Healthy Cooking Demo:
Desserts to Impress
February 10, 2015
2:00-3:30 PM
Come learn how to be a gourmet dessert chef with these simple and tasty treats!

Healthy Cooking Demo:
Comfort Casseroles
February 25, 2015
2:00-3:30 PM
Love a good casserole? Join us and experience new ways to create healthy versions of your old favorites.

Look Good...Feel Better
February 2, 2015
4:30-6:30 PM
If you are currently in treatment, and have never attended a Look Good...Feel Better class, join us to learn techniques for skin care, wigs, turbans, and make-up. A FREE make-up kit is provided. Registration is required to attend. For more information, or to register, call 214.820.2608.

CALL FOR VOLUNTEERS!
Volunteers are at the heart of the Baylor Sammons Cancer Center
Volunteering can enrich your life and the life of those you touch. If you have been thinking of volunteer work, are interested in direct patient contact, and you are at least one year out from treatment, we would like to hear from you. For more information, call the Cvetko Center at 214.820.2608.

“No act of kindness, no matter how small, is ever wasted.”
— Aesop

Upcoming EVENTS

Questions?
Call us!
214.820.2608
Or visit us online:
BaylorHealth.com/Cvetko

BaylorHealth.com/Cvetko
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**Support Groups**
- **Chemo Class**
- **Relax, Restore, Renew**
- **Integrative Medicine**
- **Repeating Programs**

**Special Programs**
- **FitSteps For Life® open gym Mon-Thurs 9:00 AM-5:00 PM weekly**

**February 2015**

Registration is required for Cvetko programs & events. Call 214.820.2608.
SPECIAL PROGRAMS

Super Saturday
Medicare 101
February 21, 2015
10:00 AM-1:00 PM
Join us in February as Danielle Kunkle, Vice President of Boomer Benefits, presents the many parts of Medicare—how they work, what they cover and don’t cover, and the two main types of Medicare insurance: Medigap and Medicare Advantage.

Registration is required. Call 214.820.2608. We will break out into support groups following the presentation. A lunch is provided for those who register and attend a support group.

Support groups include: bladder/kidney, breast cancer, leukemia/lymphoma, graft-versus-host disease, Waldenström’s macroglobulinemia, and general cancers. When calling to register, please state which support group you would like to attend.

Integrative Medicine Program
New Year...New Diet...New You
February 25, 2015
6:30-8:00 PM
This is the last session in this six-week integrative medicine program that began in January with Claudia Harsh, MD. The class will meet at the Baylor NorthPark location, 9101 North Central Expressway.

Only those who have registered and paid the $120 fee may attend. If interested in when this class series will be offered next, please call 214.820.2608.

Guided Imagery
February 23, 2015
12:15-1:00 PM
Join us for a chance to hit the reset button in an uninterrupted 20-minute guided meditation. Call 214.820.2608 to register.

More Than Words:
Expressive Journaling
February 18, 2015
10:00-11:30 AM
Join us and explore the way words and the expressive arts come together. You will both write and use art materials to enhance the healing process. No experience necessary. Registration required. Call 214.820.2608.

ERNEST’S APPEARANCE CENTER
& GIFT SHOP
Did you know, Ernie’s takes Medicare assignment on breast prosthesis and bras?
Located in Suite 280
214-820-8282

FREE YOGA FOR SURVIVORS
1st, 2nd, 3rd Fridays / 10:00 AM
Space is limited. Registration required to attend. For more information call 214.820.2608. Physician approval required.

FITSTEPS GROUP EXERCISE
Mondays & Wednesdays / 4:00-4:45 PM
Call 214.820.9604. Learn stretches and strength-building movements designed for cancer patients.

BEGINNER’S GROUP EXERCISE
Tuesdays / 10:00-11:00 AM
Call 214.820.9604.

FITSTEPS OPEN GYM
Monday-Thursday / 9:00 AM-5:00 PM
Call 214.820.9604. Individualized exercise programs with clinical specialist.

FLOWING INTO WELLNESS
Thursdays / 10:00-11:00 AM
Call 214.820.9604. Shibashi, Healthy Steps, and rhythmic movements.

RESTORE, RELAX, RENEW

Relaxation Techniques
February 6 & 20, 2015
10:00-11:00 AM
Learn relaxation techniques that may help decrease worry and anxiety. Call 214.820.2608 to register.

Guided Imagery
February 23, 2015
12:15-1:00 PM
Join us for a chance to hit the reset button in an uninterrupted 20-minute guided meditation. Call 214.820.2608 to register.
**PATIENT Education**

At the heart of everything we do.

--

**Young Adult Cancer Survivors (YACS)**

This one-day summit will address and raise cancer awareness among young adults, ages 22-45. It will also celebrate extraordinary triumphs of survivors as you navigate through the journey that is life. The Summit will feature experts in young adult cancer issues and research, including:

- Doug Lawson, COO, Baylor University Medical Center
- Wade Brockway, Senior Associate, Tax for KMPG LLP

**Saturday, March 7, 2015**

University of Texas at Arlington
300 W. First Street, Arlington
214.818.8473

EH Hereford University Center (UC)
Rio Grande A, 2nd floor

**SAVE THE DATE**

Visit Our Relaxation Stations
March 11, 2015

Join us at the Sammons Cancer Center in March and experience a sample of programs provided by the Cvetko Center. You can explore various relaxation methods such as hand massage, teas, guided imagery, essential oils and lavender products, and much more.

**Restore, Relax, Renew**

The special Restore, Relax, Renew (RRR) program is still underway! The program will continue until March 28, 2015. Remember, to participate in the FREE 20-minute foot massage drawing, you must register for any of the RRR programs and have your card validated at the front desk of Cvetko. If you have not received an RRR card, there is still time. Drop by the Cvetko Center or call 214.820.2608 for more information.