

For information on any of the services listed call the Patient Resource Center at 216.444.0611.

### Monthly events

#### Breast Cancer Support Group

Third Monday, 10 – 11:30 a.m., Gross Family Art Therapy Suite

#### Brain Tumor Support Group

Fourth Wednesday, 5 – 7 p.m., CA5-124A Conference Room (5th floor)

### Upcoming events

#### Shine a Light on Patient Services

**Expo:** Wednesday, April 3, 9 a.m. – 1 p.m., 2<sup>nd</sup> Floor Skyway

#### Patient Services Spotlight:

Discover the Reflections Wellness Program Monday, April 15, 11 a.m. – 1 p.m., 1<sup>st</sup> floor lobby

#### iS Cancer Care:

##### Skin Health Education Class

Friday, May 3, 1 – 3 p.m.  
CA5-120 Conference Room (5th floor)  
For more information, please call Michele at 216-444-2578.

#### Reflect and Find Inner Wisdom & Strength through Journaling:

Contact Don Iannone at 216-445-9415 or [iannond@ccf.org](mailto:iannond@ccf.org) for more information

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
*Reserve a spot for Art Therapy Open Studio, please call 216-444-2479. Featured Art Therapy Project this week: <i>Pour Painting-Go with the Flow.</i>	12-12:30 p.m. Mindfulness Meditation <i>Meditation Room</i> *1 <sup>st</sup> floor	10-11:30 a.m. Yoga *CA5-120A (5 <sup>th</sup> floor)	9-11 a.m. Art Therapy (Open Studio) *Cancelled 2:30-3:30 p.m. High Tea with guest musician Ariel Karas, Violin	10-11:30 a.m. Yoga *CA5-120A (5 <sup>th</sup> floor) 1-3 p.m. Art Therapy (Open Studio)	9-11 a.m. Art Therapy (Open Studio)	
7	8	9	10	11	12	13
Featured Art Therapy Project this week: <i>Hand Painted Mug – Fill Your Cup</i>	12-12:30 p.m. Mindfulness Meditation <i>Meditation Room</i> *1 <sup>st</sup> floor	10-11:30 a.m. Yoga *CA5-120A (5 <sup>th</sup> floor)	9-11 a.m. Art Therapy (Open Studio) 2:30-3:30 p.m. High Tea with guest musician Doug Wood, Guitar	10-11:30 a.m. Yoga *CA5-120A (5 <sup>th</sup> floor) 1-3 p.m. Art Therapy (Open Studio)	9-11 a.m. Art Therapy (Open Studio)	
14	15	16	17	18	19	20
Featured Art Therapy Project this week: <i>Design a Personalized Journal</i>	<b>11-1 p.m. Patient Services Spotlight:</b> <i>Reflections Wellness</i> 12-12:30 p.m. Mindfulness Meditation <i>Meditation Room</i> *1 <sup>st</sup> floor	10-11:30 a.m. Yoga *CA5-120A (5 <sup>th</sup> floor)	9-11 a.m. Art Therapy (open studio) 2:30-3:30 p.m. High Tea with guest musician Ariel Karas, Violin	10-11:30 a.m. Yoga *CA5-120A (5 <sup>th</sup> floor) 1-3 p.m. Art Therapy (Open Studio)	9-11 a.m. Art Therapy (Open Studio)	
21	22	23	24	25	26	27
Featured Art Therapy Project this week: <i>Soap Making – Wash Your Cares</i>	12-12:30 p.m. Mindfulness Meditation <i>Meditation Room</i> *Cancelled	10-11:30 a.m. Yoga *CA5-120A (5 <sup>th</sup> floor)	9-11 a.m. Art Therapy (open studio) 2:30-3:30 p.m. High Tea with guest musician Kent Collier, Cello	10-11:30 a.m. Yoga *CA5-120A (5 <sup>th</sup> floor) 1-3 p.m. Art Therapy (Open Studio)	9-11 a.m. Art Therapy (Open Studio)	
28	29	30				
	12-12:30 p.m. Mindfulness Meditation <i>Meditation Room</i> *Cancelled	10-11:30 a.m. Yoga *CA5-120A (5 <sup>th</sup> floor)				



## Patient Services

Located on the 1<sup>st</sup> floor of the Taussig Cancer Center

Class schedule available on the reverse side of this flier and in the Patient Resource Center.

For more information on any of the services listed, call the Patient Resource Center at 216.444.0611, unless otherwise indicated.

### Patient Resource Center

The Scott Hamilton & Helen McLoraine Patient Resource Center provides brochures, a lending library, Internet access, and information on support groups, patient-related events, transportation and lodging. Monday–Friday, 7:30 a.m.–4 p.m. 216.444.0611

### 4th Angel Mentoring Program

Receive complimentary, one-on-one phone or email support from patient or caregiver mentors who have made the same journey you are about to begin. 216.445.8734 | Toll-free 866.520.3197, 4thangel.org | 4thangel@ccf.org

### Art Therapy

Patients and families can explore the expressive, healing power of art using a variety of media, including drawing, painting, collage and sculpture. 216.444.2479

### Chemocare.com

A comprehensive resource that provides chemotherapy drug and side effect information, cancer wellness information, and links to additional reliable resources and organizations.

### High Tea at Taussig

Relax during tea time with patients, families, friends and staff. High Tea is held weekly in the lobby. No reservations necessary. Wednesdays, 2:30–3:30 p.m.

### Music Therapy

Explore the creative, expressive ways music can aid patients and family members during treatment through listening, reflecting, singing or playing. 216.636.3715

### Reflections Wellness Program

Take time to relax with reiki, reflexology, massage, skin care and cosmetic consultations. Services are complimentary for Cleveland Clinic patients currently being treated for cancer. Monday–Friday, by appointment. 216.444.3527

### Reiki

Reduce stress and anxiety and increase relaxation and energy levels through the “power of the human touch”. This complementary wellness therapy promotes healing and a sense of positive well-being. 216.445.9415

### Wig Boutique

The wig boutique carries complimentary wigs, hats and other accessories for our adult patients actively undergoing treatment. Monday–Friday, 8 a.m.–3:30 p.m. or by appointment. 216.445.6885

### Yoga

Complimentary classes. Patients and families are welcome. Tuesdays, 10–11:30 a.m., Thursdays, 9–10:15 a.m. and 10:30–11:45 a.m. 440.840.1839