



# Patient and Family Support Programs and Calendar

**SUMMER 2017**

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VANDERBILT-INGRAM CANCER CENTER

## **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](http://www.VanderbiltCancerWellness.com).

[Facebook.com/VanderbiltIngram](https://www.facebook.com/VanderbiltIngram)

Twitter @VUMChealth

## OSHER CENTER FOR INTEGRATIVE MEDICINE

### INTEGRATIVE MEDICINE:

#### Healing Focused on Your Whole Health

The Osher Center for Integrative Medicine at Vanderbilt is where you'll find health care designed around your whole health—mind, body and spirit.

Integrative medicine goes beyond just treating your symptoms. It's an approach to care that empowers you to be active in your healing and lifelong wellness.

Integrative medicine uses proven, research-based therapies such as yoga, acupuncture, mind-body counseling and massage that work with traditional medicine to help you achieve better health.

We offer complementary therapies to help you heal and we work with your traditional medical care so you can live more fully, cope better with medical conditions and be more engaged in your own health.

Insurance coverage for our services and classes will vary. Most insurance plans cover integrative health consultations and physical therapy with a physician referral. Some plans also cover psychotherapy. Please check with your insurance company to verify what your policy covers.

### CURRENT SERVICES AND CLASSES:

We offer these services and classes to help you reach your health goals and live well:

- Acupuncture
- Group Therapy
- Health Coaching
- Integrative Health Consultations
- Integrative Medicine Group Visits
- Massage Therapy
- Mind-Body Counseling
- Mindfulness-Based Stress Reduction (MBSR)
- Movement Classes
- Nutrition Counseling

We offer ongoing drop in yoga classes every week. All other classes are done in series ranging from 4 to 8 weeks. Please visit our website: [VanderbiltHealth.com/osher/](http://VanderbiltHealth.com/osher/) and click "Class Information" for a current list of our programs and to sign up or call us: (615) 343-1554.

## VANDERBILT DAYANI CENTER

The Dayani Center for Health and Wellness at Vanderbilt is a medically-based fitness center designed for those who need to exercise and are age 55 or older, have a medical condition, need a warm water pool or individual instruction to exercise safely. The staff of exercise physiologists will design a fitness program that works for you, no matter what challenges you may face. The center also has one of the largest indoor warm water pools in Nashville and offers a wide variety of aquatic and land exercise classes to improve balance, reduce stress, gain strength and lose weight. Your first visit is always free, and no doctor's referral is needed to join. For more information, email [dayanicenter@vanderbilt.edu](mailto:dayanicenter@vanderbilt.edu) or visit <http://www.vanderbilthealth.com/dayani/> to see if you qualify for membership.

Dayani offers four-class passes for \$40 per month. Membership, which allows access to all classes and amenities, is \$67 per month for individuals and \$105 for families. Reduced rates are available for those 65 years and older. Your first class is always free.

### 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

## 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/osher/](http://VanderbiltHealth.com/osher/) or call Osher at (615) 343-1554 for a complete list or call Vanderbilt Dayani Center at (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 or Osher at (615) 343-1554 schedule a consultation.



## SUPPORT SERVICES

### AMYLOIDOSIS SUPPORT GROUP

Fourth Wednesday of May, June, July and August  
11:30 a.m.-1:30 p.m.

The Vanderbilt Clinic, Conference Room 2701  
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](http://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](mailto:allison.schaffer@vanderbilt.edu) or call (615) 322-9799.

## 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 ease symptoms, like pain and fatigue, lower stress and help with scarring and adhesions. 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 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.

### HEALTH PSYCHOLOGY

Vanderbilt Dayani Center for Health and Wellness

Osher Center for Integrative Medicine at Vanderbilt

Our board certified health psychologists works one-on-one with patients to identify underlying experiences and challenges which may be impacting their health. Patients receive information and tools to help achieve a long-term, positive lifestyle change through increased confidence, and motivation.

Doctor referral required.

Call (615) 322-4751 for more information. Or Osher at (615) 343-1554.

### LYMPHEDEMA THERAPY CLINIC

Vanderbilt Dayani Center for Health and Wellness

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 17, June 21, July 19, August 16)

To register for an upcoming class, call The American Cancer Society 1-800-227-2345 or for local contact and questions, please call Wendy Wood at The Vanderbilt Breast Center (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.

## BODY AND MIND GROUPS

### MIND-BODY MEDICINE

Osher Center for Integrative Medicine at Vanderbilt

This program focuses on non-medication based treatment practices with groups of patients. The series includes self-care practices of meditation, yoga, self-massage, acuppressure, nutrition, group discussions around health & wellness; one-on-one check-ins with a medical clinician and opportunities to connect with group members to practice what you've learned on a new internet platform.

Registration is done through Osher Patient Services by calling (615) 343-1554.



### HEALING QIGONG

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. Come experience this ancient art for yourself!

Osher: Weekly, Wednesdays, from 5:30-6:30 p.m. - 4-6 week series.

Call (615) 343-1554 or visit [vanderbilthealth.com/osher/](http://vanderbilthealth.com/osher/).

Dayani: Weekly, Tuesdays, from 2:30-3:30 p.m., ongoing Wednesdays, from 11:45 a.m.-12:45 p.m.

Call (615) 322-4751.



### 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 series designed to help you develop skills that may help ease your pain and cultivate stability in body, breath, and mind. You will also learn tools that may help decrease anxiety and assist in coping with cancer related pain and other life stressors.

Each series runs 4 weeks; Thursdays 1-3:00 p.m., beginning the first Thursday of each month.

Call (615) 343-1554 or visit [vanderbilthealth.com/osher/](http://vanderbilthealth.com/osher/).

#### **MINDFULNESS SKILLS PATHWAYS, POSSIBILITIES & SKILLFULNESS**

**Osher Center for Integrative Medicine at Vanderbilt**

Mindfulness class is a 6-week basic training of mindfulness skills for those new to mindfulness or those who want to deepen their practice and learn more about themselves. Participants will learn fundamental skills of mindfulness practices, and then discover habits and thoughts that keep them stuck in the negative and unhealthy life patterns  
Tuesdays, from 11:00 a.m. - 12:30 p.m.

Runs in 6 week series.

For current dates:

Call (615) 343-1554 or visit [vanderbilthealth.com/osher/](http://vanderbilthealth.com/osher/).

#### **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 and demands of everyday life. MBSR course consists of mindfulness meditation practices, gentle yoga and group dialog with discussions.  
Runs in 8 week series with one day long Saturday retreat.

Thursdays, 5:30-8:00 p.m.

For current dates:

Call (615) 343-1554 or visit [vanderbilthealth.com/osher/](http://vanderbilthealth.com/osher/).

#### **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 11:00 a.m.-11:45 p.m.

Runs in 6 week series.

Call (615) 343-1554 or visit [vanderbilthealth.com/osher/](http://vanderbilthealth.com/osher/).

#### **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 Renew. Each series is choreographed to specifically address the areas in the body in which we hold tension which can contribute to illness. Duration of each series differs, ranging between 4-6 weeks. Check our website: [vanderbilthealth.com/osher/](http://vanderbilthealth.com/osher/) to find out the rotation schedule.  
Call (615) 343-1554 or visit [vanderbilthealth.com/osher/](http://vanderbilthealth.com/osher/).



## The Vanderbilt Card-Making Club

The Vanderbilt Card-Making Club meets on the fourth Tuesday of every month from 3:00-4:30 pm at Vanderbilt One Hundred Oaks, in the First Floor Conference Room.

Volunteers make hand-made cards that are used by employees to send personalized notes to patients and families in Palliative Care, Trauma, and Infusion units. Materials and supplies provided (but donations welcome!). Bring some creativity but no experience required.

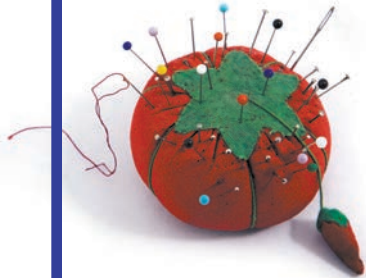
For questions or to sign up, call Julie Bulger at 615-936-4800 or email [Julie.bulger@vanderbilt.edu](mailto:Julie.bulger@vanderbilt.edu).

Next dates: May 23, June 27, July 25 and August 22.



## The Vanderbilt Sewing Club

The Vanderbilt Sewing Club meets on the third Monday of every month from 10 am –2 pm at Vanderbilt 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](mailto:julie.bulger@vanderbilt.edu).

Monday ..... May 15  
 Monday ..... June 19  
 Monday ..... July 17  
 Monday ..... August 21

## EXPRESS YOURSELF: Creative Writing Series



Are you interested in creative writing? Classes for Fall 2017 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](mailto: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.

## LOOK GOOD...FEEL BETTER



**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.

Held at Vanderbilt One Hundred Oaks on the third Wednesday of each month from 10 a.m. — Noon. Classes and make-up kits are complimentary.

To register for an upcoming class, please call The American Cancer Society 1-800-227-2345 or for local contact and questions, please call Wendy Wood at The Vanderbilt Breast Center at (615) 322-1585.

\*Pre-registration is required

**WEDNESDAY, MAY 17**  
**WEDNESDAY, JUNE 21**

**WEDNESDAY, JULY 19**  
**WEDNESDAY, AUGUST 16**



FREE EDUCATIONAL SEMINAR

# Are You at High Risk for Breast Cancer?

Tuesday, June 6, 5:30-7:30 p.m.

Vanderbilt Health One Hundred Oaks  
719 Thompson Ln, Nashville, TN 37204

The Vanderbilt-Ingram Cancer Center, the Hereditary Cancer Program and Vanderbilt Breast Center will host this free program about elevated risk of breast cancer. Expert speakers will provide an update on the latest information, screening recommendations and discuss emotional well-being for people with an increased risk of breast cancer.

This interactive forum is open to anyone identified as high risk for developing breast cancer as well as other patients, families and health care professionals.

**DINNER WILL BE SERVED. FREE PARKING.**

Park near TJMaxx and enter at the D Entrance. The seminar will be held in the First Floor Conference Room, straight ahead as you enter the building under the escalators.

Registration requested at [viccbreastcancerhighrisk.eventbrite.com](http://viccbreastcancerhighrisk.eventbrite.com)

For questions, or to register by phone, please call (615) 322-9799

## KIDNEY CANCER ASSOCIATION PATIENT & SURVIVOR CONFERENCE



**Saturday, September 9, 2017**

Vanderbilt Preston Research Building, Suite 898  
2220 Pierce Avenue, Nashville, TN 37232

This program will educate patients and families about kidney cancer.

Online registration at [www.kidneycancer.org](http://www.kidneycancer.org)

Breakfast and Registration at 8:00 a.m.

Program ends at 2:00 p.m.

*You're Invited!*

**SAVE THE DATE**  
**Sunday, September 10, 2017, 2 - 4 p.m.**

### Vanderbilt-Ingram Cancer Center Cancer Survivors Celebration

Vanderbilt Student Life Center  
310 25th Avenue South, Nashville, TN 37240

Free, family friendly, all-ages event to celebrate  
and honor anyone impacted by cancer.

For updates and more information, visit  
[www.vanderbilturvivorsday.org](http://www.vanderbilturvivorsday.org)

*A Comprehensive Cancer Center  
Designated by the National Cancer Institute*

### Vanderbilt-Ingram Cancer Center

#### Weekend Extended Hours Clinic

Are you experiencing any symptoms such as pain, nausea, vomiting,  
diarrhea, or a temperature over 100.4 after normal clinic hours?

Call us at the weekend extended hours clinic.

Same day assessment and treatment are available.

The Vanderbilt Clinic Infusion Center

8 a.m. – Noon on weekends and holidays

To talk with the doctor on call and help decide the best option,  
please call us at 615-936-VICC [8422] or  
toll-free at 1-877-936-VICC [8422].

[www.vicc.org](http://www.vicc.org)

#### Psycho-Oncology Services

As part of your comprehensive treatment plan, we work to  
support your emotional well-being throughout your care.

To schedule an appointment with the Psycho-Oncology Team,  
please call (615) 936-VICC [8422]  
or toll-free 1-877-936-VICC [8422]

Henry-Joyce Cancer Clinic 1900  
The Vanderbilt Clinic (Free Valet Parking)

#### Outpatient Palliative Care Services

The VICC Outpatient Palliative Care team cares for  
patients and families facing serious illness.

This team strives to help patients live the best quality of life possible.

Ask your doctor or nurse about how you can be referred  
to one of our palliative care specialists.

## 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](http://vicc.org/research) and [vicc.org/ct/research](http://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](http://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](http://VanderbiltHealth.com/CancerSurvivor) or call (615) 343-7400, option 1.

## DAILY CLASS SCHEDULE

### MONDAYS

#### Yoga

7:00 a.m.-8:00 a.m.

Vanderbilt Dayani Center

#### Upper/Lower Body Strength

10:00 a.m.-10:45 a.m.

Vanderbilt Dayani Center

#### Core and More

10:45 a.m.-11:15 a.m.

Vanderbilt Dayani Center

#### Moving Meditation (runs in 6 week series)

11:00 a.m.-11:45 a.m.

Osher Center for Integrative Medicine at Vanderbilt

#### Basic Strength & Stability

12:15 p.m. - 1:15 p.m.

Vanderbilt Dayani Center

#### Introductory Level Tai Chi (runs in 4-6 week series)

5:30 p.m.-6:30 p.m.

Osher Center for Integrative Medicine at Vanderbilt

#### Healthy Yi Jin Jing-Qigong for continuing students (runs in 4-6 week series)

6:45 p.m.-8:15 p.m.

Osher Center for Integrative Medicine at Vanderbilt

### TUESDAYS

#### Gentle Yoga for Fitness (drop-in)

7:00 a.m.-8:00 a.m.

Osher Center for Integrative Medicine at Vanderbilt

#### Tai Chi for Balance (runs in 4-6 week series)

10:00 a.m.-11:00 a.m.

Osher Center for Integrative Medicine at Vanderbilt

#### Mindful Skills: Pathways, Possibilities, & Skillfulness (runs in 6 week series)

11:00 a.m.-12:30 p.m.

Osher Center for Integrative Medicine at Vanderbilt

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

**WEDNESDAYS**

**Yoga**  
7:00 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  
Vanderbilt Dayani Center

**Ai Chi (Water)**  
9:30 a.m.-10:30 a.m.  
Vanderbilt Dayani Center

**Healing QiGong (continuous)**  
11:45 a.m.-12:45 p.m.  
Vanderbilt Dayani Center

**Yoga**  
5:30 p.m.-6:30 p.m.  
Vanderbilt Dayani Center

**Upper Body Strength Training**  
10:00 a.m.-10:45 a.m.  
Vanderbilt Dayani Center

**Lower Body Strength Training**  
11:00 a.m.-11:30 a.m.  
Vanderbilt Dayani Center

**Healing Qigong**  
5:30 p.m.-6:30 p.m.  
(runs in 4-6 week series)  
Osher Center for Integrative Medicine at Vanderbilt

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



**THURSDAYS**

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

**Gentle Yoga for Ease and Inner Support**  
11:30 a.m.-12:15 p.m.  
Vanderbilt Dayani Center

**Living Well with Chronic Pain: Skills and Practice Group/Yoga**  
(runs in 4 week series)  
1:00 p.m.-3:00 p.m.  
Osher Center for Integrative Medicine at Vanderbilt

**Rotating Yoga Series: Care for Soothing Headache,  
Low-back Pain, Sleep Help, & More**  
4:00 p.m.-5:00 p.m.  
Osher Center for Integrative  
Medicine at Vanderbilt

**Water Walking**  
4:15 p.m.-5:00 p.m.  
Vanderbilt Dayani Center

**FRIDAYS**

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

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

**SATURDAYS**

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

**Yoga**  
11:00 a.m.-12:00 p.m.  
Vanderbilt Dayani Center

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

<b>MAY</b>	<b>JULY</b>
<p><b>May 15</b> 10:00 a.m.-2:00 p.m. <b>Vanderbilt Sewing Club</b> My Health One Hundred Oaks</p> <p><b>May 17</b> 10:00 a.m.-12:00 p.m. <b>Look Good Feel Better</b> Vanderbilt One Hundred Oaks</p> <p><b>May 23</b> 3:00 p.m.-4:30 p.m. <b>Vanderbilt Card-Making Club</b> Vanderbilt One Hundred Oaks</p> <p><b>May 24</b> 11:30 a.m.-1:30 p.m. <b>Amyloidosis Support Group</b> 2703 The Vanderbilt Clinic</p>	<p><b>July 19</b> 10:00 a.m.-12:00 p.m. <b>Look Good Feel Better</b> Vanderbilt One Hundred Oaks</p> <p><b>July 17</b> 10:00 a.m.-2:00 p.m. <b>Vanderbilt Sewing Club</b> Vanderbilt One Hundred Oaks</p> <p><b>July 25</b> 3:00 p.m.-4:30 p.m. <b>Vanderbilt Card-Making Club</b> Vanderbilt One Hundred Oaks</p> <p><b>July 26</b> 11:30 a.m.-1:30 p.m. <b>Amyloidosis Support Group</b> 2703 The Vanderbilt Clinic</p>
<b>JUNE</b>	<b>AUGUST</b>
<p><b>June 19</b> 10:00 a.m.-2:00 p.m. <b>Vanderbilt Sewing Club</b> Vanderbilt One Hundred Oaks</p> <p><b>June 21</b> 10:00 a.m.-12:00 p.m. <b>Look Good Feel Better</b> Vanderbilt One Hundred Oaks</p> <p><b>June 27</b> 3:00 p.m.-4:30 p.m. <b>Vanderbilt Card-Making Club</b> Vanderbilt One Hundred Oaks</p> <p><b>June 28</b> 11:30 a.m.-1:30 p.m. <b>Amyloidosis Support Group</b> 2703 The Vanderbilt Clinic</p>	<p><b>August 16</b> 10:00 a.m.-12:00 p.m. <b>Look Good Feel Better</b> Vanderbilt One Hundred Oaks</p> <p><b>August 21</b> 10:00 a.m.-2:00 p.m. <b>Vanderbilt Sewing Club</b> Vanderbilt One Hundred Oaks</p> <p><b>August 22</b> 3:00 p.m.-4:30 p.m. <b>Vanderbilt Card-Making Club</b> Vanderbilt One Hundred Oaks</p> <p><b>August 23</b> 11:30 a.m.-1:30 p.m. <b>Amyloidosis Support Group</b> 2703 The Vanderbilt Clinic</p>

## 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  
(615) 936-8422

**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

### 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

**Vanderbilt Medical Group General Surgery**  
2105 Edward Curd Lane  
Suite 102  
Franklin, TN 37067

Parking available at all locations



VANDERBILT-INGRAM CANCER CENTER