

# January 2023 Wellness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>  <b>NO CLASSES</b>	<b>3</b> <ul style="list-style-type: none"> <li>• Pilates 8 - 9 am</li> <li>• Cancer Caregiver Online Support Group 11 am - 12 pm</li> <li>• Fit &amp; Strong 1 - 2 pm</li> <li>• Transformation Tuesday 2:30 - 3:30 pm</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>• Yoga 9:15 -10:15 am</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>• Pilates 8 - 9 am</li> <li>• Boxing 9:15-10:15 am</li> <li>• Caregiver Support Group 11 am-12 pm</li> <li>• Fit &amp; Strong 1-2 pm</li> <li>• Bereavement Support Group 3:30 - 4:30 pm</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>• Yoga 9:15-10:15 am</li> </ul>	<b>7</b>
<b>8</b>	<b>9</b> <ul style="list-style-type: none"> <li>• Body Sculpt 9:15-10:15 am</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• Pilates 8 - 9 am</li> <li>• Cancer Caregiver Online Support Group 11 am - 12 pm</li> <li>• Fit &amp; Strong 1 - 2 pm</li> <li>• Food as Medicine 2:30-3:30 pm</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• Yoga 9:15 -10:15 am</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>• Pilates 8 - 9 am</li> <li>• Boxing 9:15-10:15 am</li> <li>• Caregiver Support Group 11 am-12 pm</li> <li>• Fit &amp; Strong 1-2 pm</li> <li>• Bereavement Support Group 3:30 - 4:30 pm</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>• Yoga 9:15-10:15 am</li> </ul>	<b>14</b>
<b>15</b>	<b>16</b> <ul style="list-style-type: none"> <li>• Body Sculpt 9:15-10:15 am</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>• Pilates 8 - 9 am</li> <li>• Fit &amp; Strong 1 - 2 pm</li> <li>• Transformation Tuesday 2:30 - 3:30 pm</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• Yoga 9:15 -10:15 am</li> <li>• Strength Thru Song 11 am - 12 pm</li> <li>• Winter Writing Workshop 2 - 4 pm</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>• Pilates 8 - 9 am</li> <li>• Boxing 9:15-10:15 am</li> <li>• Caregiver Support Group 11 am-12 pm</li> <li>• Fit &amp; Strong 1-2 pm</li> <li>• Cancer Hope Training 2 - 4 pm</li> <li>• Bereavement Support Group 3:30 - 4:30 pm</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>• Yoga 9:15-10:15 am</li> </ul>	<b>21</b>
<b>22</b>	<b>23</b> <ul style="list-style-type: none"> <li>• Body Sculpt 9:15-10:15 am</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>• Pilates 8 - 9 am</li> <li>• Cancer Caregiver Online Support Group 11 am - 12 pm</li> <li>• Fit &amp; Strong 1-2 pm</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>• Yoga 9:15 -10:15 am</li> <li>• Strength Thru Song 11 am - 12 pm</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>• Pilates 8 - 9 am</li> <li>• Boxing 9:15-10:15 am</li> <li>• Caregiver Support Group 11 am-12 pm</li> <li>• Fit &amp; Strong 1-2 pm</li> <li>• Bereavement Support Group 3:30 - 4:30 pm</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>• Yoga 9:15-10:15 am</li> </ul>	<b>28</b>
<b>29</b>	<b>30</b> <ul style="list-style-type: none"> <li>• Body Sculpt 9:15-10:15 am</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>• Pilates 8 - 9 am</li> <li>• Fit &amp; Strong 1-2 pm</li> </ul>				

Classes are being held both virtually and in-person. Sign up is required at <https://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](https://bit.ly/cancerwellness20) unless otherwise noted

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

**SUPPORT GROUPS** • For more information or to register call Dorothy Raniolo, (631) 740-1761 or email [dorothy.raniolo@stonybrookmedicine.edu](mailto:dorothy.raniolo@stonybrookmedicine.edu)

**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. Improvement of your resting heart rate, 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.

**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 Licensed Clinical Social Worker & Certified Hypnotist Albert R. O'Connell III.

**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** • A structured exercise and education program that focuses on upper and lower extremity lymphatic drainage and health. Evaluations to track progress are available by calling 631-726-8800.

**Pilates** • Pilates lengthens and stretches all the major muscle groups in the body in a balanced fashion. It improves flexibility, strength, balance and body awareness.

**Online Cancer Caregiver Support Group via Zoom** • Discusses multiple topics that caregivers are affected by. Please contact Kate Snyder Jones LCSW for more information or to register at (631) 638-7771. Sponsored by Fighting Chance and the Stony Brook Cancer Center.

**Cancer Hope Network** • SBSH has partnered with the Cancer Hope Network to provide mentorship through all phases of treatment by matching cancer survivors with current patients. If you are interested in volunteering or know of patients who may benefit from these services, contact: Ragan Ingram at [ragan.finalborgo@stonybrookmedicine.edu](mailto:ragan.finalborgo@stonybrookmedicine.edu).

**Winter Writing Workshop** • Shake off the chills and recover from the holidays with Lora Tucker, LMSW. Writing as therapy can be healing, calming, and empowering. From poetry, prose and written word to storytelling, editorials, and journaling, this workshop will allow you to get your thoughts and feelings out on paper, have a voice and even enjoy!