

Connections, a newsletter from St. Luke's Cancer Care, is dedicated to connecting you with the support and education you need. *Connections* will inform you of local educational programs, the latest information on cancer news, research and community resources that address your psychological, social, spiritual and financial needs.

Cook Cancer Wellness Program

Anusara Yoga

Tuesdays 5:30 – 6:30 p.m., through February 22

Yoga is a great form of exercise for cancer survivors. Taught by an experienced yoga instructor, individuals of all abilities can experience easy, supported stretches for the body and soothing stillness for the mind along with learning breathing techniques and guided imagery for deep relaxation.

Pilates with Cardio

Mondays 5:30 – 6:30 p.m. and Thursdays 9:15-10:15 a.m. through February 24

Pilates is a safe, sensible, mind-body exercise appropriate for individuals of all ages and conditions, including cancer survivors. Pilates dramatically transforms the way your body looks, feels and performs. It teaches body awareness, good posture and easy, graceful movement. Pilates improves flexibility, agility and economy of motion. It can even alleviate back pain. The instructor also implements cardio components.

Fighting the Winter Blues: Food, Fitness and Feeling Good in 2011

Plan to attend this free St. Luke's event where you'll learn about making healthy food choices and get some good ideas for meal planning and cooking tips from a registered dietician. You'll also learn about the connection exercise plays in your overall physical and mental well being. Plus learn ways to fight off the winter "blues" and hear suggestions on how we can all keep ourselves "mentally" healthy through the winter months.

Monday, January 17
7-8 p.m.

St. Luke's Diabetes and Nutrition Building, 810 First Ave. NE, Cedar Rapids

Call 319/369-7116 to register for this FREE event.

Upcoming Events

What About Us?

A fun program designed to help children ages 5-12 cope with a loved one's cancer diagnosis.

Next Session:

February 9, 16, 23, and March 2
5:30 – 7:00 p.m.

St. Luke's Diabetes and Nutrition Building,
810 1st Ave., NE

Each child will meet with other children facing similar circumstances and will receive a free yoga kit and a Becky and the Worry Cup book and cup. The sessions are led by licensed social workers and a trained yoga instructor.

Parents are invited to browse resource materials for their children as the children are in their session.

Call 319/861-7791 to register.

Cooking with a Cardiologist

Join a doctor from Cardiologists, L.C. and a Hy-Vee registered dietitian to learn how to improve your heart health, and prepare a delicious, heart-healthy meal. Each week will feature a different menu. The events are free; however registration is required at least three days before the event.

- Thursday, February 3, 6 - 7 p.m.,
Edgewood Rd. Hy-Vee
- Tuesday, February 8, 6 - 7 p.m.
Johnson Ave. Hy-Vee
- Wednesday, February 16, 6 - 7 p.m.
Oakland Rd. Hy-Vee
- Tuesday, February 22, 6 - 7 p.m.
Marion Hy-Vee

Register: 319/369-7395 or stlukescr.org



**ST. LUKE'S
HOSPITAL**

IOWA HEALTH SYSTEM

Cancer Care

Keeping the home fires burning...or at least yearning: A Sexuality Workshop for Women

February 17 from 4:30-7:30 p.m.

St. Luke's Diabetes and Nutrition building, 810 First Ave., NE

Join us for an afternoon filled with humor, fun and education around the issues of sexuality that most women face at some point in their lives. Licensed Mental Health Therapist and AASECT Certified Sex Therapist Denise Stapley will lead this workshop.

Stapley brings to her therapy practice over a decade of experience serving individuals, couples and groups. Her approach is a mix of training in various therapeutic approaches, diagnosis and clinical skill. She adds her own personal touch of humor and energy. Her goal is to help participants develop greater sexual health in a way that feels fitting for them.

Topics addressed:

- Sexuality...what is it? What influences it?
- Cancer and my sexual self: How do I deal with the loss of intimacy in the face of cancer treatment?
- Managing grief and loss and finding a vision of "good enough sex."
- Life...the #1 libido killer, what you can do to protect yours.
- Body image and genital health -- controlling what you can.

Attendance is limited to a maximum of 20 women and pre-registration is required. For more information or to register, call 319/369-7116.

St. Luke's Hospital and Iowa Blood and Cancer Care present:

A make and take jewelry class

Participants will create bracelets and necklaces using a variety of glass, stone and ceramic beads. All materials will be provided. You don't need to be an artist to participate in this easy, fun and relaxing activity. Join us, create something beautiful, and wear your art home.

Please RSVP by calling 319/369-7116.

If you would like more information about services provided through St. Luke's Cancer Care please contact us at 319/369-7836 or go to stlukescr.org.

If you would like to be removed from the *Connections* mailing list, please e-mail your request to chapmaej@rstlukes.com or call 319/369-7116.

IBCAF.....Please join us!

Please consider joining Iowa Breast Cancer Action Foundation (IBCAF) ... a group made up of survivors, family members, health professionals and supporters. The primary purpose of IBCAF is "to help bring about the prevention and cure of breast cancer." IBCAF meets every other month (in the odd months) on the third Thursday from 5:30-7 p.m.

Goals are:

- To learn about current science regarding breast cancer
- To understand and promote research relating to breast cancer
- To empower women to take an active part in decisions relating to breast cancer

Dues are \$25 annually (with assistance available if needed) and all dollars support the purpose and goals of the organization.

To learn more about IBCAF or to become a member, please call or e-mail Shelley Bishop at 319/443-2643 or bishopmm@crstlukes.com.