LIVING WELL WITH CANCER
SUPPORT TO MEET YOUR INDIVIDUAL NEEDS

At Vanderbilt-Ingram Cancer Center, we’re committed to providing exceptional cancer care, including helping patients cope with the physical and emotional demands of cancer. The goal of our Patient and Family Support Services is to educate and engage you and your loved ones with resources to meet your needs, from diagnosis to long after treatment ends.

When faced with a cancer diagnosis, there are many benefits to empowering yourself with information and support. We hope that you’ll find valuable resources in this program guide, which includes everything from gentle movement exercise classes and support groups to genetic counseling and the Southeast’s only pediatric and adult survivorship clinic.

Wellness partners and service providers include Osher Center for Integrative Medicine at Vanderbilt (OCIM) and Vanderbilt Dayani Center for Health and Wellness. OCIM combines traditional medicine with complementary therapies that are proven safe and effective. Vanderbilt Dayani Center is a medically-based fitness center which provides rehabilitation and preventive services to patients and community members.

For more information, please call the Patient and Family Resource Center at (615) 322-9799 or visit www.VanderbiltCancerWellness.com.

Facebook.com/VanderbiltIngram

Twitter @VUMChealth
Land-based classes include Gentle Yoga, Tai Chi/Qi Gong and Basic Strength and Stability, which are designed to improve strength, balance and reduce stress. Tai Chi, a traditional internal martial arts form, has been widely practiced for health prevention and wellness restoration and teaches the principles of weight shifting, mindful movements, breathing and core movement. Restorative Yoga focuses on building strength, flexibility, stamina, balance through synchronizing movement with breathing.

**SUSTAINING WELLNESS GROUP FITNESS**
**Vanderbilt Dayani Center**
The Dayani Center offers a variety of land and aquatic-based exercise classes designed to help those in all phases of treatment regain their strength and stamina. These classes are taught by nationally-certified instructors and are open to all fitness levels.

**Land-based Classes**
Land-based classes include Gentle Yoga, Tai Chi/Qi Gong and Basic Strength and Stability, which are designed to improve strength, balance and reduce stress. Tai Chi, a traditional internal martial arts form, has been widely practiced for health prevention and wellness restoration and teaches the principles of weight shifting, mindful movements, breathing and core movement. Restorative Yoga focuses on building strength, flexibility, stamina, balance through synchronizing movement with breathing.

**Aquatic Classes**
Ai Chi is a water movement and relaxation program which can be enjoyed by anyone, regardless of fitness level or mobility. It is performed in shallow, warm water (88 degrees) and requires no swimming ability. Aqua shoes are recommended for those with diabetes. New You is a gentle aquatic exercise program which uses water walking and strengthening exercises to help those recovering from illness regain their stamina. Class passes are available. (615) 322-4751
**SUPPORT SERVICES**

**AMYLOIDOSIS SUPPORT GROUP**
Second Wednesday of March, June, September, and December
11 a.m.-2 p.m.
2703 The Vanderbilt Clinic
Facilitators: Kelly Owens and Charlotte Haffner
Call (615) 322-4887 or (615) 347-3961 to RSVP.

**CAREGIVER SUPPORT GROUP**
Free for all caregivers of cancer patients during and after treatment.
Every Friday from 9-10 a.m.
2703 The Vanderbilt Clinic
Facilitators: Linda Hudson and Kelly Owens
Call (615) 322-4887 to RSVP.

**WHAT TO EXPECT DURING CHEMOTHERAPY TREATMENT**
An informative video introduction to chemotherapy from doctors, nurses and cancer patients. The video can be viewed online at VanderbiltChemoVideo.com or a copy can be borrowed from the Patient and Family Resource Center, The Vanderbilt Clinic, First Floor.

**BE A CLINIC VOLUNTEER**
Are you interested in volunteering? The Vanderbilt-Ingram Cancer Center is recruiting volunteers who can commit to 2–4 hours per week, Monday-Friday, in the cancer center clinical and waiting areas. Vanderbilt Volunteer Services application, orientation, background check and immunizations required. Must be 21 years or older with a minimum commitment of 6 months.
For details contact allison.schaffer@vanderbilt.edu or call (615) 322-9799.

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**PHYSICAL MOVEMENT AND FITNESS SERVICES**

**YOGA, TAI CHI, QIGONG**
Vanderbilt Dayani Center
Osher Center for Integrative Medicine at Vanderbilt
These classes help improve strength, range of motion and reduce chronic pain and stress. Visit VanderbiltHealth.com/osh or call Osher (615) 343-1554 for a complete list or call Vanderbilt Dayani Center (615) 322-4751 for class schedule.

**RESTORE WELLNESS PROGRAM FOR STEM CELL TRANSPLANT PATIENTS**
Vanderbilt Dayani Center
This program is for patients who have had an allogeneic stem cell transplant. It is designed to improve cardiovascular fitness, strength and functional ability through guided exercise sessions with clinical supervision. Doctor referral required.

**PHYSICAL THERAPY**
Vanderbilt Dayani Center
Osher Center for Integrative Medicine at Vanderbilt
Our physical therapists provide one-on-one complete exercise plans to address physical limitations, pain, weakness, fatigue, limited movement and lymphedema prevention strategies following cancer treatment. Manual therapy to release scarring, decrease pain, and improve mobility is performed as needed. Therapists tailor programs and therapies to each client’s needs and interests. Doctor referral required.
Call (615) 322-4751 to schedule a consultation.
HEALING FOR BODY AND MIND

MASSAGE THERAPY
Vanderbilt Dayani Center for Health and Wellness
Licensed massage therapists can help patients feel better, reduce pain and lower stress. Our massage therapists are specially trained to provide safe and effective massage to a variety of clientele, including cancer patients. Doctor referral required. Call (615) 322-4751 for more information.

MASSAGE FOR CANCER CARE
Osher Center for Integrative Medicine at Vanderbilt
Therapeutic massage helps build a connection between mind and body. Massage can help patients feel better for your daily activities; reduce pain, and lower stress. Our massage therapist is specially trained in providing safe and effective massage to cancer patients. By appointment only. Call (615) 343-1554 and select option 4.

ACUPUNCTURE
Osher Center for Integrative Medicine at Vanderbilt
The goal of acupuncture is to encourage the body to improve its functioning and help ease the side effects of cancer treatment. It improves quality of life and well being by easing pain, nausea and fatigue, while boosting the body’s immune strength. It does not replace regular cancer treatment, nor does it treat cancer. By appointment only. Call (615) 343-1554 and select option 4.

HEALTH PSYCHOLOGY
Vanderbilt Dayani Center for Health and Wellness
Osher Center for Integrative Medicine at Vanderbilt
Our board certified health psychologist works one-on-one with patients to identify underlying experiences and challenges which may be impacting your health. Patients receive information and tools to help achieve a long-term, positive lifestyle change through increased confidence, motivation and adherence. Doctor referral required. Call (615) 322-4751 for more information. Or Osher at (615) 343-1554.

LYMPHEDEMA THERAPY CLINIC
The Village at Vanderbilt, Suite 2500
Our certified lymphedema therapists address lymphedema in any area of the body to help reduce fluid build-up. Therapy includes skin care, drainage, special bandaging, exercises, prevention and management training, and help with compression garments. Doctor referral and an appointment are required. Call (615) 322-4751.

LOOK GOOD FEEL BETTER
Vanderbilt Health, One Hundred Oaks
A free program that helps women look their best during cancer. Classes may include an awareness practice, breathing practices, gentle movements, and meditation treatment. Experienced cosmetologists teach cancer patients beauty tips to help conceal the side effects of chemotherapy and radiation. RSVP required. 10 a.m.-12 p.m. Third Wednesday of the month (May 18, June 15, July 20, August 17) To register, call Wendy Wood at (615) 322-1585.

INTEGRATIVE ONCOLOGY HEALTH CONSULT
Osher Center for Integrative Medicine at Vanderbilt
Our doctors and nurse practitioners specialize in complementary therapies for all cancer patients. Together, we will develop a personalized plan for self-care that will optimize your health and well-being. Most services are covered by insurance. To schedule a consultation, call (615) 343-1554.
HEALING QIGONG WITH CINDY HUI-LIO
Vanderbilt Dayani Center
Osher Center for Integrative Medicine at Vanderbilt

In this class, you will use “energy skill” to help your body, mind and spirit reach a state of peace, calm and flowing energy. You will be taught breathing techniques to help quiet the emotions and calm the mind. You will be guided through gentle movements that may optimize the possibility for healing and well-being. And, you will experience simple meditations that allow the mind to relax and help rejuvenate the spirit. The experienced practitioner will be challenged, yet movements can be modified to an individual’s physical capacity. Come experience this ancient art for yourself!
Osher: Weekly, Wednesdays, from 5:30-6:30 p.m. - 6-week series.
Call (615) 343-1554.

BODY AND MIND GROUPS

LIVING WELL WITH CHRONIC PAIN: SKILLS & PRACTICES
SUPPORTIVE SKILLS FOR PEOPLE LIVING WITH CHRONIC PAIN
Osher Center for Integrative Medicine at Vanderbilt

Living Well with Chronic Pain: Skills & Practices is a 4-week group therapy and yoga series led by Health Psychologist Doug Herr, PsyD. and Becca Broughton, RYT-500. In class you will begin to develop skills that may help ease your pain and overtime cultivate ease and stability in body, breath, and mind. You will also be provided with tools that may help decrease your anxiety and assist you in coping with your medical conditions and life stressors.
Each series runs 4 weeks; Tuesdays 1-3:00 p.m., beginning the first Tues. of each month.
Call (615) 343-1554.
MINDFULNESS AND POSITIVE PSYCHOLOGY SKILLS (MAPPS)
Osher Center for Integrative Medicine at Vanderbilt
Mindfulness and Positive Psychology Skills is a 6-week Group Therapy Series, led by health psychologist, Linda Manning, PhD. In this group, participants will practice methods of mindful awareness in a supportive, safe, and accepting group environment. These practices help to settle the mind, calm the body, and hold experience in loving kindness. As a result, you may experience an increase in clarity and compassion (including self-compassion) and a greater connection with the body’s natural healing response.
Tuesdays, from 11:00 a.m.-12:30 p.m.
Runs in 6 week series
Call (615) 343-1554.

GENTLE YOGA FOR SELF-CARE
(PAIRS WITH MINDFULNESS AND POSITIVE PSYCHOLOGY SKILLS)
Osher Center for Integrative Medicine at Vanderbilt
Gentle Yoga for Self-Care is a 5-week series led by Jane House that involves gentle movement, breathing, sound, and visualization. Each class offers us opportunities to create compassionate ways of relating to ourselves and to begin to establish and integrate patterns of self-care and self-compassion into our lives. The tools offered are designed to be adaptable to the needs of each individual. This class is intended to complement the work in the Mindfulness and Positive Psychology Skills but may also be taken alone.
Tuesdays from 10:00 a.m.-10:45 a.m.
Runs in 5 week series
Call (615) 343-1554.

MINDFULNESS-BASED STRESS REDUCTION (MBSR)
Osher Center for Integrative Medicine at Vanderbilt
Mindfulness is a way of learning to relate directly to whatever is happening in your life, a way of taking charge of your life, a way of doing something for yourself that no one else can do for you — consciously and systematically working with your own stress, illness, and the challenges of everyday life. The course is eight weekly classes and one day-long class.
Tuesdays, 5:30-8:00 p.m.
Runs in 8 week series.
Starts June 7 and August 23.
Call (615) 343-1554.

MOVING MEDITATION FOR INNER STRENGTH
Osher Center for Integrative Medicine at Vanderbilt
Using a combination of gentle movement, breath, and visualization this ongoing class aims to give its participants an opportunity to practice self-care.
Mondays from 11:30 a.m.-12:15 p.m.
Runs in 6 week series.
Call (615) 343-1554.

ROTATING YOGA SERIES
Osher Center for Integrative Medicine at Vanderbilt
This series rotates between Yoga for Soothing Headaches, Yoga for Back Care, Sleeping Well, Presence through Sound, and Yoga to Relax and Let Go. Each series is choreographed to specifically address the areas in the body in which we hold tension that can contribute these ailments. Duration of each series differs, ranging between 5-8 weeks.
Check our website: VanderbiltHealth.com/osher/ to find out the rotation schedule.
Call (615) 343-1554.
COMING SOON:
Reclaiming Life with Cancer is a 6-week group therapy series, led by Medical Psychologist Julie R. Price, PsyD and Ali Schaffer, LCSW at the Osher Center for Integrative Medicine. This group is for people at all stages of the healing process who are dealing with a cancer diagnosis. We will integrate principles of grief, loss, and acceptance, as well as present-moment awareness, mindfulness practices, positive psychology and experiential practices in a supportive group environment.
Explorations are introduced that deepen the participants awareness of the experience, emotions, and life changes that come with the diagnosis and treatment of cancer as well as the ways that cancer can be used as a transformative force for nurturing healing, compassion, and joy in life in this moment just as it is.
For more information, and to gets class dates, please call Ali Schaffer, (615) 322-9799.

FIGHT COLON CANCER—KNOW YOUR HEREDITARY RISKS
Friday, August 5th
Vanderbilt-Ingram Cancer Center
2220 Pierce Avenue, Nashville, TN
6:00 PM - 7:30 PM
Have you ever wondered if you will get colon cancer because of your family history? Learn from the experts on how to spot the high risk factors in your family and decide if genetic testing is right for you.
Join us for a FREE pasta dinner and education program with VICC experts and the Colon Cancer Alliance Blue Hope Partners before the 2016 CCA Nashville Undy Run/Walk to be held on Saturday, August 6.
For more information and event details, stay tuned at www.vicc.org
To register for the race: support.ccalliance.org/site/TR?fr_id=2356&pg=entry
Please note: you do not have to be registered for the race to attend this program.

EXPRESS YOURSELF:
Creative Writing Series
Are you interested in creative writing? Classes for Fall 2016 are forming now. This free program for anyone impacted by cancer who is interested in learning and exploring expressive writing. You can participate regardless of where cancer care is received, and no experience required. Participants will have the opportunity to create original writing in a safe space. The series will be led by 2016-2017 Curb Creative Writing Fellow at Vanderbilt University.
For more information, please contact:
Ali Schaffer 615.322.9799
or email allison.schaffer@vanderbilt.edu.
A collaboration of the Vanderbilt-Ingram Cancer Center, Vanderbilt Oncology Expressive Arts Committee, and Curb Center for Art, Enterprise & Public Policy.

TEAM VANDERBILT
May 14 - Purple Stride 5k or Pancreatic Cancer Action Network
May 21 - Lung Force Walk American Lung Association
May 22 Walk for Bladder Cancer Bladder Cancer Advocacy Network
August 6 - Undy 5k/1 mile Colon Cancer Alliance
August 27 - Relay for Life Williamson County American Cancer Society
For more information and to join Team Vanderbilt visit: VanderbiltHealth.com/teamvanderbilt
Express Yourself
CREATION STATIONS

Stop by the Creation Stations located in the main cancer clinic waiting room to make one-of-a-kind note cards. All the supplies are provided for you free of charge.

Once you complete your card, you can give it to someone who:

- Drives you to medical appointments
- Provides play dates for your children
- Makes you laugh
- Brings a meal
- Offers a listening ear

Hosted by the Vanderbilt Oncology Expressive Arts Committee and funded by a grant from the Medical Center Staff Advisory Council.

For more information, please contact allison.schaffer@vanderbilt.edu or call (615) 322-9799.

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The Vanderbilt Sewing Club

The Vanderbilt Sewing Club meets on the third Monday of every month from 10a – 2pm at My Health One Hundred Oaks. Bring along your portable sewing machine or serger and a basic knowledge of sewing and we’ll provide the rest!

Great company and pizza lunch included. Items created include cotton caps, drain aprons, heart pillows, and walker caddies. All items are donated to the patients at Vanderbilt Medical Center. For questions or to sign up, call Julie Bulger at 615-936-4800 or email julie.bulger@vanderbilt.edu.

- Monday, May 16
- Monday, June 20
- Monday, July 18
- Monday, August 15

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ADDITIONAL RESOURCES

THE PATIENT AND FAMILY RESOURCE CENTER AT VANDERBILT-INGRAM CANCER CENTER
The Vanderbilt Clinic, 1st Floor
The Patient and Family Resource Center provides cancer patients and their families with pamphlets, books and videos on all types of cancers, cancer treatments and options. Cancer patients and families may check out materials from the lending library and a computer is available for online research. Open 7:30 a.m.–5:00 p.m. Monday–Friday.
Call (615) 322-9799 for more information.

PATIENT LODGING COORDINATOR
Main Waiting Room
A Lodging Coordinator is available to help you find a place to stay during your visit to Vanderbilt. Some area hotels and lodging facilities require a referral phone call or fax from the clinic.
For information contact Sherry Vick at (615) 322-2278 from 7:30 a.m.–4:00 p.m. Monday–Friday.

CLINICAL TRIALS AND RESEARCH
Vanderbilt-Ingram Cancer Center
Doctors and researchers at Vanderbilt-Ingram Cancer Center are dedicated to discovering new approaches for the diagnosis, prevention and treatment of cancer. To find out more about current Clinical Trials call (877) 936-8422 or (800) 811-8480. For Clinical Trial information program visit: vicc.org/research and vicc.org/ct/research

VANDERBILT-INGRAM CANCER CENTER HEREDITARY CANCER CLINIC
The Hereditary Cancer Clinic provides counseling and testing to people with suspected hereditary cancer syndromes. VanderbiltHereditaryCancer.com or call (615) 322-2064 to make an appointment.

REACH FOR SURVIVORSHIP
The REACH (Research, Education, Advocacy, Clinical Care and Health) for Survivorship Program is designed to meet the unique needs of cancer survivors of all ages. It serves as a bridge from acute oncology care to primary care. Survivors will receive a careful health history, comprehensive evaluation and a Survivorship Care Plan.
Visit: VanderbiltHealth.com/CancerSurvivor or call (615) 343-7400, option 1.
DAILY CLASS SCHEDULE

**MONDAYS**

- **Yoga**
  7 a.m.-8:00 a.m.
  Vanderbilt Dayani Center

- **Basic Strength & Stability**
  12 Noon
  Vanderbilt Dayani Center

- **Introductory Level Tai Chi** (runs in 6 week series)
  5:30-6:30 p.m.

- **Advanced Tai Chi** (runs in 6 week series)
  6:45-8:00 p.m.
  Osher Center for Integrative Medicine at Vanderbilt

**TUESDAYS**

- **Gentle Yoga for Fitness** (drop-in)
  7-8:00 a.m.
  Osher Center for Integrative Medicine at Vanderbilt

- **Gentle Yoga**
  11:00 a.m.-1:15 p.m.
  Osher Center for Integrative Medicine at Vanderbilt

- **Gentle Yoga for Self-Care** (runs in 5 week series)
  10 a.m.-10:45 a.m.
  Osher Center for Integrative Medicine at Vanderbilt

- **Mindfulness & Positive Psychology Skills Group**
  (runs in 6 week series)
  11 a.m.-12:30 p.m.
  Osher Center for Integrative Medicine at Vanderbilt

- **Yoga**
  11:30 a.m.-12:15 p.m.
  Osher Center for Integrative Medicine at Vanderbilt

- **Living Well with Chronic Pain: Skills and Practice Group/Yoga**
  (runs in 5 week series)
  1-3:00 p.m.
  Osher Center for Integrative Medicine at Vanderbilt

- **New You** (water)
  4:15-5:00 p.m.
  Vanderbilt Dayani Center

- **Mindfulness Based Stress Reduction** (runs in 8 week series)
  5:30-8:00 p.m.
  Osher Center for Integrative Medicine at Vanderbilt

**WEDNESDAYS**

- **Yoga**
  7 a.m.-8:00 a.m.
  Vanderbilt Dayani Center

- **Gentle Yoga** (Drop-in)
  10:00 a.m.-11:00 a.m.
  Osher Center for Integrative Medicine at Vanderbilt

- **Ai Chi** (Water)
  9 a.m.-10:00 a.m.
  Vanderbilt Dayani Center

- **Healing Steps: Mindful Group Therapy and Qi Gong**
  (runs in 8 week series)
  3:30-5:30 p.m.
  Osher Center for Integrative Medicine at Vanderbilt

- **Healing QiGong** (runs in 6 week series)
  5:30-6:30 p.m.
  Osher Center for Integrative Medicine at Vanderbilt

- **Healing QiGong** (runs in 6 week series)
  5:30-6:30 p.m.
  Osher Center for Integrative Medicine at Vanderbilt

- **Healing QiGong** (runs in 6 week series)
  11:45 a.m.-12:45 p.m.
  Vanderbilt Dayani Center

- **New You**
  4:15-5:00 p.m.
  Vanderbilt Dayani Center

**THURSDAYS**

- **Tai Chi for Balance** (runs in 6 week series)
  10-11:00 a.m.
  Osher Center for Integrative Medicine at Vanderbilt

- **New You** (water)
  4:15-5:00 p.m.
  Vanderbilt Dayani Center
Gentle Yoga for Ease and Inner Support
11:30 a.m.-12:15 p.m.
Vanderbilt Dayani Center

Rotating Yoga Series: Care for Soothing Headache,
Low-back Pain, Sleep Help, & More
4-5:00 p.m.
New You
4:15-5:00 p.m.
Vanderbilt Dayani Center

Health Yi Jin Jing Qigong
for Continuing Students
(run in 6 week series)
6:30-8:00 p.m.
Osher Center for Integrative
Medicine at Vanderbilt

FRIDAYS
Yoga
7-8:00 a.m.
Vanderbilt Dayani Center

Caregiver Support Group
9-10:00 a.m.
2703 The Vanderbilt Clinic

Yoga
4:30-5:30 p.m.
Vanderbilt Dayani Center

SATURDAYS

Gentle Yoga (Drop-in)
9-10:00 a.m.
Osher Center for Integrative
Medicine at Vanderbilt

Yoga
11a.m.-12:15 p.m.
Vanderbilt Dayani Center

SCHEDULE FOR CLASSES THAT ARE HELD MONTHLY, SEVERAL TIMES
A MONTH AND SPECIAL EVENTS

MAY

May 16
10:00 a.m.-2:00 p.m.
Vanderbilt Sewing Club
My Health One Hundred Oaks

JUNE

June 8
11:00 a.m.-2:00 p.m.
Amyloidosis Support Group
2703 The Vanderbilt Clinic

July 18
10:00 a.m.-12:00 p.m.
Look Good Feel Better
Vanderbilt Health,
One Hundred Oaks

August 15
10:00 a.m.-2:00 p.m.
Vanderbilt Sewing Club
My Health One Hundred Oaks

July 20
10:00 a.m.-12:00 p.m.
Look Good Feel Better
Vanderbilt Health,
One Hundred Oaks

AUGUST

August 17
10:00 a.m.-12:00 p.m.
Look Good Feel Better
Vanderbilt Health,
One Hundred Oaks
VANDERBILT FACILITIES AND CLASS LOCATIONS

Vanderbilt Cancer Wellness Program
VanderbiltCancerWellness.com

Osher Center for Integrative Medicine at Vanderbilt
3401 West End Avenue, Suite 380
Nashville, TN 37203
(615) 343-1554
VanderbiltHealth.com/osher

Vanderbilt Dayani Center for Health and Wellness
1500 Medical Center Drive
Nashville, TN 37232
(615) 322-4751
DayaniCenter.com

One Hundred Oaks
719 Thompson Lane
Nashville, TN 37204
(615) 322-2064

The Village at Vanderbilt
1500 21st Ave. S.
Nashville, TN 37212
(615) 343-7400

The Vanderbilt Clinic
1301 Medical Center Drive
Nashville, TN 37232

Cancer Supportive Care Clinic at the Vanderbilt-Ingram Cancer Center
Located inside the Henry-Joyce Cancer Clinic
1900 The Vanderbilt Clinic
Nashville, TN 37232
(615) 322-6053

Parking available at all locations

RADIATION ONCOLOGY
Vanderbilt-Ingram Cancer Center
Franklin
2107 Edward Curd Lane
Franklin, TN 37067
(615) 591-9890

Gateway-Vanderbilt Cancer Center
375 Alfred Thun Road
Clarksville, TN 37040
(931) 221-0479

Vanderbilt-Ingram Cancer Center at Maury Regional Spring Hill
1003 Reserve Boulevard, Suite 120
Spring Hill, TN 37174

HEMATOLOGY/ONCOLOGY
Vanderbilt-Ingram Cancer Center
Cool Springs
324 Cool Springs Blvd.
Franklin, TN 37067
(615) 936-8422

Vanderbilt-Ingram Cancer Center at Spring Hill
1003 Reserve Boulevard, Suite 240
Spring Hill, TN 37174
(615) 269-4448

Vanderbilt-Ingram Cancer Center at NorthCrest Medical Center
500 NorthCrest Drive, Suite 521
Springfield, TN 37132
(615) 382-6099