

Classes

For patients, family, and caregivers

Fall 2020

University Hospitals Seidman Cancer Center offers supportive classes in mind, body, and spirit. All classes are free and open to patients, family members, and caregivers.

Art Therapy

Art Therapy Workshops

Creative ways to reduce stress are offered each month. No art experience needed.

Art for Wellness

Community based art therapy sessions.

Meditation

Meditation for Stress and Anxiety

You will be taught different ways to meditate to help your body relax. No past experience needed.

Music Therapy

Seidman Sessions: Drumming Together to Conquer Stress

Drums and other percussion instruments offer participants the chance to play along with well-known music. No drumming experience needed.

Physical Activity

Gentle Yoga for Pain and Stress

Mats and props (no chairs) are provided. Wear loose, comfortable clothes. No past experience needed.

Support Groups

AYA Group

Adolescent and Young Adult support group gather to learn and discuss selected topics.


Cancer Support and Education Group

Learn ways to cope and talk about how cancer affects your life and those around you.

To follow social distancing guidelines, University Hospitals Seidman Cancer Center programming is offered online only at this time. To access our classes, please click on the links below.

Art Therapy	For info call Barbara at 216-844-1211
Music Therapy	Stay tuned for updates!
Meditation	Seidman Cancer Center Mindful Meditation Seidman Cancer Center Morning Meditation Seidman Cancer Center Progressive Relaxation and Deep Breathing Connor Integrative Health Network Mindfulness I Class Connor Integrative Health Network Mindfulness II Class The Gathering Place Guided Meditations
Physical Activity	Seidman Cancer Center Reclining Yoga Seidman Cancer Center Standing Yoga
Support Groups	For the AYA Group and one-to-one support, call Whitney at 216-844-7445 For adult and family support, visit The Gathering Place for their online offerings. Click HERE for the site.

For more info about any of these and other supportive programs contact:

UH Seidman Cancer Center: 216-286-4636 CancerInfo@UHhospitals.org 	UH Connor Integrative Health Network 216-877-8577 	The Gathering Place 216-455-1517 
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