Class Descriptions

ACS Coffee Hour
Join us for great conversations over a cup of coffee! Open to all patients and caregivers.
Medical Oncology Conference Room, first floor of the Cancer Center.

Amanda Thomas Presents: The Lowell General Hospital Cancer Center's POP UP Boutique
Join us for a fun day of shopping! We will have a variety of post-surgical bras, swimsuits, hats and headwear, temperature tech clothing, and so much more! Open to all. Registration required for bra fitting appointments.
Medical Oncology Conference Room, first floor of the Cancer Center.

Bra fitting appointments: To register, please contact Hannah Morin at 978-942-2081 or Hannah.Morin@lowellgeneral.org.

Hannaford Nutrition Workshops
Hannaford’s nutrition workshops will consist of interactive store tours, food tastings and cooking demonstrations encompassing a variety of healthy topics.

To register, please contact Hannah Morin at 978-942-2081 or Hannah.Morin@lowellgeneral.org.

Expressive Therapy Workshop
Learn to express yourself in a relaxed and positive environment using markers, dipped paper to draw.
Radiation Oncology Conference Room, ground floor of the Cancer Center.

To register, please contact Hannah Morin at 978-942-2081 or Hannah.Morin@lowellgeneral.org.

Legal Documents Every Household Should Have Workshop
This workshop will review the three legal documents that every household should have: Wills, Durable Power of Attorney and Health Care Proxy. Legal referrals will be available if needed, and documents do not need legal representation to complete.
Location will be identified at a time of registration.
To register, please contact Mag Lemire-Berthel at 978-937-6142 or Mag.lemire-berthel@lowellgeneral.org.

Mary Kay Pamper Sessions
Relax, indulge and feel pampered with a Mary Kay makeover session. We will be offering classes on skin hydration, eyebrows, and hand/foot care.
All sessions include a free take home gift of the product that was used in the session.
Medical Oncology Conference Room, ground floor of the Cancer Center.

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Power of Flowers Floral Therapy Workshop
Our floral therapy workshops will help you explore your creative side! You will have the opportunity to create two floral arrangements: one for yourself or to bring home, and the other to be donated to a patient within our Cancer Center.

Hanchett Auditorium, ground floor of the Mansfield Pavilion Building.

To register, please contact Hannah Morin at 978-942-2081 or Hannah.Morin@lowellgeneral.org.

Surviving & Thriving Fitness Class
Will focus on breathing techniques, stress reduction, muscle relaxation, gentle stretching and mindful exercises.
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### Integrative Therapy & Support Programs

#### January 2020

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**The SLS Phoenix Cancer Program empowers active cancer patients and survivors of all ages to recapture their lives after cancer treatment through physical fitness. The program is a series of fitness classes specifically designed for cancer patients. Participants will be integrated into the Phoenix Cancer Program which consists of nutrition, balance, mobility, strength, endurance and meditation. Certified fitness coaches and physical therapists specifically trained to work with cancer patients and survivors provide a safe healing environment to help participants regain their strength and stamina.**

For further information about the SLS Phoenix Cancer Program, please contact Hannah Morin at 978-942-208 or Hannah.Morin@lowellgeneral.org