



## **GHCI Program Schedule for Cancer Survivors and Caregivers:**

All Classes are Free – Adults Only *You are welcome to join at any time*

[Registration is Required](#) – Please register online at [www.ghci.org](http://www.ghci.org) or call [\(810\) 762-8226](tel:(810)762-8226)

**\*A working Email address is required at Registration . Email will be used to send connection links for on-line classes and additional information as needed.**

### **Sharing Your Life Story on Video:**

Do you ever consider questions like: “What is my legacy?” or “What do I want others to remember about me?” This may include your life story, memories, dreams, or the values you live by. We invite you to learn about legacy work, a way to honor and celebrate the unique person you are! We will discuss how to create a legacy project and help you get started.

To find out more information or to register, call Sue Root at (810) 762-8022 or email her at [sroot@ghci.org](mailto:sroot@ghci.org). **Registration is required for this free program.**

### **Journaling - A Pathway to Emotional Healing:**

[Wednesdays at 6-7pm](#) Starting [April 17th](#)

A 10 week on-line class. The class will feature a variety of topics related to changes that occur in our life after a life-altering event, such as a cancer diagnosis. We will discuss and write about how our emotions, beliefs, and sense of self can be turned upside down for a time as we deal with an unknown outcome. It gives you a voice and a way of expressing who you are and what you are experiencing. Writing and learning how to express our feelings can help to improve quality of life. No writing experience is necessary.



### **End-of-Life Planning:** [Tuesdays at 6:00-7:00pm](#) Starting [June 4th](#)

An 8 week on-line class. Planning end-of-life care cannot only provide relief to you and your loved ones, but also give you a sense of personal control. Planning ahead, deciding how your assets should be handled and how you want to be taken care of, will give you more time to spend doing what you love, and less time to worry about coordinating estate planning, funeral services, and other important items that could affect your family. It's best to take the time to create an end-of-life care checklist early, so the stress can be eliminated as soon as possible for you and those close to you.

**Pour Painting:** [Tuesdays at 1:30pm](#) Starting [April 9th](#)

A 3 week [in-person class](#). Learn how to create beautiful paintings without the use of a paintbrush. That's the defining characteristic of this painting technique. Acrylic Pour painting combines colors into abstract cell-like patterns on the canvas. It's a lot of fun and exciting to see colors come together in a pattern that is as unique as you are. This class is great for beginners and anyone interested in trying a new painting technique. Supplies will be provided.



**Card Making:** [Thursdays at 1:00pm](#) Starting [April 4th](#)

A 4 week [in-person class](#). Learn the art of card making and create personalized, hand crafted cards using various techniques such as stamping, embossing and paper cutting. No artistic experience needed. Supplies will be provided.

**Spring Art Project:** [Wednesdays at 10:30-11:30am](#) Starting [April 3rd](#)

A 4 week [in-person class](#). In this class we will make a hanging suncatcher that invites sunshine and rainbows all year long! Beads, baubles, bling and crystals will be available for you to choose from while we guide you through some basic beading skills. No artistic experience needed. Supplies will be provided.

**Fun Art Class:** [Tuesdays at 1:00 - 2:00pm](#) Starting [May 14th](#)



A 10 week [in-person class](#). You don't have to be an *artist* to create *art*. Our focus is to have fun. No artistic experience needed. Supplies will be provided.

**The HeART of Healing:** [Mondays at 12:30-1:30pm](#) Starting [May 13th](#)

A 10 week [in-person class](#). This class provides a chance to express & treat yourself to a relaxing and restorative activity. It will also give you an opportunity to connect with others going through cancer treatment and recovery. No experience necessary. Supplies will be provided.

**Art & You - Creative Expression:**  
[Thursdays at 1:00-2:00pm](#) Starting [May 16th](#)

This 10 week [in-person class](#) will allow participants to gain deeper insight about personal thoughts, beliefs and learn to use their own wisdom to find answers to life questions using art. Supplies will be provided.



**Beginning Yoga:** [Mondays at 10:30-11:30am](#) Starting [April 15th](#) & [June 10th](#)

A [6 week on-line class](#). Yoga is an ancient system that offers guidelines for physical health, breathing, mental focus, concentration and meditation. It consists of poses that develop flexibility, strength and alignment. In addition, through the practice of breathing and relaxation techniques, mental and emotional well-being is developed. Steady practice can soothe the busy mind.



**Chair Yoga:** [Thursdays at 10:30am - 11:30am](#) Starting - [April 25th](#) & [June 6th](#)

A [6 week on-line class](#). Chair Yoga is suitable for individuals with limited mobility. Chair yoga is adapted so that you don't have to get up and down off the floor, but still gives you benefits of yoga including improving strength, flexibility, posture and more.

**Integral Yoga Academy's YCAT Yoga Classes:**

[Wednesdays at 3:00 to 4:00pm](#) Starting - [May 8th](#)

This [8 week on-line class](#) is for people who are in cancer treatment or just recently finished treatment, and for people managing chronic illness. Learn practices to help you relax and manage stress, pain and fatigue. Practices help support immune function, digestion and sleep. Regular practice helps to set up conditions in the mind and body that are conducive to healing.



**Meditation:** [Wednesdays at 4:15-4:45pm](#) Starting - [March 27th](#), [May 8th](#) & [June 5th](#)

A [3 week on-line class](#). Meditation is the process of establishing and maintaining enlightenment. When you meditate, you give your attention to one thing and do not think of anything else, usually as a way of calming or relaxing your mind.

**Lymphatic Drain Massage for Self Care:** [Wednesday April 17th at 11:00am](#)

[One meeting on-line class](#). The primary purpose is to improve the flow and drainage of lymph by stimulating the lymphatic vessels. This class will teach self-massage.

\*Helpers are welcome to attend.

Genesys Hurley Cancer Institute Proudly Presents:

***“Pink Hope”  
Breast Cancer Support Group***

For: Anyone Diagnosed with Breast Cancer and Those Seeking Information

Where: Genesys Hurley Cancer Institute  
302 Kensington Ave. - Flint  
(off R. T. Longway Blvd. between 1-475 & Dort Hwy.)  
(810) 762-8226

When: **1st &/or 3rd Tuesday of Every Month**

Time: **2:30 to 3:30 p.m.**

**\*No Charge - Open to the Public**

*This is an open discussion designed to provide information  
along with a support for those living with Breast Cancer.*

April 2nd: **“Open Discussion”**

April 16th: **“Affirmations”**

May 7th: **“Open Discussion”**

May 21st: **“Fitness & Health”**

**Starting once a month:**

June 18th: **“Open Discussion”**

July 16th: **“Open Discussion”**

August 20th: **“Open Discussion”**

Facilitated By: Teresa Fowler, Silver Lake Counseling  
Licensed Professional Counselor  
Certified Rehabilitation Counselor

**GENESYS  
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CANCER  
INSTITUTE**

## Gentle Flow Yoga and Yoga Nidra with Sue Kirby, CYT

**Sunday, May 19, 2024 at 8-9pm on Zoom**  
**Sunday, June 23, 2024 at 8-9pm on Zoom**  
**Sunday, July 21, 2024 at 8-9pm on Zoom**

Please register for this FREE class at [www.ghci.org](http://www.ghci.org)



Are you looking for something that can bring you deep ease and relaxation? Do you need relief from life stressors? This special class may be for you.

**The once-a-month class will begin with some very gentle guided movement flows and then we will move to a reclining restorative (supported) position for a 30 - 45 minute guided Yoga Nidra practice.**

*From Wikipedia:*

*Yoga Nidra or yogic sleep is a state of consciousness between waking and sleeping, like the “going-to-sleep” stage (hypnagogia), typically induced by a guided meditation. There is evidence that yoga nidra helps relieve stress....(yoga nidra) is being applied by the US Army to assist soldiers to recover from post-traumatic stress disorder.*

What you will need for this class:

- A quiet space to practice without interruption.
- Floor space to do some movement (about the amount of space that a yoga mat takes up).
- A sturdy chair (without wheels), like a kitchen, dining room or metal folding chair with a non-slip surface to set it on – like a yoga sticky mat or a carpeted area of the floor (so the chair will not move).
- Floor, couch, recliner, bed space for supported reclining posture.
- Comfortable clothing.
- Blankets for cushioning and warmth.
- Pillows or bolsters for support (behind the neck or the knees, for example).
- A device to participate via the Zoom app (all that is necessary to participate is to download the free Zoom app on your device – smart phone, tablet, laptop, desktop). Then, we will email the connection link to all registered participants within 2 days before the class. You will just have to click on the link in the email and follow the prompts to connect. You don't have to be able to see your device from where you are practicing/reclining. You just need to be able to hear me. You will all be asked to turn off your video once we start the class to have a better connection for all. Also, you will all be muted once we start, too, so there is no noise from anyone's environment to disrupt the rest of the participants.

You may fall asleep during the session, so, you may want to be ready for sleep when class starts.

If you have any questions prior to class time, feel free to contact **Sue Root at (810) 762-8022.**



# ADVANCE CARE PLANNING



## Planning in Advance for Future Healthcare Choices

- What if you became seriously ill or were injured?
- What if you could not speak for yourself?
- Do you know who would be making decisions regarding your healthcare?



Please join us for a **FREE** presentation on  
**Advance Care Planning**

**Dates:** Thursday, June 20, 2024 at 1:00pm or  
Thursday, July 18, 2024 at 1:00pm or  
Thursday, August 22, 2024 at 1:00pm

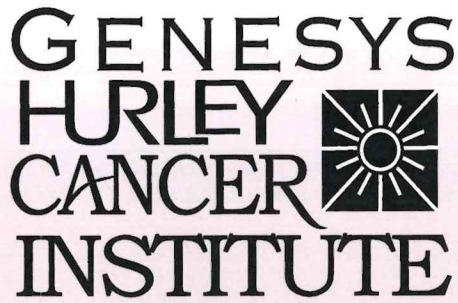
**Place:** Genesys Hurley Cancer Institute  
(302 Kensington Ave. Flint, MI 48503)

For more information and/or to register  
please visit [www.ghci.org](http://www.ghci.org) or  
call Tommie at (810) 908-5972

GENESYS  
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CANCER  
INSTITUTE

The logo for Genesys Hurley Cancer Institute, featuring a stylized sunburst or starburst symbol to the right of the text.





# GENESYS HURLEY CANCER INSTITUTE

*Is Partnering With*

## *The Pink Ribbon Boutique*

*The Pink Ribbon Boutique staff, led by a board-certified fitter, is knowledgeable, compassionate, and eager to help in the most discreet way possible.*

As part of this collaboration, The Pink Ribbon Boutique will offer on-site appointments at the Genesys Hurley Cancer Institute for breast prosthesis and post-mastectomy bra and garment fittings.

***We bill most insurances!***

*Please call to schedule your appointment at*

**810.667.6962**

