The UAB Comprehensive Cancer Center offers various classes to patients and their families to help them deal with the challenges faced during a cancer journey. Information about current classes is below. For more information, contact Teri Hoenemeyer at (205) 934-5772 or tgw318@uab.edu

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GPS for Patients: A Guide to Navigating Cancer Care at UAB

2nd & 4th Monday of the month, The Kirklin Clinic Patient Resource Library, 10:00 to 11:30 a.m.

3rd Thursday of the month, UAB Comprehensive Cancer Center at Acton Road (3rd floor conference room), 10:00 to 11:30 a.m.

Tackle your cancer treatment with confidence! Join us and learn valuable tips and answers to questions like: Who can I call when I need help with a problem? What can I do to get the most out of my treatment plan? Where can I find valuable supportive resources for me and my

family? And so much more!

Registration is recommended (max 25). For more information or to sign up, contact (205) 934-5772 or tgw318@uab.edu

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Gentle Restorative Yoga for Cancer Patients & Survivors

Reunite your mind, body and soul after cancer treatment with this new program!

Join us for a flowing sequence of supported yoga postures, breathwork and meditation

designed to help manage the side effects and stress of cancer. Restorative Yoga is a gentle, relaxing practice that provides an effective way to: reduce stress, manage treatment side effects, relieve pain, regain health and attain peace of mind. This class is appropriate for all levels and no prior yoga experience is needed.

This class is open to all cancer patients and survivors with physician's approval.

Embody Practice Center
Suzanne Graham, ERYT 200
5:45 - 7 p.m.
Thursdays, January 10 - March 14

PH Balance in Vestavia
Suzanne Graham, ERYT 200
1:15 - 2:15 p.m.
Wednesdays, January 9 - March 13

Registration is required. For more information on location and weekly schedule or to register, contact (205) 934-5772 or tgw318@uab.edu

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The Affordable Care Act

What it will mean to people living with cancer

Even though we may have some of the best medical technology and care in the world, fewer and fewer people can get access to the medical services and medications they need. Often, cancer patients and survivors are denied coverage because of pre-existing conditions, lose their coverage or have to pay more than they can afford for their treatments and medicines.

Join the Comprehensive Cancer Center and M. Paige Powell, Ph.D., to learn more about what the Affordable Care Act will mean for you if you have been diagnosed with cancer or if you might be at risk for developing cancer.

Thursday, April 11
11:30 a.m. - 12:30 p.m.
Webinar - Online Learning

FREE

Registration is required. Please contact Teri Hoenemeyer at (205) 934-5772 or tgw318@uab.edu to register.

Chemo Brain: Seeing Through the Fog

"Chemo brain" is a term that is often used to describe cognitive changes that can occur as a side effect of chemotherapy. Many people who have gone through chemotherapy may notice changes in their memory or thinking process. It might be harder to remember how to do complex tasks, the car keys disappear, and the event you just read about it in the newspaper just doesn't seem to stick in your memory.

Please plan to join our special guest speakers and experts on this topic, Karen Meneses, Ph.D.,

Professor and Associate Dean for Research, UAB School of Nursing, and Silvia Gisiger-Camata, RN, MPH, Program Manager, Center for Nursing Research at the UAB School of Nursing.

Tuesday, April 30
11:30 a.m. - 12:30 p.m.
UAB Comprehensive Cancer Center
Lunch will be available if registered before April 19.

For more information, contact Teri Hoenemeyer at (205) 934-5772 or tgw318@uab.edu .

New Program: Mindful Meditation

Mindful meditation is a complementary therapy for treating chronic pain, anxiety, stress and

sleeping problems. Meditation is one of several relaxation methods found to be of benefit by an independent panel convened by the National Institutes of Health (NIH). In fact, in a controlled study of 90 cancer patients who practiced mindfulness meditaiton for seven weeks, 31 percent had fewer symptoms of stress and 65 percent had fewer episodes of mood disturbance than those who did not meditate.

To help you cope better, we are developing an exciting new mindful meditation program for cancer patients, caregivers and survivors. Watch for more details coming soon!

For more information, call (205) 934-5772 or e-mail tgw318@uab.edu .

The UAB Comprehensive Cancer Center offers webinars that cover a variety of topics related to the cancer journey. Below are some of our previously recorded webinars that you may find helpful. Please check back on this page for updates on future sessions.

Previously recorded webinars:

Skin Cancer Prevention: Are Tanning Beds Safe?

GPS: A Guide for Navigating Cancer Care at UAB

The Impact of Cancer on the Family

Coping Spiritually with Cancer

Managing the Side Effects of Chemotherapy

What Can I Expect During Radiation Therapy?

For more information, contact (205) 934-5772 or tgw318@uab.edu