

January 2022 Virtual Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 • CLOSED
2	3 • Body Sculpt 9:15-10:15 am	4 • Fit & Strong 1 - 2 pm • Transformation Tuesday 2:30 - 3:30 pm	5 • Yoga 9:30 -10:30 am • Bereavement Support Group 7 - 8 pm	6 • Boxing 9:15-10:15 am • Care Giver Support Group 11 am-12 pm • Fit & Strong 1-2 pm • Bereavement Support Group 2-3 pm	7 • Yoga 9:30-10:30 am	8 • Knitting Circle 9-9:45 am
9	10 • Body Sculpt 9:15-10:15 am • Positivity Mondays 7 to 8 pm	11 • Fit & Strong 1 - 2 pm • Food as Medicine 2:30-3:30 pm	12 • Yoga 9:30 -10:30 am • Bereavement Support Group 7 - 8 pm	13 • Boxing 9:15-10:15 am • Caregiver Support Group 11 am-12 pm • Fit & Strong 1-2 pm	14 • Yoga 9:30-10:30 am	15 • Knitting Circle 9-9:45 am
16	17 • CLOSED	18 • Fit & Strong 1-2 pm • Transformation Tuesday 2:30-3:30 pm • Sound Therapy Workshop 2:30-3:30 pm	19 • Yoga 9:30 -10:30 am • Strength Thru Song 11 am - 12 pm • Bereavement Support Group 7 - 8 pm	20 • Boxing 9:15 - 10:15 am • Care Giver Support Group 11 am-12 pm • Fit & Strong 1-2 pm • Bereavement Support Group 2-3 pm	21 • Yoga 9:30-10:30 am	22 • Knitting Circle 9-9:45 am
23 30	24 • Body Sculpt 9:15-10:15 am • Positivity Mondays 7-8 pm • Body Sculpt 9:15- 10:15 am 31	25 • Fit & Strong 1 - 2 pm	26 • Yoga 9:30 -10:30 am • Bereavement Support Group 7 - 8 pm • Winter Poetreat 2-3 pm	27 • Boxing 9:15 - 10:15 am • Caregiver Support Group 11 am - 12 pm • Fit & Strong 1-2 pm	28 • Yoga 9:30-10:30 am	29 • Knitting Circle 9-9:45 am

All classes are being held virtually via Zoom. Sign up is required at bit.ly/cancerwellness20.

The Phillips Family Cancer Center

Wellness Programs and Support Services

Free for Men and Women Cancer Patients in All Stages of Treatment, Remission, and Caregivers

Provided by Stony Brook Southampton Hospital Wellness Institute
Registration is required at bit.ly/cancerwellness20 unless otherwise noted

STRONGER TOGETHER • For All Men and Women Cancer Patients, Survivors, and Caregivers

SUPPORT GROUPS • For up-to-date information, call 631-638-7771.

Body Sculpt • This class is designed to strengthen and tone core muscles from head to toe using a variety of equipment including dumbbells, resistance bands and stability balls. This class is fun, effective, and open to people of all fitness levels. Benefits include increased muscle strength and toning as well as lowering your risk for bone loss.

Boxing • Our boxing for cancer fitness classes provide: A strength and cardio-based workout all in one. Improvement of your resting heart rate and muscular endurance. Increased balance, coordination, reactivity and agility.

Yoga • Calm the mind, body, and spirit. This class is for all cancer fighters, survivors, and caretakers.

Food as Medicine • Nourish the mind, body, and spirit with wholesome foods.

Knitting Circle • Knitting has been shown to help calm anxiety and reduce stress. Beginners and experts welcome! Sponsored by the Coalition of Women's Cancers. To register please email Susan.barryroden@stonybrookmedicine.edu.

Transformation Tuesdays • "The Hamptons Method & Beyond." In this interactive workshop participants will develop immediate and practical skills to Think, Live & Be More Positive Now. Hosted by Clinical Social Worker & Certified Hypnotist Albert R O'Connell III.

Positivity Mondays • Learn powerful methods for personal growth and well-being. To register, please email Susan.barryroden@stonybrookmedicine.edu.

Strength Through Song • A joyful class led by Valerie diLorenzo, teaching artist/award-winning vocalist, to lift the spirits! No singing experience required.

Fit & Strong • One on one evaluations at the start of the program followed by an 8-week series of education and exercise classes designed to stimulate the lymphatic system.

Sound Therapy To Rejuvenate Your Body, Mind and Spirit • Crystal singing bowls bathe you with soothing, calming sounds and healing vibrations to promote a peaceful state and support the body's natural healing ability.

Winter Poetreat • Writing workshop for survivors and patients.

All classes are being held virtually through Zoom