

<p>Acupuncture (for patients only) Support the body's natural ability to heal and ease side-effects of your cancer treatment. Doctor Referral Needed Mon/Tues/Wed</p>	<p>Behavioral Health (for patients only) Help & support when struggling with a diagnosis. Doctor Referral Needed Thursdays & Fridays FREE</p>
<p>Art Therapy (for patients only) An expressive avenue to seek joy, evoke feelings & find healing within. No experience needed. Individual Sessions by Appointment Mon/Thurs \$30 (first 3 FREE) Grief Group: Mondays 11-12:30 \$5 Patient Group: Mondays 9:00-10:30 \$5 Thursdays 9:30-11:30 or 12:30-2:30 \$5</p>	<p>Massage (for patients and caregivers) Relief from pain, anxiety, headaches, stress. No tipping. Thursdays & Fridays See rates on backside. Yoga for Healing (for patients and caregivers) Designed to help bodies and spirits heal. Tuesdays 4-4:45 pm \$5</p>
<p>Dietitian Sessions (for patients and caregivers) Healthful eating topics and recipes by our registered dietitian. 3rd Wednesday of every month 11:30-12:30 \$5 Coffee & Conversations with our Dietitian Every 1st Wed. Starting Sept. 2nd 2:00-3:00 FREE</p>	<p>Music Therapy (for patients and caregivers) Self-care through music and meditation. Group Wednesdays 1:00-2:30 \$5 Individual Wednesdays by appt 2:30-4:30 \$10 (first 3 FREE) Relax & Renew Group 2nd & 4th Wed. of Month \$5</p>
<p>Make-up & My Changing Skin (for patients only) Learn basic skincare, make-up application, and what products to use during your cancer journey. Schedule with Midsota 320-529-4291 FREE</p>	<p>Wig Enhancement & Camisole Fittings (for patients only) Consult with a cosmetologist to select a wig, hat and get fitted for a camisole. By Appointment FREE</p>
<p>Mindfulness Meditation (for patients and caregivers) Join Dr. Jurgens to learn about meditation as a healing practice for your cancer journey. Select Wednesdays 3:30-4:30 pm FREE</p>	<p>Your Story (for patients and caregivers) Guided by CSB+SJU-together writing prompts are explored. Thursdays 3-4 FREE</p>
<p>Healing Touch/Reiki (for patients only) Gentle touch on/above body to balance your energetic system. By Appointment FREE</p>	<p>Support Groups Healing & Hope Patient Group Mondays 3-4 FREE Grief Support Tuesdays 3-4 FREE Courage for Caregivers Wednesdays 11-Noon FREE Lifelong Treatment Group 1st & 3rd Mondays 1-2 Free</p>
<p>Self-Chakra Connection (for patients and caregivers) Learn simple healing touch techniques to help with anxiety, sleep and pain. Tuesdays 9 am FREE</p>	<p>Prostate Cancer Support Group 4th Tues 7 pm FREE Breast Cancer Support Group 1st Thurs 4-5 p.m. FREE Palliative Care W/F Call 320-656-7117</p>

Weekly Schedule (subject to last minute changes)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Art Therapy Acupuncture Healing & Hope Group Lifelong Treatment Group – 1st and 3rd Mon.</p>	<p>Self-Chakra Acupuncture Yoga Grief Support Group</p>	<p>Music Therapy Group/Ind. Acupuncture Palliative Care Courage for Caregivers Support Group</p>	<p>Art Therapy Your Story Behavioral Health Massage</p>	<p>Palliative Care Behavioral Health Massage</p>
<p>Coffee & Conversations with our Dietitian – 1st Wed. of every month starting Sept. 2nd</p>	<p>Prostate Cancer Support Group - 4th Tuesday of every month</p>	<p>Relax & Renew with Sound & Meditation Group – 2nd & 4th Wed. of every month</p>	<p>Breast Cancer Support Group – 1st Thursday of every month</p>	
		<p>Dietitian Classes – 3rd Wed. of every month</p>		
		<p>Mindfulness Meditation with Dr. Jurgens – Select Wednesdays (check flyer)</p>		

*Healing Touch/Reiki Available by appointment
*Wig & Camisole Fittings available by appointment.
*Make Up & Changing Skin available by appointment at Midsota.