

ST. TAMMANY CANCER CENTER
A Campus of Ochsner Medical Center

Support Services

April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Yoga 10 a.m.
4 Tai Chi 9 a.m. Music Heals 1 p.m.	5 Breast Cancer Support Group 4 p.m.	6	7 Meditation 9:30 a.m.	8 Yoga 10 a.m. Healthy Eating with a Registered Dietitian 12 p.m.
11 Tai Chi 9 a.m.	12	13	14 Meditation 9:30 a.m.	15 Good Friday
18 Tai Chi 9 a.m. Music, Relaxation, and Imagery 1 p.m.	19	20	21 Meditation 9:30 a.m.	22 Yoga 10 a.m.
25 Tai Chi 9 a.m.	26	27	28 Meditation 9:30 a.m. Caregiver Support Group 11:30 a.m.	29 Yoga 10 a.m.

Tai Chi: Healing in Motion

Mondays at 9 a.m.

The art of Tai Chi will help you learn to use the power of movement to fight disease, boost your immune system, find strengths, and meet the challenges a significant illness brings. Tai Chi Classes are led by our Tai Chi instructor; Erlinda R. Nye. The low-impact exercise in this class involves gentle, slow, deliberate, flowing, and graceful movements in coordination with the breath. Tai chi practice reduces stress, increases flexibility and muscle strength, improves balance, and promotes serenity. Participants may start at any time. The free class is open to any individuals with a cancer diagnosis, their caregivers, and the health professionals who care for them. To register or for more information please call 985-249-2383.

Music Heals

First Monday of the Month at 1 p.m.

Learn how music along with simple relaxation techniques can be incorporated into your own routines in our Introduction to Music and Relaxation Class. Our Music Classes are led by Jennifer Bobeck, Board-Certified Music Therapist – the first half of the session involves educational instruction in an open discussion format, remainder will be a relaxation experience. Participants may start at any time. This free class is open to individuals with a cancer diagnosis, their caregivers, and the health professionals who care for them. To register or for more information please call 985-249-2383.

Music, Relaxation, and Imagery

Third Monday of the Month at 1 p.m.

Our Music Classes are led by Jennifer Bobeck, our Board-Certified Music Therapist. Learn how to incorporate imagery and music to support physical relaxation throughout treatment and beyond. This class includes educational instruction, open discussion, and concludes with a direct guided imagery experience. Participants may start at any time. This free class is open to individuals with a cancer diagnosis, their caregivers, and the health professionals who care for them. To register or for more information please call 985-249-2383.

Group Support Session

First Tuesday of the Month at 4 p.m. and Final Thursday of the Month at 11:30 a.m.

Our group support sessions are led by Melinda Breaux, LPC and Cancer Center Staff to offer guidance to adapt, survive and thrive with where you are in your treatment journey. Participants may start at any time. The free sessions are open to individuals with a cancer diagnosis, their caregivers, and the health professionals who care for them. To register or for more information please call 985-249-2383.

Mindful Meditation:

An All in Your Cancer Recovery

Thursdays at 9:30 a.m.

Our meditation classes are led by our instructor Ellen LaRocca who will introduce various techniques. Learn to use the power of your mind to fight disease, find strengths, make the best of treatments, and meet the challenges cancer can bring through meditation. Participants may start at any time. The class is open to any individual with a cancer diagnosis, their caregivers and the health professionals who care for them. To register or for more information please call 985-249-2383.

Healing Yoga

Fridays at 10 a.m.

Yoga is an ancient practice that involves physical poses, concentration, and deep breathing. can promote endurance, strength, calmness, flexibility, and well-being. Our Yoga Classes are led by Wendy McKee, our Experienced Registered Yoga Instructor. The overall philosophy of yoga is about connecting the mind, body, and spirit. Participants may start at any time. The free class is open to any individuals with a cancer diagnosis, their caregivers, and the health professionals who care for them. To register or for more information please call 985-249-2383.



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