At WellStar, we understand that people living with cancer have needs that extend far beyond the medical aspects of care. We have developed these programs to provide the additional support that is so important to those living with cancer.

All of the support groups are complimentary, but registration is required. To register for most classes, call the WellStar Cancer Connect Line at 1-877-366-6032, option 0.

CANCER CENTER HOLIDAY CLOSINGS
Independence Day – Wednesday, July 4th
Labor Day – Monday, September 3rd

NOTE: The Ostomy support group will not meet in July and August

“Live and Learn” short programs are designed to provide knowledge and information about a variety of topics affecting anyone experiencing cancer. People diagnosed with cancer as well as those close to them will benefit from these programs.
BEGINNER’S INTRODUCTION TO MINDFULNESS

Facilitated by Jennifer Kilkus, Clinical Psychologist

Mindfulness emphasizes a “here and now” focus to help manage uncertainty, stress and worry in response to challenges in life that are outside of our control. This class will introduce mindfulness and provide instruction that can help you relate to life in a more peaceful way. Open to all patients, family members and caregivers. No prior experience necessary. To register, call the WellStar Cancer Connect Line at 1-877-366-6032, option 0.

Where: WellStar Cancer Center at Kennestone Hospital Center for Survivorship & Support
320 Kennestone Hospital Blvd | Ste 137
Marietta, GA 30060

When: Tuesday, July 10th: 12:30 p.m. – 1:30 p.m.
Tuesday, July 31st: 3:30 p.m. – 4:30 p.m.
Tuesday, August 14th: 12:30 p.m. – 1:30 p.m.
Tuesday, September 11th: 12:30 p.m. – 1:30 p.m.

INTERMEDIATE MINDFULNESS

Facilitated by Jennifer Kilkus, Clinical Psychologist

Join us as we build on the beginner’s class and expand practice beyond informal mindfulness to include formal mindfulness meditation. Open to all patients, family members and caregivers. Participation in the introduction class (listed on left) is required prior to participation. To register, call the WellStar Cancer Connect Line at 1-877-366-6032, option 0.

Where: WellStar Cancer Center at Kennestone Hospital Center for Survivorship & Support
320 Kennestone Hospital Blvd | Ste 137
Marietta, GA 30060

When: Tuesday, August 21st: 11:00 a.m. – 12:30 p.m.
Tuesday, September 25th: 12:00 p.m. – 1:30 p.m.

COPING WITH CANCER

Facilitated by Leena Nehru, MSW, LCSW, OSW-C

This workshop focuses on developing healthy ways to cope with Cancer.

Where: WellStar Cancer Center at Kennestone Hospital Center for Survivorship & Support
320 Kennestone Hospital Blvd | Ste 137
Marietta, GA 30060

When: Thursday, July 12 | 10:00 a.m. – 11:00 a.m.
FINDING YOUR NEW NORMAL

Facilitated by Leena Nehru, MSW, LCSW, OSW-C

As cancer treatment comes to an end, survivors may need to find their “new normal.” We’ll discuss what to expect and how to adjust over the coming months and years. Facilitated by Leena Nehru, MSW, LCSW, OSW-C. To register, call the WellStar Cancer Connect Line at 1-877-366-6032, option 0.

Where: WellStar Cancer Center at Kennestone Hospital Center for Survivorship & Support
320 Kennestone Hospital Blvd | Ste 137
Marietta, GA 30060

When: Thursday, July 12 | 1:00 p.m. – 2:00 p.m.
Thursday, August 9 | 1:00 p.m. – 2:00 p.m.
Thursday, September 13 | 1:00 p.m. – 2:00 p.m.

RELAXATION

Facilitated by Jennifer Kilkus, Clinical Psychologist

This workshop will help participants manage stress and restore energy by teaching and practicing guided relaxation, breathing, and meditation. Please wear comfortable clothing. Open to all current and past patients, family members, and caregivers.

Where: Wellness Studio at the WellStar Cancer Center at Kennestone Hospital
320 Kennestone Hospital Blvd | 2nd Floor
Marietta, GA 30060

When: Tuesday, August 7 | 3:00 p.m. – 4:30 p.m.
Tuesday, September 18 | 4:00 p.m. – 5:30 p.m.

Clinical Trials

Research opportunities, through clinical trials, are an important option for people with cancer. The main purpose of clinical trials is to find better ways to prevent, diagnose and/or treat disease. WellStar patients have the opportunity to participate in the latest clinical trials and research, providing access to state-of-the-art treatment. For more information, call the WellStar Cancer Connect Line at 1-877-366-6032, option 0.

BETTER BREATHERS CLUB OF DOUGLAS

Living with a chronic lung disease can be easier. Better Breathers Club is a support group for individuals with COPD, pulmonary fibrosis and lung cancer, and their caregivers. Learn ways to better cope with lung disease while getting the support of others in similar situations. Led by a trained facilitator, these in-person adult support groups give you the tools you need to live the best quality of life you can.

Better Breathers Club, certified by American Lung Association, meet regularly and feature educational presentations on a wide range of relevant topics, including:

- How COPD/ lung disease affects the lungs
- Breathing techniques
- Exercise
- Talking with your physician
- Medications and other treatment options
- Medical tests
- Supplemental oxygen
- Home healthcare
- Lung transplants
- Air pollution

You don’t have to feel alone or isolated. It feels good to talk with others who understand – and that can have a positive impact on your health.

Classes are FREE to attend and lunch is provided.

For more information or to register, call 770-956-STAR (7827).

Where: WellStar Douglas Hospital
Main Campus Lobby
8954 Hospital Drive
Douglasville, GA 30134

When: 4th Wednesday of every month
11:00 a.m. – 12:15 p.m.
**LOOK GOOD... FEEL BETTER®**

Program provided by the American Cancer Society

This free program for women going through cancer treatment provides a hands-on workshop dedicated to helping female cancer patients cope with, and combat, the appearance-related side effects of chemotherapy and radiation treatment. Learn makeup tips and hair/wig techniques and take home a complimentary, full-size name brand cosmetic. This program is provided by The American Cancer Society. Registration is required. To register, call 1-800-395-LOOK.

**Where:** WellStar Cancer Center at Kennestone Hospital
Center for Survivorship & Support
320 Kennestone Hospital Blvd | Ste 137
Marietta, GA 30060

**When:**
- Tuesday, July 10 | 10:00 a.m. – 12:00 p.m.
- Tuesday, August 14 | 10:00 a.m. – 12:00 p.m.
- Tuesday, September 11 | 10:00 a.m. – 12:00 p.m.

**Where:** WellStar Paulding Hospital
Main Level Conference Room
2518 Jimmy Lee Smith Pkwy
Hiram, GA 30141

**When:**
- Monday, August 13 | 10:00 a.m. – 12:00 p.m.

*For additional dates and times for our Paulding location, please contact The American Cancer Society at the telephone number provided above.*

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**Survivorship Series for Young Women Affected by Breast Cancer**

As a young woman with breast cancer, you have unique needs and questions. WellStar Kennestone Hospital has partnered with the Young Women’s Initiative at Living Beyond Breast Cancer, a national breast cancer nonprofit organization that provides trusted information and a community of support, to host a series of workshops for young women diagnosed with breast cancer before the age of 45.

The Survivorship Series will provide answers and resources on some of the most common concerns for young women such as sex and intimacy, early menopause, the late effects of treatment and genetic and cancer risks after breast cancer.

**Session 1:**
- **Let’s Talk About Sex and Breast Cancer**
- **Hot and Bothered: Coping with Early Menopause**

**Where:** WellStar Health Place
330 Kennestone Hospital Blvd
Marietta, GA 30060

**When:** Saturday, August 4 | 9:00am – 12:00pm

**Session 2:**
- **Stay Alert: Managing the Long-term Side Effects of Breast Cancer Treatment**
- **The More You Know: Understanding Your Genetic and Cancer Risk**

**Where:** WellStar Health Place
330 Kennestone Hospital Blvd
Marietta, GA 30060

**When:** Saturday, August 18 | 9:00am – 12:00pm

**Registration Details:** To RSVP please call our Cancer Connect Line at: 1-877-366-6032, option 0. May attend one or both sessions each day. Free gift at each session.

Childcare available for children 6 weeks to 11 years old. Space is limited for childcare. Please specify with RSVP age and number of children.
SURVIVORS’ TOOLKIT SERIES

Facilitated by Jennifer Kilkus, Clinical Psychologist

Cancer diagnosis and treatment can leave the most well-prepared people feeling tapped out. This four session workshop series will help you sharpen your tools to improve symptom management, exercise/nutrition, coping skills, and other topics of interest to our patients. Open to all current and past patients, family members, and caregivers.

Where: WellStar Kennestone Cancer Center
       Center for Survivorship and Support
       320 Kennestone Hospital Blvd, Ste 137

When:
   Tuesday, September 4 | 3:00 p.m. – 4:00 p.m.
   Tuesday, September 11 | 3:00 p.m. – 4:00 p.m.
   Tuesday, September 18 | 3:00 p.m. – 4:00 p.m.
   Tuesday, September 25 | 3:00 p.m. – 4:00 p.m.

COOKING DEMOS

Where: Manning Wellness Kitchen
       WellStar Kennestone Cancer Center
       320 Kennestone Hospital Blvd
       Marietta 30060

When:
   Going Green: Tuesday, August 28 | 3:00 p.m. – 4:00 p.m.
   Speedy Suppers: Tuesday, September 25 | 3:00 p.m. – 4:00 p.m.

COPING WITH SIDE EFFECTS

Facilitated by Jennifer Kilkus, Clinical Psychologist

Dealing with cancer involves more than worry and stress about the illness itself, the treatments, and the prognosis for the future. The very real and troubling physical symptoms of disease and side effects of treatment also cause great upset and suffering. This workshop will provide different tools for managing common side effects of treatment, including nausea, chemobrain, pain, and physical changes such as hair loss. Open to all current and past patients, family members, and caregivers.

Where: WellStar Kennestone Cancer Center
       Center for Survivorship and Support
       320 Kennestone Hospital Blvd | Ste 137
       Marietta, GA 30060

When: Tuesday, July 17 | 3:00 p.m. – 4:00 p.m.

WELLNESS STUDIO EXERCISE CLASSES

Where: Wellness Studio at the WellStar Cancer Center at Kennestone Hospital
       320 Kennestone Hospital Blvd | 2nd Floor
       Marietta, GA 30060

Stretching: Mondays | 9:00 a.m. – 9:30 a.m.
Resistance Training: Mondays | 9:45 a.m. – 10:45 a.m.
Yoga: Mondays | 11:00 a.m. – 12:00 p.m.
Tai Chi: Thursdays | 2 p.m. – 3 p.m.

To register for any of the exercise classes listed above, call 770-793-7300.
SUPPORT GROUPS

SURVIVORS OFFERING SUPPORT (SOS) FOR BREAST CANCER

SOS is a peer-to-peer support program which connects breast cancer patients with volunteers who have gone through breast cancer treatment. The SOS program will try to match you with a survivor who has had a similar breast cancer experience, is at a similar life stage, and can give you their own unique insight. However much, or little, help you want from your SOS volunteer is completely up to you. Contact your breast nurse navigators, Lisa Sherman (470-793-0067) or Sara Owens (470-793-0070).

PROSTATE SURVIVORS SUPPORT GROUP

Facilitated by Michelle Guibault, Nurse Navigator

Prostate cancer patients are encouraged to come and talk with other men who have “been there, done that” with prostate cancer treatment. Family members are welcome to join. To register, call the WellStar Cancer Connect Line at 1-877-366-6032, option 0.

Where: Wellness Studio at the WellStar Cancer Center at Kennestone Hospital
320 Kennestone Hospital Blvd | 2nd Floor
Marietta, GA 30060

When: Thursday, July 12 | 7:00 p.m. – 8:00 p.m.
Thursday, August 9 | 7:00 p.m. – 8:00 p.m.
Thursday, September 13 | 7:00 p.m. – 8:00 p.m.

HEAD AND NECK CANCER SUPPORT GROUP

Facilitated by Pascale Bourne, Outpatient Rehab

Head and neck cancer survivors, their families, caregivers and friends are all encouraged to attend, as well as rehabilitation therapists, physicians and nurses. To register, call 770-793-7600 or email pascale.bourne@wellstar.org.

Where: WellStar Kennestone Outpatient Rehabilitation
100 Lacy Street, Marietta, GA 30060

When: Monday, July 2 | 5:00 – 6:00 p.m.
Monday, August 6 | 5:00 – 6:00 p.m.

JOURNEYING WITH HOPE

Facilitated by Sarah Murray, WellStar Chaplain

WellStar cares for you – Body, Mind, and Spirit. Join us to share about the significance of a cancer diagnosis on your spirituality and explore spiritual resources that will offer hope on your journey.

All patients and their loved ones are welcome. The group is open to those of any belief or faith.

Where: WellStar Cancer Center
Center for Survivorship and Support
320 Kennestone Hospital Blvd | Suite 137
Marietta, GA 30060

When: July 5 | August 2 | September 6
1:00 p.m. – 2:00 p.m.
OSTOMY SUPPORT GROUP
Facilitated by Outpatient Rehab
WellStar Kennestone Ostomy Nurses, with support from the Greater Atlanta Ostomy Association, invite you to attend this group, featuring guest speakers, special programs and community resources. To register, call 770-793-7171.

Where: WellStar Kennestone Outpatient Rehabilitation
100 Lacy Street, Marietta, GA 30060
When: Wednesday, September 5 | 6:00 p.m. – 7:00 p.m.

WELLSTAR COBB HOSPITAL SURVIVORS TALKING ABOUT RECOVERY (STAR)
Facilitated by Raymond Coffman, Pastoral Care
This group is to help patients and their families feel more hopeful and less alone through the mutual sharing of thoughts, feelings and concerns related to living with, and surviving cancer. To register, call 470-732-3780.

Where: WellStar Cobb Hospital
3950 Austell Road | Magnolia Room
Austell, GA 30106
When: Thursday, July 10 | 1:00 p.m. – 2:00 p.m.
Tuesday, August 14 | 1:00 p.m. – 2:00 p.m.
Tuesday, September 11 | 1:00 p.m. – 2:00 p.m.

WHERE: WellStar Cancer Center Calm Water Café
320 Kennestone Hospital Blvd.
Marietta, GA 30060
When: Saturday, September 8 | 10 a.m. – 12:00 p.m.

Join us for a family friendly cookie decorating class. We will provide the cookies and decorating materials. No experience necessary and all ages are welcome. To register, please call the Cancer Connect Line at 1-877-366-6032, option 0.
BUCKHEAD ACUPUNCTURE AND HERBAL CENTER

Customized acupuncture treatment, which not only treats symptoms, but is designed to address the root of your medical condition, according to the principles of Chinese medicine. Consultations are scheduled by appointment only. For more information, call 678-549-7848 or visit www.atlanta-acupuncture.net.

CANCER SUPPORT SERVICES TEAM

If a group environment does not meet your current needs, we encourage you to make an appointment with one of our oncology specialists by calling the WellStar Cancer Connect Line at 1-877-366-6032, option 0.

These services are free of charge.
- Nurse Navigator
- Registered Dietitian
- Social Worker

The WellStar Cancer Support Services Team also includes professionals to care for your emotional health and quality of life. Our behavioral health team includes clinical psychologist Jennifer Kilkus, PhD, psychiatrist Kajal Patel, MD, as well as a doctoral student therapist practicing under supervision. Most insurance is accepted and self-pay rates range depending on the provider. Common issues addressed by the behavioral health team include:
- Adjustment to diagnosis
- Anxiety and depression
- Stress management
- Insomnia
- Coping with side effects
- Pain management
- Caregiver stress

Please call 770-514-6760 to schedule an appointment.

ILLUMINATIONS MEDICAL HAIR LOSS SALON

Private consultations provided by a licensed and experienced cosmetologist. We offer custom wigs and hair integration products for full or partial hair loss; along with hats, turbans and scarves. Consultations are scheduled by appointment only; no charge for initial consultation. In network with most health insurance plans. Open Mon-Tues and Thu-Fri. For more information, call 770-827-2100 or visit www.illuminationsbyborrellis.com.

INTERFAITH SERVICE OF HOPE AND COMFORT

A service is held every Wednesday in the WellStar Cancer Center at Kennestone Hospital’s Gray Chapel from 11:05 a.m. – 11:15 a.m. The Chapel is located in the 320 Building and is available daily for staff, patients and families. Prayer request forms are also available.

LYMPHEDEMA SCREENING

L-Dex lymphedema screening, a technology that assists your physician in clinically assessing and diagnosing lymphedema 4-10 months earlier than other methods is available at the WellStar Cancer Center at Kennestone Hospital and other local sites through Lacey Drug Company. Talk with your doctor about whether the screening is appropriate for you. Currently funding has been made available by the WellStar Foundation to help with the cost to the patient for the screening. For more information about the screening program call 770-880-7074.
**WellStar and the Atlanta Braves will host our annual**

"Pink Out The Park"

**in support of Breast Cancer Awareness**

- **Where:** SunTrust Park
- **When:** Saturday, September 22
- **Time:** Game starts at 7:10 p.m. but please arrive early to enjoy special pregame activities
- **Tickets:** Check the Braves website for more details; look for the Breast Cancer Awareness ticket package.

**Come early to get a pink tomahawk gate giveaway!**

This family friendly, fun-filled event will feature interactive activities and health education booths providing breast cancer awareness to fans. WellStar will have a presence around the 3rd base gate, as well as in the Plaza area of The Battery. Dr. WellBee will be there to interact with the younger fans. Go Braves!

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**Save the Date**

**Prostate Survivors Celebration**

**When:** Thursday, September 13
5:30 p.m. – 7:00 p.m.

For additional details, please call the Cancer Connect Line at 1-877-366-6032, option 0.

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**Resource Center**

**At WellStar Kennestone Cancer Center**

**What’s in it for you**

- Access to interactive resources for Cancer Patients & Caregivers
- Kiosks with direct interface to American Cancer Society (ACS)
- Complimentary reading material
- Brochures, pamphlets, and booklets

**Where:** WellStar Cancer Center at Kennestone
320 Kennestone Hospital Blvd.
Marietta, GA 30060

**When:** Monday – Friday | 8:00 a.m. – 4:30 p.m.

For more information, please call 1-877-366-6032, option 0.
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**July 2018**

Schedule of Classes

WellStar Cancer Network

- 9 a.m. — Stretching
- 9:45 a.m. — Low Impact Resistance Training
- 11:00 a.m. — Yoga
- 1 p.m. — Spirituality Group
- 2 p.m. — Tai Chi

**3**

- 10 a.m. — Look Good Feel Better (Kemp)
- 12:30 p.m. — Intro to Mindfulness
- 2 p.m. — Tai Chi

**4**

- 9 a.m. — Stretching
- 9:45 a.m. — Low Impact Resistance Training
- 11:00 a.m. — Yoga

**5**

- 10 a.m. — Coping with Cancer
- 11:30 a.m. — Survivors Talking About Recovery (Cobb)
- 2 p.m. — Tai Chi

**6**

- 3 p.m. - Coping with Side Effects

**8**

- 9 a.m. — Stretching
- 9:45 a.m. — Low Impact Resistance Training
- 11:00 a.m. — Yoga

**9**

- 9 a.m. — Stretching
- 9:45 a.m. — Low Impact Resistance Training
- 11:00 a.m. — Yoga

**10**

- 11 a.m. — Better Breathers Club (Douglas)

**12**

- 11:30 a.m. — Survivors Talking About Recovery (Cobb)

**13**

- 11:30 a.m. — Tai Chi

**14**

- 11:30 a.m. — Tai Chi

**15**

- 11:30 a.m. — Tai Chi

**17**

- 3 p.m. — Mindfulness

**18**

- 2 p.m. — Tai Chi

**19**

- 2 p.m. — Tai Chi

**20**

- 2 p.m. — Tai Chi

**21**

- 2 p.m. — Tai Chi

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- 2 p.m. — Tai Chi

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<td>9 a.m. — Stretching 9:45 a.m. — Low Impact Resistance Training 11:00 a.m. — Yoga 5 p.m. — Head and Neck Support Group</td>
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<td>1 p.m. — Finding Your New Normal 2 p.m. — Tai Chi 7 p.m. — Prostate Support Group</td>
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September 2018