gratitude and learning to recognize the inner critic, to notice and release the negative messages. No art experience necessary! All materials provided!</p>	<p>Flori Hendron, Certified in Social Emotional Arts, UCLArts & Healing</p>

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<p>Belly Dancing</p>	<p>This beginner class is taught by a certified yoga therapist, belly dance enthusiast, and cancer survivor, who will keep you in a safe range of motion while encouraging you to have fun! Celebrate your inner goddess in this art form of playful dance movement! We will play with easy movement isolations, shimmy drills, hip gliding and hip articulations. It's all about finding expression in movement to translate the rhythm of the music.</p>	<p>Karin Hoffman, Certified Yoga Therapist</p>
<p>Developing a Home Yoga Practice</p>	<p>Develop a safe daily practice in this 6-week strength yoga class that incorporates blending breath, meditation, and yoga poses. This yoga series is offered as gentle class and also as a strength class throughout the year.</p>	<p>Kathleen Ross-Allee, Certified Yoga Therapist, C-IAYT Managing Director, LMU Yoga Therapy Rx programs</p>
<p>Dream Circle (Healing Through Dreams)</p>	<p>The power of dreams to reveal the hidden side of consciousness is unmatched by any other process. A Dream Circle is a conversation at the group level that is driven by the interpretation of dreams brought forward by the participants.</p> <p>We offer a monthly Dream Circle and a 6-week Healing Through Dreams series.</p>	<p>Dr. Michael Lennox, psychologist and author of Dream Sight and Llewellyn's Complete Dictionary of Dreams</p>
<p>Drumming Into Stillness</p>	<p>Discover the blissful connection of rhythmic flow and deep stillness. We alternate periods of riding simple grooves with stretches of mindful silence and sensory awareness colored by the inspirational power of the drum! Improvise and communicate through creative sound play in a safe supported environment.</p>	<p>Marilyn McLaughlin, MFA, RSMT, founder of All Bodies Move!, Multidisciplinary Wellness Specialist, Healing Drum and Health Rhythms Facilitator, Professor of Dance at Loyola Marymount University</p>

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<p>Cancer Rehabilitation Fitness Program</p>	<p>Our customized rehabilitation exercise program helps you build your strength through an individual fitness regimen designed just for you and supervised by a cancer-trained fitness therapist.</p> <p>Workout with trainers 3 times a week for 3 months, then transition to group workouts for the following 3 months.</p>	<p>Silvie Grote, DrPH, ACSM-RCEP, Registered Clinical Exercise Physiologist</p>
<p>Food for Life: Cancer Project</p>	<p>In this 6-week class you will explore how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and reduce the risk of developing cancer.</p>	<p>Kathy Bingham, Certified Food for Life Instructor, Professor of health education specializing in lifestyle medicine, stress management, and plant-based nutrition</p>
<p>G.R.A.C.E. for those with advanced stage cancer</p>	<p>An educational/support series that aims to help cancer patients with advanced stage disease find meaning in their illness and build internal resiliency regardless of their physical circumstance.</p>	<p>Arash Asher, MD, Director of Survivorship & Rehabilitation at Samuel Oschin Cancer Center, Cedars-Sinai</p> <p>Jeffrey Wertheimer, PhD, Head of Neuropsychology, Cedars-Sinai</p>
<p>G.R.A.C.E. for cancer survivors</p>	<p>An educational support series that addresses the existential issues that come with a cancer diagnosis including finding meaning in the experience, building resiliency skills to deal with fears of recurrence, and reshaping one's identity post-treatment.</p>	<p>Arash Asher, MD, Director of Survivorship & Rehabilitation at Samuel Oschin Cancer Center, Cedars-Sinai</p> <p>Jeffrey Wertheimer, PhD, Head of Neuropsychology, Cedars-Sinai</p>
<p>Hatha Yoga I & II</p>	<p>Use specific postures, breathing, and meditation techniques to enhance the functioning of internal organs and body systems.</p> <p>We recommend new participants start in the Hatha Yoga I class.</p>	<p>Alison Crowley, E-500 RYT and Certified Yoga Therapist</p>

CLASS	DESCRIPTION	FACILITATED BY
<p>Heart to Heart: Supporting a Loved One Through the Cancer Journey</p>	<p>Specifically designed for <u>caregivers of cancer patients</u>, this 6-week educational support program explores what it means to care for another: the fears, losses, responsibilities, opportunities, and deep sense of purpose.</p> <p>Participants will develop positive strategies to support their loved one through advocacy, appreciation and presence.</p>	<p>Dr. Jan Berlin, Clinical Psychologist, specializing in mindfulness and caregiver issues</p> <p>Michael States L.M.F.T., Psychotherapist, specializing in cancer patient navigation</p>
<p>Mat Pilates</p>	<p>This Beginning Pilates Mat Class is very relaxing, with benefits similar to other low-impact exercises like yoga. Emphasis is on concentration and breathing.</p>	<p>Sydney Kaplan, Certified Pilates Instructor</p>
<p>Meridian Tapping</p>	<p>Experience hypnosis and tapping by a facilitator! Meridian Tapping is a stress relief technique that combines ancient Chinese acupressure and modern psychology.</p>	<p>Allan Doane, EFT Practitioner & Cert., Hypnotherapist</p>
<p>Mindfulness Meditation (Mindfulness: Daily Life)</p>	<p>Learn to manage stress with mindfulness, an evidence based contemplation practice. The art of openly and actively paying attention to your experience in the moment.</p> <p>We offer a monthly Mindfulness Meditation and a 6-week Mindfulness: Daily Life series.</p>	<p>Heather Prete, UCLA Certified Mindfulness Facilitator, self-compassion teacher, and mindfulness in recovery coach</p>

CLASS	DESCRIPTION	FACILITATED BY
<p>Move to Improve</p>	<p>By increasing awareness of your body, this class will help you address physical limitations associated with treatment side effects through flexibility exercises designed to enhance muscular function & prevent injury</p>	<p>Ann Barbour, Certified Instructor in GYROTONIC®, GYROKINESIS®, & Pilates methods of conditioning</p>
<p>Nutritional Workshops</p>	<p><u>Managing Cravings with Nutritional Foods:</u> Explore ways, tips, and foods that can help us control cravings including Yin-Yang foods and the 5 flavors of the earth: sweet, salty, pungent, sour, bitter, and its connection with our body's chemistry.</p> <p><u>Nutritional Cooking & Your Immunity:</u> The human body is colonized by vast number of microbes that help with digestion. Recent studies are shown the relationship between a healthy microbiota and the immune system.</p> <p><u>Sugar Blues, Stress, & Anti-Inflammatory Nutrition:</u> Explore the sugar blues and stress relationship cook delicious dishes with anti-inflammatory nutritional foods and unmask destructive eating habits.</p>	<p>Lilly Padilla, INHC, AADP is the author of Anti-Cancer Habits & Anti-inflammatory Nutrition. She is a Certified Integrative Nutrition Coach, Holistic Nutrition Chef, and 13-year cancer survivor. For more information, visit: www.lillypadilla.com</p>
<p>Oncology Massage</p>	<p>Oncology massage is the adaptation of massage techniques to safely nurture the body of someone affected by cancer or its treatments. Schedule your appointment today and enjoy a 30-minute private massage session with an oncology massage therapist.</p>	<p>Julia Morrow, CMT CMLDT CES</p>

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<p>Reiki (Group Circle, Reiki 101, and Private Sessions)</p>	<p>Reiki is an alternative healing approach in which practitioners transfer "universal energy" through the palms of their hands to encourage healing. Whether you believe in the philosophy behind this practice or not, experiencing the light touch of the practitioner can be very soothing!</p> <p>We offer private individual reiki sessions with a practitioner, a monthly reiki group and a 6-week Reiki 101 series.</p>	<p>Brian Kukan, Certified Reiki Master</p>
<p>Step Aerobics</p>	<p>Step aerobics is more than stepping up and down. With only a stair or an elevated platform, you can burn calories and tone muscles throughout your body. A good step aerobic workout also uses your arms to get your heart pumping and your core to maintain balance.</p>	<p>Kathleen Ross-Allee, Certified ACE Fitness Trainer since 1992, Certified Yoga Therapist, C-IAYT Managing Director, LMU Yoga Therapy Rx programs</p>
<p>Tibetan Sound Bowl Meditation</p>	<p>In this class you'll be guided through a series of seated listening and breathing techniques, followed by a Tibetan singing bowl and gong sound meditation where you can simply lie back, relax, and listen in an environment intended for the support, encouragement, and strengthening of your own inner sense of well-being.</p>	<p>Jonathan De Leon, Certified Massage and Sound Therapist</p>
<p>Yoga Chat</p>	<p>Enjoy a warm cup of coffee or tea, connect with participants as well as a certified yoga therapist, and explore how yoga can bring a greater sense of well-being to your everyday life. Discuss an array of yoga related subjects in a relaxed and beautiful setting.</p>	<p>Kathleen Ross-Allee, Certified Yoga Therapist, C-IAYT Managing Director, LMU Yoga Therapy Rx programs</p>

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