



**Programs Online!**

visit [www.cancerlifeline.org](http://www.cancerlifeline.org) or call 206-297-2500

*Patients, caregivers, families & friends are welcome to attend programs at all Cancer Lifeline locations*

## EXERCISE & MOVEMENT

### GENTLE YOGA

Wednesdays, 9/7-10/26 | 12-1pm

Wednesdays, 11/2-12/28 | 12-1pm

*\*No Class 11/30*

## CREATIVE EXPRESSION

### WRITING AND CANCER: LEAVING YOUR LEGACY

Saturday, 10/22 | 1-2:30pm

### JOURNALING FOR SELF-CARE

Tuesday, 11/8 | 1-2:30pm

## NUTRITION

### SUPPORTING BONE HEALTH WITH NUTRITION

Monday, 9/19 | 12:30-2pm

### CANCER & NUTRITION: HEALTHY CARBOHYDRATES

Monday, 10/10 | 12-1:30pm

### CANCER & NUTRITION: PROTEINS FOR VITALITY

Monday, 11/14 | 12:30-2pm

### CANCER & NUTRITION: NOURISHING LEGUMES

Monday, 12/5 | 12:30-2pm

## PRESENTATIONS & WORKSHOPS

### ADDRESSING THE TRAUMA OF CANCER WITH EMDR

Tuesday, 9/27 | 1-2pm

### MOVING FROM LONELINESS TOWARDS SOLITUDE

Saturday, 11/5 | 1-3pm

### THE IMPORTANCE OF LYMPHEDEMA EDUCATION

Monday, 11/21 | 11am-12pm