

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga Yoga for Healing • Tue. 4-4:45 p.m. Yoga for Grieving and Anxiety • Fri. 11-Noon 320-229-5100		Healing Practices - Tend the Heart Gentle and grounding 4-week workshop led by cancer survivor, Betsy Johnson. Tue. 2:30-3:45 March 12-April 2 320-229-5100			1 Grief Support Series Palliative Care Yoga Your Story	2
3/31	4 Art Therapy Healing Touch/Reiki Your Story	5 Enhancement Palliative Care	6 Palliative Care	7 Healing Touch/Reiki Massage	8 Grief Support Series Healing Touch/Reiki Yoga Your Story	9
10	11 Acupuncture Art Therapy Movie & Popcorn Your Story	12 Acupuncture Enhancement Self Chakra Class Tend The Heart Yoga	13 Acupuncture Music Therapy Palliative Care	14 Art Therapy Breast Cancer Support Dietitian Class Emotional Support Healing Touch/Reiki Massage	15 Grief Support Series Healing Touch/Reiki Yoga Your Story	16
17	18 Acupuncture Art Therapy Healing Touch/Reiki Your Story	19 Acupuncture Enhancement Self Chakra Class Tend The Heart Yoga	20 Acupuncture Music Therapy Palliative Care Thriving & Surviving	21 Art Therapy Breast Cancer Support Emotional Support Healing Touch/Reiki Massage Your Story	22 Grief Support Series Healing Touch/Reiki Yoga Your Story	23
24	25 Acupuncture Art Therapy Healing Touch/Reiki Your Story	26 Acupuncture Self Chakra Class Tend The Heart Us, TOO Prostate Group Yoga	27 Acupuncture Music Therapy Palliative Care Thriving & Surviving	28 Art Therapy Breast Cancer Support Emotional Support Healing Touch/Reiki Massage	29 Healing Touch/Reiki Palliative Care Yoga Your Story	30





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 SERIES

Thu. 4-5 p.m., 12 weeks Starting Feb. 1 • 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

Wed. • 9-10:30 a.m. • 6-weeks, starting Mar. 20 • 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

Mar. 14 – 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

Tue. • Free

CentraCare cancer patients experiencing hair loss from cancer treatment receive a private consultation to select a wig and hat.

GRIEF/BEREAVEMENT SUPPORT SERIES)

Fri. 2:30-4 p.m. • 8-weeks, start Apr. 5, 2024 • Free

When you lose a loved one to cancer, we're here to help. **8-week** series includes time for personal sharing, education on a topic related to grief, resilience and identifying healthy ways of coping.

HEALING TOUCH / REIKI

Mon. Thu. or Fri. • Free

Light, gentle touch on or above the body to balance the body's energetic system.

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.

PALLIATIVE CARE

To schedule, call • 320-656-7117

Focuses on providing relief from the symptoms, pain and stress of a serious illness. The goal is to improve quality of life for both the patient and the family. The cost is covered by most health plans.

SELF CHAKRA CONNECTION CLASS

Tue. 9-10 a.m. • Free

Supports your energy for better coping with anxiety, sleep or pain.

TEND THE HEART: PRACTICES TO HELP YOU HEAL

Tue. • 2:30-3:45 p.m. • 4-weeks, starting Mar. 12 • Free

It can be difficult to know how to put yourself back together after cancer treatment. This gentle and grounding workshop will include yoga, meditation, and writing as a way to begin the healing process. Led by Betsy Johnson, a yoga instructor and breast cancer survivor. Betsy's meditations have been downloaded almost 150,000 times on Insight Timer app, she has published six books, and teaches over 400 yoga classes a year. No experience needed. Cost: \$30, Financial assistance is available.

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**

Even Months • Thu. 9-10 a.m. and 2:30-3:30 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.

- **YOGA FOR GRIEVING AND ANXIETY**

Fri. 11-Noon • \$15/class (first 1 free)

Yoga can offer a way to notice our breath, return to our bodies, calm the whirlwind, and come back to center. Join Lauren Murphy for an hour of yoga. This class focuses on various elements of anxiety/grief and how to manage, work with and soothe it. Meditation, breathwork, journaling are included in each class.

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.