

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Living the Journey Wed. June 5 • 3-5 p.m. Featuring an Ice Cream Truck and more!	Yoga Yoga for Healing • Tue. 4-4:45 p.m. Gentle Yoga • Thu. 9-10 a.m. or 2-3 p.m. 320-229-5100		1 Acupuncture Music Therapy Palliative Care	2 Art Therapy Enhancement Healing Touch/Reiki Massage Yoga	3 Healing Touch/Reiki Palliative Care Your Story	4
5	6 Acupuncture Art Therapy Healing Touch/Reiki Your Story	7 Acupuncture Healing Touch/Reiki Palliative Care Self Chakra Connection Thriving Workshop Yoga	8 Acupuncture Music Therapy Palliative Care	9 Art Therapy Breast Cancer Support Dietitian in the Kitchen Healing Touch/Reiki Massage, Yoga	10 Healing Touch/Reiki Massage Palliative Care Your Story	11
12	13 Acupuncture Art Therapy Movie & Popcorn Your Story	14 Acupuncture Enhancement Healing Touch/Reiki Palliative Care Self Chakra Connection Thriving Workshop Yoga	15 Acupuncture Music Therapy Palliative Care	16 Art Therapy Breast Cancer Support Healing Touch/Reiki Massage Yoga	17 Healing Touch/Reiki Palliative Care Your Story	18
19	20 Acupuncture Healing Touch/Reiki Your Story	21 Acupuncture Enhancement Healing Touch/Reiki Palliative Care Self Chakra Connection Thriving Workshop Yoga	22 Acupuncture Music Therapy Palliative Care	23 Art Therapy Breast Cancer Support Healing Touch/Reiki Yoga	24 Healing Touch/Reiki Palliative Care Your Story	25
26	27 Closed Memorial Day	28 Acupuncture Healing Touch/Reiki Self Chakra Connection Thriving Workshop Us, TOO Prostate Group Yoga	29 Acupuncture Music Therapy Palliative Care Thriving & Surviving	30 Art Therapy Breast Cancer Support Healing Touch/Reiki Massage Yoga	31 Healing Touch/Reiki Palliative Care Your Story	Dietitian in the Kitchen Thu. May 9 11:30-12:30 p.m.





Donations to CentraCare Foundation supports programming for cancer wellness. Financial assistance available.
Coborn Healing Center | 320-229-5100 | 1900 CentraCare Circle, Saint Cloud, MN 56303 | CentraCare.com

ACUPUNCTURE

Mon. Tue. Wed. • \$20 semi-private, \$40 private
Supports the body's natural ability to heal and ease common side-effects of cancer treatment. Referral required.

ART THERAPY

An expressive avenue to seek joy, evoke feelings and find healing in yourself. No art experience needed.

- **GRIEF SUPPORT GROUP**
Mon. 11-12:30 p.m. • \$5
- **PATIENT SUPPORT GROUP**
Thu. 10-11:30 a.m. or 12:30 - 2:30 p.m. • \$5
- **PRIVATE SESSION**
Mon. or Thu. • \$30 (first 3 free)

BREAST CANCER SUPPORT GROUP

Thu. • 4-5 p.m. • FREE
Come connect with other women in a relaxing, confidential and supportive environment. Through education and discussion, gain information and tools to help navigate the journey. Open to women who are newly diagnosed, going through or finished with treatment. This group will meet regularly for a 12 week series.

CANCER THRIVING & SURVIVING SERIES

Tue. • 9:30-Noon • 6-weeks, starting May 21 • Free
Interactive workshop developed by Stanford University designed for people with cancer, survivors, family, friends and caregivers.

DIETITIAN IN THE KITCHEN

Thu. 11:30-12:30 p.m. • \$5
May 9 – Includes Recipe Demonstration

EMOTIONAL SUPPORT - PRIVATE SESSION

Mon. or Thu. • \$60 (up to 3 free)
Help when struggling with a cancer diagnosis and need a safe place to talk, gain support, process feelings and a space to grieve.

ENHANCEMENT WIG PROGRAM

By appointment on Tue. or Thu. • Free
CentraCare cancer patients experiencing hair loss from cancer treatment receive a private consultation to select a wig and hat.

HEALING TOUCH / REIKI

Mon. Tue. Thu. or Fri. • Free
Light, gentle touch on or above the body to balance the body's energetic system.

SELF CHAKRA CONNECTION CLASS

Tue. 9-10 a.m. • Free
Learn how to support your body's energy for better coping with anxiety or pain and help with sleep.

MASSAGE THERAPY

Thu. • \$65 for 45 minutes • No Gratuity (tips)

MUSIC THERAPY

Promotes self-expression, symptom management, and relaxation through personalized music experiences. No experience needed.

- **SUPPORT GROUP**
Wed. 1-2:30 p.m. • \$5
- **PRIVATE SESSION**
Wed. • \$30 (first 3 free)

US, TOO PROSTATE CANCER SUPPORT GROUP

4th Tue. 7 p.m. • 320-259-1411 • Free

YOGA CLASSES

Bring a mat and wear comfortable clothing to class.

GENTLE YOGA FOR BEGINNERS

Thu. 9-10 a.m. and 2-3 p.m. • \$5
Gentle, beginner's yoga led by Luan Knoll. If you've never done yoga before you can do this class which includes yoga and meditation. Classes resume in Feb.

- **YOGA FOR HEALING**
Tue. 4-4:45 p.m. • \$20 (4-weeks)
Join Betsy Johnson for a class designed for people whose bodies and spirits need to heal. It includes sweet stretches and guided meditation.

YOUR STORY

By appointment • Free
Cancer patients/caregivers meet with CSB/SJU students to explore daily lives, life events, memories, the wider world, and hopes for the future. Guided by a series of questions and prompts, turn conversation into poetry and stories. There is no experience necessary, all writing prompts are explored, together.

LIVING THE JOURNEY EVENT

Wed. • 3-5 p.m. • FREE
In celebration of National Cancer Survivors Month, an event for those who are newly diagnosed with cancer, going through or finished with treatment and their loved ones.
The event includes:

- Wandering Cow Ice Cream Truck
- Try samples from Oncology Dietitian
- View Art Therapy Show
- Make a Hawaiian lei with real plumerias (while supplies last)

Music Therapy

Relaxation and side-effect management through music listening, instrument playing, lyric discussion, singing or song writing.
No experience necessary.
To register call: 320-229-5100

