



Patient and Family Support Programs and Calendar

SUMMER 2016



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.

[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 behavioral health consultations, psychotherapy and nutrition counseling. 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
- Integrative Health Consultations
- 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/ and click "Class Information" for a current list of our programs and to sign up or call us: (615) 343-1554.

VANDERBILT DAYANI CENTER

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

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 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.



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.

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.

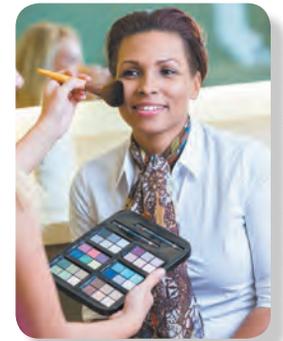
Classes may include an awareness practice, breathing practices, gentle movements, and meditation treatment. Experienced cosmetologists teach cancer patients beauty tips to help conceal the side effects of chemotherapy and radiation.

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.

BODY AND MIND GROUPS

HEALING STEPS: GROUP THERAPY AND QIGONG SERIES Osher Center for Integrative Medicine at Vanderbilt

This 8-week Group Therapy Series, led by Medical Psychologist Julie R. Price, PsyD. This support group is for people at all stages of healing, who are dealing with a chronic medical condition (cancer, transplantation, cardiac, pain). We will integrate principles of grief, loss, and acceptance with present-moment awareness, positive psychology, and group support. We will work with the life changes that come with medical diagnosis and treatment and begin to explore ways they can be used as a transformative force for healing and joy.

Wednesdays from 3:30-5:30 p.m.

8 week series.

Call (615) 343-1554 and select option 4.



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.

Dayani: Weekly, Thursdays, from 2-3:00 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 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

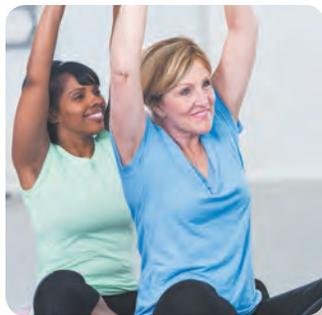
Gentle Yoga for Self-Care is a 5-week series led by Jane House that involves gentle movement, breathing, sound, and visualization. Each class offers us opportunities to create compassionate ways of relating to ourselves and to begin to establish and integrate patterns of self-care and self-compassion 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 get 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.

Wednesday, May 25..... 11 a.m.-1 p.m.
 Monday, June 6..... 1 p.m.-3 p.m.
 Wednesday, June 22..... 12 p.m.-2 p.m.
 Thursday, July 14 10 a.m.-12 p.m.
 Tuesday, July 26..... 11 a.m.-1 p.m.
 Monday, August 8 12 p.m.-2 p.m.
 Thursday, August 25..... 1 p.m.-3 p.m.

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

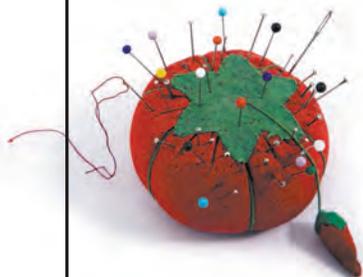
The Hereditary Cancer Clinic provides counseling and testing to people with suspected hereditary cancer syndromes. VanderbiltHereditaryCancer.com or call (615) 322-2064 to make an appointment.

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.

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 July 18
 Monday June 20 Monday August 15

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.-12:15 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 Qigong

(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)

11:45 a.m. -12:45 p.m.

Vanderbilt Dayani Center

Yoga

5:30-6:30 p.m.

Vanderbilt Dayani Center

Continuing Tai Chi (runs in 6 week series)

6:45 - 7:45 p.m.

Osher Center for Integrative Medicine at Vanderbilt

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

(runs 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

11am-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

May 18

10:00 a.m.-12:00 p.m.

Look Good Feel Better

Vanderbilt Health,
One Hundred Oaks

JUNE

June 8

11:00 a.m.-2:00 p.m.

Amyloidosis Support Group

2703 The Vanderbilt Clinic

June 15

10:00 a.m.-12:00 p.m.

Look Good Feel Better

Vanderbilt Health,
One Hundred Oaks

June 20

10:00 a.m.-2:00 p.m.

Vanderbilt Sewing Club

My Health One Hundred Oaks

JULY

July 18

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 15

10:00 a.m.-2:00 p.m.

Vanderbilt Sewing Club

My Health One Hundred Oaks

August 17

10:00 a.m.-12:00 p.m.

Look Good Feel Better

Vanderbilt Health,
One Hundred Oaks

NOTES

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

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

Parking available at all locations

