### Monthly events and updates

**Brain Tumor Support Group**  
Fourth Tuesday, 5-6 p.m.  
Virtual meeting on Zoom, call 216.636.0007 select option 2 to register.

**Survive and Thrive – Virtual Support Group Education Series**  
For questions or to register call 216.445.2273.

**Caring for the Care Partner – Virtual Education Series**  
If you are caring for a loved one living with cancer, you are not alone. We are here to support you. For questions or to register call 216.445.2273.

**Virtual Nutrition and Culinary Medicine Program**  
Thursday, April 4th at 12:30 p.m. – 1:30 p.m.  
For questions or registration, please contact Danielle Riedel 216.630.8648.

**Virtual Yoga**  
Choose from over 200 free yoga classes that you can access anytime, anywhere. To find classes, go to YouTube and search Kim Mazzone. For questions, email MAZZONK@ccf.org.

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### Cancer Center 2024

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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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| 9-11 a.m.  
Art Therapy  
(open studio) | 10 - 11:30 a.m.  
Yoga  
*CA5-120A/5th flr*  
1-3 p.m.  
Art Therapy  
(open studio) | 9 - 11 a.m.  
Art Therapy  
(open studio) | 10 - 11:30 a.m.  
Yoga  
*CA5-120A/5th flr*  
1:30-2:30 p.m.  
Guest musician  
*Lobby* | 10 - 11:30 a.m.  
Yoga  
*CA5-120A/5th flr*  
1-3 p.m.  
Art Therapy  
(open studio) | 9 - 11 a.m.  
Art Therapy  
(open studio) |

*Yoga is now being held on the 5th floor in conference room CA5-120A.*
Patient Resource Center
The Scott Hamilton & Helen McLoraine Patient Resource Center provides brochures, a lending library, Internet access, and information on support groups, patient and family related events, transportation and lodging. Monday–Friday, 7:30 a.m.–4 p.m. 216.445.CARE (2273)

4th Angel Mentoring Program
The Cleveland Clinic 4th Angel Mentoring Program is an innovative, interactive approach to cancer support in which patients and caregivers are matched with trained volunteer mentors with similar age and cancer experiences. The program is a national, free service that emphasizes one-on-one contact to best empower caregivers and patients with knowledge, awareness, hope and a helping hand. 216.445.8734 | Toll-free 866.520.3197, 4thangel.org | 4thangel@ccf.org

Art Therapy
Patients and care partners can explore the expressive, healing power of art using a variety of media, including drawing, painting, collage and beading. 216.444.2473

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

Guest Musician
A weekly series of live performances where patients, families, friends and staff can engage with local artists. The musical performances are held in the lobby. Wednesdays, 1:30–2:30 p.m.

Mindfulness Meditation and Guided Meditation
A trained and certified meditation guide provides mindfulness meditation and guided meditation services to patients and their care partners in the Taussig chemotherapy treatment suites and in Taussig’s first-floor meditation suite on Tuesdays and Wednesdays, 9:30 a.m.–2:30 p.m. Meditation promotes stress reduction, relaxation, and mindfulness by focusing

the attention on the breath or a calming mental visualization suggested by the meditation guide. Virtual meditation is also available through MyChart virtual visits. Call for an appointment. 216.445.9415

Music Therapy
Explore the creative, expressive ways music can aid patients and care partners 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. 216.444.3927

Reiki
This wellness therapy reduces stress and anxiety and increases relaxation and energy levels through the “power of gentle touch.” Reiki therapy is provided by Reiki Masters in the Taussig chemotherapy treatment rooms and the private Reiki room in the first-floor Patient Boutique for patients and care partners on Tuesdays and Wednesdays, 9:30 a.m.–2:30 p.m. Virtual Reiki is also available through MyChart virtual visits. Call for an appointment. 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
Patients and care partners are welcome to discover the healing practice of yoga. Yoga can help promote relaxation, reduce stress and anxiety, increase energy and strength, and improve flexibility and overall sense of well-being. These complimentary classes are located on the fifth floor of the Taussig Cancer Center. No reservations necessary. Tuesdays and Thursdays, 10–11:30 a.m. If you have any questions, please email MAZONK@ccf.org.