

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., Gross Family Art Therapy Suite

### Upcoming events

#### Patient Services Spotlight:

*Experience the benefits of Reiki*  
1<sup>st</sup> floor lobby  
Monday, August 19, 11 a.m. – 1 p.m.

#### 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

#### iS Cancer Care:

*Skin Health Education Class*  
CA5-120 Conference Room (5th floor)  
Friday, August 23, 1 – 3 p.m.  
For more information or to register please call at 216-444-2578.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>* Reserve a spot for Art Therapy Open Studio, please call 216-444-2479.</i></p> <p><i>*Yoga is now being held on the 5<sup>th</sup> floor in conference room CA5-120A.</i></p>				1 10-11:30 a.m. Yoga *CA5-120A/5 <sup>th</sup> flr  1-3 p.m. Art Therapy (open studio)	2 9-11 a.m. Art Therapy *Cancelled	3
4 Featured Art Therapy Project this week: What gives you joy? <i>Hand Painted Tile</i>	5 12-12:30 p.m. Mindfulness Meditation *Meditation Rm.	6 10-11:30 a.m. Yoga * CA5-120A/5 <sup>th</sup> flr  12:30-1 p.m. Mindfulness Meditation * Meditation Rm.	7 9 a.m.-11 a.m. Art Therapy (open studio)  2:30-3:30 p.m. High Tea with guest musician Kent Collier, Cello	8 10-11:30 a.m. Yoga *CA5-120A/5 <sup>th</sup> flr  1-3 p.m. Art Therapy (open studio)	9 9-11 a.m. Art Therapy (open studio)	10
11 Featured Art Therapy Project this week: Celebrate summer <i>Clay Leaf Bowl</i>	12 12-12:30 p.m. Mindfulness Meditation *Meditation Rm.	13 10-11:30 a.m. Yoga *CA5-120A/5 <sup>th</sup> flr  12:30-1 p.m. Mindfulness Meditation *Meditation Rm.	14 9 a.m.-11 a.m. Art Therapy *Cancelled  2:30-3:30 p.m. High Tea with guest musician Ariel Karas, Violin	15 10-11:30 a.m. Yoga *CA5-120A/5 <sup>th</sup> flr  1-3 p.m. Art Therapy (open studio)	16 9-11 a.m. Art Therapy (open studio)	17
18 Featured Art Therapy Project this week: Wash Your Cares Away <i>Handmade Soap</i>	19 11 a.m.-1 p.m. <b>Patient Services Spotlight</b> 12-12:30 p.m. Meditation *Meditation Rm.	20 10-11:30 a.m. Yoga * CA5-120A/5 <sup>th</sup> flr  12:30-1 p.m. Mindfulness Meditation *Meditation Rm.	21 9 a.m.-11 a.m. Art Therapy (Open Studio)  2:30-3:30 p.m. High Tea with guest musician Gayle Getts, Flute	22 10-11:30 a.m. Yoga *CA5-120A/5 <sup>th</sup> flr  1-3 p.m. Art Therapy (Open Studio)	23 9-11 a.m. Art Therapy (Open Studio)  1-3 p.m. iS Cancer Care Skin Health Education	24
25 Featured Art Therapy Project this week: Raise Awareness <i>Cancer Awareness Bracelet</i>	26 12-12:30 p.m. Mindfulness Meditation *Meditation Rm.	27 10-11:30 a.m. Yoga * CA5-120A/5 <sup>th</sup> flr  12:30-1 p.m. Mindfulness Meditation *Meditation Rm.	28 9 a.m.-11 a.m. Art Therapy (open studio)  2:30-3:30 p.m. High Tea with guest musician Doug Wood, Guitar	29 10-11:30 a.m. Yoga *CA5-120A/5 <sup>th</sup> flr  1-3 p.m. Art Therapy (Open Studio)	30 9-11 a.m. Art Therapy (Open Studio)	31



## 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.

### Mindfulness Meditation

A trained and certified meditation guide provides complimentary mindfulness meditation services to patients and their family members. 216.445.9415

### 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 and Thursdays, 10–11:30 a.m. 440.840.1839