

About our classes and prevention programs

Art therapy available by appointment

Led by Eileen Estes, Ph.D., art therapist. Call (502) **899-6987** for an appointment.

Nutritional counseling

Complimentary one-on-one nutritional counseling is available for cancer patients and their caregivers. Call Anita McLaughlin M.S., R.D., at (502) **899-6871** for an appointment.

Massage therapy

Massage therapy services are offered to patients who are currently undergoing cancer treatment. Call the Norton Cancer Institute Resource Center of your choice for additional information or to schedule an appointment.

Mobile Prevention Center cancer screenings



Registration is required for all screenings. Call (502) **899-6842**.

July 9 • 10 a.m. to 5 p.m. • WHAS Health and Fitness Expo, Kentucky International Convention Center, 221 S. Fourth St.

July 10 • 10 a.m. to 3 p.m. • Refuge in Kentucky Church, 207 S. Hancock St.

July 14 • 10 a.m. to 3 p.m. • Kroger, 924 S. Second St.

July 17 • 10 a.m. to 2 p.m. • Kingdom Land Baptist Church, 1822 S. 11th St.

July 29 • 10 a.m. to 4 p.m. • Southwest Community Ministries, 9800 Stonestreet Road

July 31 • 10 a.m. to 2 p.m. • All For You Flea Market Mall, 2401 Millers Lane

Aug. 7 • 11 a.m. to 3 p.m. • Lighthouse Community Center, 5312 Shepherdsville Road

Exercise After Breast Cancer

Weekly class helps participants regain strength, stamina and spirit after breast cancer. 11 a.m. to noon, Norton Audubon Hospital, Community Room, LL2. Call (502) **636-8308** to register. July 2, 9, 16, 23 and 30; Aug. 6, 13, 20 and 27

Gentle Yoga for Oncology Patients and Caregivers

Let go of the uncertainty of cancer and let yoga help your healing take place. Music therapy will be used to help participants relax physically, emotionally and spiritually. Call (502) **899-6888** to register. 11 a.m. to noon. Norton Medical Plaza II – Suburban, Joan Riehm Community Room, third floor. July 6, 13, 20 and 27; Aug. 3, 10, 17, 24 and 31

Look Good, Feel Better

This American Cancer Society-sponsored program provides tips on managing the effects of cancer treatment on one's appearance. A complimentary makeup kit is provided.

July 6 • 10 a.m. to 12:30 p.m., Norton Medical Plaza II – Suburban, Suite 400
Call (502) **899-6888** to register.

July 12 • 1 to 2:30 p.m., Norton Medical Plaza II – Suburban, Suite 400
Call (502) **899-6888** to register.

July 19 • 1 to 2:30 p.m., Norton Medical Plaza West – Audubon, Suite 300
Call (502) **636-8308** to register.

July 26 • 1 to 2:30 p.m., Medical Towers South, Suite 164 • Call (502) **629-5500** to register.

July 26 • 5 to 7 p.m., Norton Medical Plaza – Brownsboro, Conference Room, 4E, fourth floor
Call (502) **560-6045** to register.

Aug. 3 • 10 a.m. to 12:30 p.m., Norton Medical Plaza II – Suburban, Suite 400
Call (502) **899-6888** to register.

Aug. 9 • 1 to 2:30 p.m., Norton Medical Plaza II – Suburban, Suite 400
Call (502) **899-6888** to register.

Aug. 16 • 1 to 2:30 p.m., Norton Medical Plaza West – Audubon, Suite 300
Call (502) **636-8308** to register.

Aug. 23 • 1 to 2:30 p.m., Medical Towers South, Suite 164 • Call (502) **629-5500** to register.

Music and Relaxation

This free class uses music to help oncology patients and their caregivers relax physically, emotionally and spiritually. Noon to 12:30 p.m. Norton Medical Plaza II – Suburban, Joan Riehm Community Room, third floor. Call (502) **636-8308** to register. July 6, 13, 20 and 27; Aug. 3, 10, 17, 24 and 31

Cooper/Clayton Method to Stop Smoking

A free program to assist anyone interested in kicking the smoking habit. Classes meet one hour a week for 13 weeks. 11:30 a.m. to 12:30 p.m., Norton Medical Plaza West – Audubon, Suite 300. Call (502) **629-1234** to register. July 14 (first of 13 classes)

Special events

Keeping Well in Mind, Body and Spirit

July 1 • This exciting and informative program will cover the six dimensions of wellness: emotional, physical, intellectual, social, occupational and spiritual. Part of the American Cancer Society's I Can Cope Series. Registration 11 a.m. • Program 11:30 a.m. to 12:30 p.m. Norton Audubon Hospital, Community Room, LL2. Call (502) **636-8308** to register.

Arts, Crafts and Cancer

July 8 and Aug. 12 • A monthly craft class designed for cancer patients, survivors and their caregivers. These classes are free and supplies are provided. 1 to 3 p.m. Norton Medical Plaza II – Suburban, Joan Riehm Community Room, third floor. Call (502) **899-6888** to register.

Eating Healthy on a Shoestring Budget

Learn how to prepare nutritious meals, stay within your budget and reduce your risk for cancer and heart disease.

July 14 • Noon to 1 p.m. • Norton Medical Plaza West – Audubon • 2355 Poplar Level Road, Suite 300. Call (502) **636-8308** to register. Class size is limited.

July 19 • 11:30 a.m. to 12:30 p.m. • Medical Towers South, Suite 164 • 234 E. Gray St. Call (502) **629-5500** to register. Class size is limited.

Celebrating Life

July 26 • Shannon Queenan, chaplain for Kosair Children's Hospital and cancer survivor, shares her unique perspective on living beyond a cancer diagnosis. 11:30 a.m. to 12:30 p.m. Norton Medical Plaza II – Suburban, Joan Riehm Community Room, third floor. Call (502) **899-6888** to register.

What's Eating You?

July 29 • Learn how to make peace with food and listen to your body's natural wisdom. This is an introduction to eating with mindfulness. Noon to 1 p.m. • Norton Medical Plaza II – Suburban, Joan Riehm Community Room, third floor. Call (502) **899-6888** to register.

Late and Long-term Effects of Treatment in the Pediatric Cancer Survivor

Aug. 10 • This program is for parents of childhood cancer survivors. The physical effects as well as cognitive and emotional aspects of childhood cancer treatments will be discussed. 6 to 8 p.m. • Norton Hospital Auditorium • 200 E. Chestnut St., second floor. Call (502) **629-5500** to register.

Let's Talk Tea

Get the latest scoop on tea. What's so special about green tea? Does black tea have benefits? How long should I steep for maximum health benefits? Is there a cancer connection? What about herbal teas and coffee?

Aug. 11 • Noon to 1 p.m. • Norton Medical Plaza West – Audubon • 2355 Poplar Level Road, Suite 300. Call (502) **636-8308** to register. Class size is limited.

Aug. 16 • 11:30 a.m. to 12:30 p.m. • Medical Towers South, Suite 164 • 234 East Gray St. Call (502) **629-5500** to register.

Taking Charge of Money Matters

Aug. 23 • This informational session is designed to help people with cancer find answers to personal finance questions. The speakers will address common concerns that arise before, during and after cancer treatment. Part of the American Cancer Society's I Can Cope Series. 11:30 a.m. to 12:30 p.m. • Norton Medical Plaza II – Suburban, Joan Riehm Community Room, third floor. Call (502) **899-6888** to register.

Cognitive Problems After Chemotherapy

Aug. 25 • Problems with memory and concentration, along with a general feeling of not being as mentally "sharp," is informally referred to as "chemobrain." Signs and symptoms may include memory loss, trouble paying attention, difficulty learning new things and/or managing daily activities. Registration 11 a.m. • Program 11:30 a.m. to 12:30 p.m. • Norton Audubon Hospital, Community Room, LL2. Call (502) **636-8308** to register.

It's Easier Than You Think: Eating Well to Maximize Wellness and Prevent Disease

Aug. 26 • What is a healthy diet? How do I maintain a healthy diet and weight when there are so many temptations? Are there advantages to a vegetarian diet? What about organic food? Norton Medical Plaza II – Suburban, Joan Riehm Community Room, third floor. Call (502) **899-6888** to register.

Support groups

da Vinci Prostatectomy Support Group

Men who have had this procedure or who are considering this procedure for the treatment of prostate cancer meet to discuss their experiences and support one another.

July 12 and Aug. 9 • 6 to 7 p.m. • Medical Towers South, Suite 164 • 234 East Gray St. Call (502) **629-5500** to register.

Breast Cancer Support Group

Women diagnosed with breast cancer meet to discuss their experiences and support one another.

July 20 and Aug. 17 • 6 to 7:30 p.m. • Norton Medical Plaza I – Suburban, Suite 1A (enter through north entrance). Call (502) **899-6888** for additional details.

Young Survivors Day Out

Friends, food and fun! For breast cancer survivors diagnosed at age 40 or younger. No cost to attend.

July 27 • Noon to 1:30 p.m. • River Bend Winery • 118 S. 10th St. Call (502) **629-3136** to register.

Aug. 31 • Ronald McDonald House • 550 S. First St. • 4:30 p.m. begin food preparation 6:30 p.m. begin serving dinner to guests. Call (502) **629-3136** to register and for additional details.

Colon Cancer Networking Group

This group is for patients and caregivers living with a diagnosis of colorectal cancer. This is a collaboration among Gilda's Club, the Colon Cancer Prevention Project and Norton Cancer Institute. It meets the fourth Wednesday of every the month.

July 28 and Aug. 25 • Dinner 6 p.m. • Meeting 6:30 p.m. • Gilda's Club • 633 Baxter Ave. Call (502) **583-0075** to register.