

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. 5<sup>th</sup> floor conference room

### Upcoming events

#### Patient Services Spotlight:

Experience the Benefits of Chair Yoga  
Monday, February 18, 11 a.m. – 1 p.m.  
1<sup>st</sup> floor lobby

#### Reduce Stress and Increase Mindfulness through Meditation:

For patients, family members and Taussig caregivers  
Mondays (beginning 2/11), 12 – 12:30,  
Meditation Room, 1<sup>st</sup> Floor

#### Reflect and Find Inner Wisdom and

**Strength through Journaling:** Start a daily journal that helps you reflect on the cancer journey as a patient or family member.  
Mondays & Tuesdays, 9 am – 2 pm,  
Infusion Suites  
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
<p>*Interested in reserving a spot for the Art Therapy group or open studio, please call 216-444-2479.</p>	<p>*Yoga is held on the 5th floor in conference room CA5-120A</p>				<p>1</p> <p>9-11 a.m. Art Therapy (group): Get Off to a Fresh Start: Soap Making</p>	<p>2</p>
<p>3</p>	<p>4</p>	<p>5</p> <p>10-11:00 a.m. Yoga 1-3 p.m. Art Therapy (group): Focus on the Positive: Make a Positivity Jar  *3<sup>rd</sup> floor lobby</p>	<p>6</p> <p>9 a.m.-12 p.m. Art Therapy (open studio) 2:30-3:30 p.m. High Tea with guest musician Kent Collier, Cello</p>	<p>7</p> <p>10-11:00 a.m. Yoga 1-4 p.m. Art Therapy (open studio)</p>	<p>8</p> <p>9-11 a.m. Art Therapy (group): Focus on the Positive: Make a Positivity Jar</p>	<p>9</p>
<p>10</p>	<p>11</p> <p>12-12:30 p.m. Reduce Stress and Increase Mindfulness through Meditation Meditation Room *1<sup>st</sup> floor</p>	<p>12</p> <p>10-11:00 a.m. Yoga 1-3 p.m. Art Therapy (group): Express Yourself: Personalized Buttons *4<sup>th</sup> floor lobby</p>	<p>13</p> <p>9 a.m.-12 p.m. Art Therapy (open studio) 2:30-3:30 p.m. High Tea with guest musician Ariel Karas, Violin</p>	<p>14</p> <p>10-11:00 a.m. Yoga 1-4 p.m. Art Therapy (open studio)</p>	<p>15</p> <p>9-11 a.m. Art Therapy (group): Express Yourself: Personalized Buttons</p>	<p>16</p>
<p>17</p>	<p>18</p> <p>11-1 p.m. Patient Services Spotlight: Yoga *1<sup>st</sup> floor lobby 12-12:30 p.m. Mindfulness Meditation Meditation Room *1<sup>st</sup> floor</p>	<p>19</p> <p>10-11:00 a.m. Yoga 1-2:30 p.m. Art Therapy (group): Identify Your Spirit Animal in Clay  *Lower level lobby</p>	<p>20</p> <p>10 a.m.-12 p.m. Art Therapy (open studio) 2:30-3:30 p.m. High Tea with guest musician Ariel Karas, Violin</p>	<p>21</p> <p>10-11:00 a.m. Yoga 1-4 p.m. Art Therapy (open studio)</p>	<p>22</p> <p>9-11 a.m. Art Therapy (group): Identify Your Spirit Animal in Clay</p>	<p>23</p>
<p>24</p>	<p>25</p> <p>12-12:30 p.m. Mindfulness Meditation  Meditation Room *1<sup>st</sup> floor</p>	<p>26</p> <p>10-11:00 a.m. Yoga 1-3 p.m. Art Therapy (group): Tell the Story of Your Life: Beaded Bookmarks  *2<sup>nd</sup> floor lobby</p>	<p>27</p> <p>10 a.m.-12 p.m. Art Therapy CANCELLED 2:30-3:30 p.m. High Tea with guest musician Kent Collier, Cello</p>	<p>28</p> <p>10-11:00 a.m. Yoga 1-4 p.m. Art Therapy CANCELLED</p>		



## 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