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.

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

Join our e-newsletter at:
VanderbiltIngramCancerCenter.com
Facebook.com/VanderbiltIngram
Twitter @VUMCHealth

Keep Moving: fitness, exercise and nutrition

Class locations and phone numbers for the following programs are on back cover. Class times are in the calendar starting on page 10.

QIGONG

Vanderbilt Dayani Center

This class involves slow, gentle movement designed to improve balance, increase muscle endurance and reduce stress. This class requires doctor clearance and registration.

YOGA, TAI CHI, QIGONG

Osher Center for Integrative Medicine at Vanderbilt

These classes help improve strength, range of motion and reduce chronic pain and stress. Visit VisitVanderbiltHealth.com/osher for a complete list. See Calendar for class dates & times.

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

Our physical therapists provide one-on-one complete exercise plans to address physical limitations, pain, weakness, fatigue, limited movement and 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.
Support Services

Class locations and phone numbers for the following programs are on back cover. Class times are in the calendar starting on page 10.

HOPE CONNECTION
A program of Vanderbilt-Ingram Cancer Center, Hope Connection connects patients and their families with trained volunteers who have lived through cancer themselves. Volunteers are available to listen, talk and offer support at any time before, during and after cancer treatment. Call (615) 936-8501 or visit www.vicc.org/hope for details.

AMYLOIDOSIS SUPPORT GROUP
Sessions meet 2nd Tuesday of the month.
2703 The Vanderbilt Clinic
Call (615) 322-4887 to RSVP.

CAREGIVER SUPPORT GROUP
2703 The Vanderbilt Clinic
Free for all caregivers of cancer patients during and after treatment. Call (615) 322-4887 to RSVP.

BE A CLINIC VOLUNTEER
Are you interested in volunteering? The Patient Advocacy Program 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 jane.kennedy@vanderbilt.edu or call (615) 936-1072.

MUSIC IN THE CLINIC
Love to play music? The Music in the Clinic program is recruiting musicians who can commit 1-2 hours per week, Monday-Friday, to perform in the cancer center clinical and waiting areas. Vanderbilt Volunteer Service application, orientation, background check and immunizations required. Must be 18 years or older with a minimum commitment of 6 months. For details contact allison.schaffer@vanderbilt.edu or call (615) 322-9799.

Healing For Body And Mind

Class locations and phone numbers for the following programs are on back cover. Class times are in the calendar starting on page 10.

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.

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 does not replace regular cancer treatment, nor does it treat cancer. By appointment only. Call (615) 343-1554.

LYMPHEDEMA THERAPY CLINIC
The Village at Vanderbilt, Room 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) 343-7400, option 2.
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. Doctor referral and appointment required. 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 STEPS: GROUP THERAPY**

**Osher Center for Integrative Medicine at Vanderbilt**

Healing Steps is a six-week group therapy series led by medical psychologist, Julie Price, Psy.D. This support group is for those who are dealing with a chronic medical condition. Participants will learn positive and realistic ways of handling the challenges of living with chronic illness that can help nurture healing, compassion, and joy in life at each moment.

*First Series: Wednesdays, January 7 - February 25, 3:30-5 pm*

**GENTLE YOGA TO SUPPORT HEALING STEPS**

(Pairs with Healing Steps: Group Therapy)

**Osher Center for Integrative Medicine at Vanderbilt**

Gentle Yoga is a 6-week series offered before Healing Steps. This series will instruct yoga practices that can be incorporated into daily living to manage stressors, soothe & restore, and connect with inner resources. Classes may include an awareness practice, breathing practices, gentle movements, and meditation.

*First Series: Wednesdays, January 7 - February 25, 2:30-3:15 pm*

**LIVING WELL WITH CHRONIC PAIN: SKILLS & PRACTICES**

**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. Designed for individuals who suffer with chronic pain due to conditions such as fibromyalgia, osteoarthritis, rheumatoid arthritis, peripheral neuropathy or the residual, long-term effects of injury or trauma. 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. These tools will be adapted to your individual needs to guide you on your healing journey.

Each series runs 4 weeks; 1:00-3:00 pm beginning January 6

**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.

*First Series: Tuesdays, February 23 – March 10 ; 10:00 am-11:30 am*

*Second Series: Tuesdays, March 31 – May 5 ; 10:00 am-11:30 am*
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 6-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.

First series: Tuesdays, February 23 – March 10; 11:45 am-12:30 pm
Second series: Tuesdays, March 31 – May 5; 11:45 am-12:30 pm

MINDFULNESS-BASED STRESS REDUCTION (MBSR)
Osher Center for Integrative Medicine at Vanderbilt
The Mindfulness-Based Stress Reduction course is a highly participatory, practical course about mindfulness. 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 and demands of everyday life. The MBSR course schedule consists of eight weekly classes and one day-long class on a Saturday.

First series: Tuesdays, Jan 6 – Mar 3; 5:30 pm-8:00 pm
Second series: Tuesdays, Mar 24 – May 19; 5:30 pm-8:00 pm

ONGOING MINDFUL SUPPORT GROUP
Osher Center for Integrative Medicine at Vanderbilt
Ongoing Mindful Support Group is an ongoing group offered in 6-week segments led by Health Psychologist Doug Herr, Psy.D. In this group, participants learn to relax and hold experience in loving-kindness. This group practices methods of mindful awareness in a supportive, safe, and accepting group environment. This group is open to anyone who has completed a mindfulness group at OCIM and wishes to continue and deepen their practice.

First series: Thursdays, January 8 – February 12; 12:30 am-2:00 pm
Second series: Thursdays, February 19 - March 26; 12:30 am-2:00 pm
Third series: Thursdays, April 2 - May 7; 12:30 am-2:00 pm

GENTLE YOGA FOR EASE & INNER SUPPORT
(Pairs with Ongoing Mindful Support Group)
Osher Center for Integrative Medicine at Vanderbilt
Gentle Yoga for Ease & Inner Support is a 6-week series led by Becca Broughton, RYT-500 offered before OMS. Using a combination of gentle movement, breath, and visualization this ongoing 6-week class offers an ongoing opportunity to practice self-care within a community. This class is intended to complement the work in the Ongoing Mindfulness Support Group but may also be taken alone.

First series: Thursdays, January 8 – February 12 ; 11:30 am-12:15 pm
Second series: Thursdays, February 19 - March 26; 11:30 am-12:15 pm
Third series: Thursdays, April 2 - May 7; 11:30 am-12:15 pm
LOOK GOOD...FEEL BETTER
It's like a makeover for the spirit

Look Good...Feel Better is a free program that helps women look their best during cancer treatment. At each session, experienced cosmetologists teach cancer patients beauty tips to help minimize the appearance-related side effects of chemotherapy and radiation.

Please join us at an upcoming Look Good...Feel Better class. Held at Vanderbilt Health, One Hundred Oaks on the third Wednesday of each month from 10a — Noon. Classes and make-up kits are complimentary.

Wednesday, January 21
Wednesday, February 18
Wednesday, March 18
Wednesday, April 15

To register for an upcoming class, please call Wendy Wood at The Vanderbilt Breast Center at (615) 322-1585.

*Pre-registration is required

“...a free program that helps women look their best during cancer treatment.”
Calendar Events and Legend

Osher Center for Integrative Medicine at Vanderbilt
Please visit www.vanderbilthealth.com/osher for start-up dates of series

1. **Gentle Yoga** (Drop-in) Wednesdays 10–11 am & Saturdays 9–10 am
2. **Gentle Yoga for Fitness** (Drop-in) Tuesdays 7–8 am, Thursdays 7–8 am
3. **Living Well with Chronic Pain: Skills & Practice group/yoga** Tuesdays 1:00-3:00
4. **Mindfulness & Positive Psychology Skills group** Tuesdays 10:00-11:30am
5. **Gentle Yoga for Self-Care** Tuesdays 11:45-12:30
6. **Ongoing Mindfulness Support** Thursdays 12:30-2:00
7. **Gentle Yoga for Ease & Inner Support** Thursdays 11:30 am–12:15 pm
8. **Healing Steps: Mindful Group Therapy** Wednesdays 3:30–5 pm
9. **Gentle Yoga to Support Healing Steps** Wednesdays 2:30–3:15 pm
10. **Introductory Tai Chi** Mondays 5:30–6:30 pm
11. **Tai Chi for Balance** Thursdays 10–11:00 am
12. **Healing Qigong** Wednesdays 5:30–6:30 pm
13. **Health Yi Jin Jing Qigong for Continuing Students** Thursdays
14. **Mindfulness Based Stress Reduction** Tuesdays 5:30–8:00 pm

Vanderbilt Dayani Center

1. **Qi Gong** Thursdays, 4:15 pm

The Vanderbilt Clinic

1. **Amyloidosis Support Group** (room 2703) 2nd Tuesday, 3–5 pm
2. **Caregiver Support Group** (room 2703) Fridays 9:00–10:00 am

Vanderbilt Health, One Hundred Oaks

1. **Look Good...Feel Better** third Wednesday of each month, 10 am-12 pm

Class Descriptions can be found on pages 1-7
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The Patient and Family Resource Center

THE PATIENT 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 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 p.m. Monday–Friday.

HELP TO QUIT SMOKING
Vanderbilt Dayani Center
Smoking cessation classes are offered in group and one-on-one formats. The group sessions meet at the Vanderbilt Dayani Center for one hour weekly for eight weeks. Individual sessions offer more flexibility and can be scheduled anytime. Registration required.

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

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, 1st Floor.

Join Other Cancer Survivors

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.
Vanderbilt Facilities & Class Locations

VANDERBILT CANCER WELLNESS PROGRAM
VanderbiltCancerWellness.com

Osher Center for Integrative Medicine at Vanderbilt
(615) 343-1554
VanderbiltHealth.com/osopher

Vanderbilt Dayani Center for Health & Wellness
1500 Medical Center Dr, 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