

September 2022 Wellness Schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|---|---|--|--|---|
| | | | | 1 <ul style="list-style-type: none"> • Pilates 8 - 9 am • Boxing 9:15-10:15 am • Caregiver Support Group 11 am-12 pm • Fit & Strong 1-2 pm • Bereavement Support Group 3:30 - 4:30 pm | 2 <ul style="list-style-type: none"> • Yoga 9:15-10:15 am | 3 <ul style="list-style-type: none"> • Knitting Circle 9-9:45 am |
| 4 | 5 NO CLASSES | 6 <ul style="list-style-type: none"> • Pilates 8 - 9 am • Fit & Strong 1 - 2 pm • Transformation Tuesday 2:30 - 3:30 pm | 7 <ul style="list-style-type: none"> • Yoga 9:15 -10:15 am • Strength Thru Song 11 am - 12 pm | 8 <ul style="list-style-type: none"> • Pilates 8 - 9 am • Boxing 9:15-10:15 am • Caregiver Support Group 11 am-12 pm • Fit & Strong 1-2 pm • Bereavement Support Group 3:30 - 4:30 pm | 9 <ul style="list-style-type: none"> • Yoga 9:15-10:15 am | 10 <ul style="list-style-type: none"> • Knitting Circle 9-9:45 am |
| 11 | 12 <ul style="list-style-type: none"> • Body Sculpt 9:15-10:15 am | 13 <ul style="list-style-type: none"> • Pilates 8 - 9 am • Fit & Strong 1 - 2 pm • Food as Medicine 2:30-3:30 pm | 14 <ul style="list-style-type: none"> • Yoga 9:15 -10:15 am • Strength Thru Song 11 am - 12 pm | 15 <ul style="list-style-type: none"> • Pilates 8 - 9 am • Boxing 9:15-10:15 am • Caregiver Support Group 11 am-12 pm • Fit & Strong 1-2 pm • Bereavement Support Group 3:30 - 4:30 pm | 16 <ul style="list-style-type: none"> • Yoga 9:15-10:15 am | 17 <ul style="list-style-type: none"> • Knitting Circle 9-9:45 am |
| 18 | 19 <ul style="list-style-type: none"> • Body Sculpt 9:15-10:15 am | 20 <ul style="list-style-type: none"> • Pilates 8 - 9 am • Fit & Strong 1-2 pm • Transformation Tuesday 2:30 - 3:30 pm | 21 <ul style="list-style-type: none"> • Yoga 9:15 -10:15 am • Strength Thru Song 11 am - 12 pm | 22 <ul style="list-style-type: none"> • Pilates 8 - 9 am • Boxing 9:15-10:15 am • Caregiver Support Group 11 am-12 pm • Fit & Strong 1-2 pm • Bereavement Support Group 3:30 - 4:30 pm | 23 <ul style="list-style-type: none"> • Yoga 9:15-10:15 am | 24 <ul style="list-style-type: none"> • Knitting Circle 9-9:45 am |
| 25 | 26 <ul style="list-style-type: none"> • Body Sculpt 9:15-10:15 am | 27 <ul style="list-style-type: none"> • Pilates 8 - 9 am • Fit & Strong 1-2 pm | 28 <ul style="list-style-type: none"> • Yoga 9:15 -10:15 am • Strength Thru Song 11 am - 12 pm | 29 <ul style="list-style-type: none"> • Pilates 8 - 9 am • Boxing 9:15-10:15 am • Caregiver Support Group 11 am-12 pm • Fit & Strong 1-2 pm • Bereavement Support Group 3:30 - 4:30 pm | 30 <ul style="list-style-type: none"> • Yoga 9:15-10:15 am | |

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 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

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.

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 sroden@cwcsbh.org.

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.