

Turning Point

Turning Point is a gathering place for individuals, families and friends living with serious or chronic physical illness.

Program Calendar | September-October 2019

New Season, New Library

The lending library at Turning Point recently got an upgrade with the addition of several dozen new books, thanks to a \$1,000 STAR grant. The STAR grant is fully funded by employee donations and helps develop new patient-focused programs not covered in the hospital budget.



The library features books on the following topics:

- Cancer
- Caregiver support
- Children/teens
- Complimentary medicine
- Community resources
- Fitness/exercise
- General medicine
- General reading
- Grief/spirituality
- Neurological disorders
- Nutrition
- Parenting
- Personal growth
- Women's health

One of our fall programs incorporates one of these new books. "Loving What Is" by Byron Katie is the focus of the adult program "Who Would You Be Without that Thought?" This book explores how emotional well-being has a profound effect on the healing process. Participants will learn more about the thoughts that disturb emotional well-being. They will also discover the power of the four questions called "The Work."

Our children's book section also received new books, including "The Color Monster." This book explores how color is related to feelings. Incorporating color and art helps the left and right brain make a connection. This concept teaches kids to label their emotions, which helps give their heart a voice.

Learn more about "Who Would You Be Without that Thought" on page two.

What's Inside

Emotional/Physical Support	2-4
Meditation	4
Creativity	5
Practical Issues.....	5
Nutrition.....	6
Body Movement	6-7
Other Locations.....	8-9
Families, Teens and Children	10
Educational/Support Groups	11
Pain Management Series.....	12

Turning Point Office Hours:

8:30 a.m.-5 p.m. • Monday-Thursday

8:30 a.m.-noon • Friday

All sessions are held at Turning Point, 8900 State Line Road, Suite 240 in Leawood unless otherwise noted.

To register for a program, please do so 48 hours in advance by calling **913-574-0900**. For more information, visit us online at turningpointkc.org.

Are you new to Turning Point?

For a tour of Turning Point or help deciding which programs would best fit your needs, please give us a call at **913-574-0900**.

Emotional/Physical Support

Supporting the Supporters: A Group for Family and Friends

Wednesday, Sept. 4 • 12:30-2 p.m.

AND/OR

Wednesday, Oct. 2 • 12:30-2 p.m.

Susan Rieger, MSW, LCSW

Join others to hear how they respond to the emotional roller



coaster that being a supporter brings, and learn practical ways to manage the feelings that go with it. Topics include riding the emotional roller coaster, factors of resilience and the importance of self-care.

Who Would You Be Without that Thought?

Wednesdays, Sept. 4-25 • 1-2:30 p.m.

Cathy Pendleton, LSCSW

Our emotional well-being has a profound effect on our healing process. Learn a simple and powerful process that teaches skills for exploring the thoughts that disturb emotional well-being. Discover the power of four simple questions called "The Work," and spend time experiencing it in each session.

Managing the Emotions of Living with a Neurological Disease

Wednesday, Sept. 4 • 3:30-5:30 p.m.

Lou Eisenbrandt, who has been living with Parkinson's the last 16 years, and Cathy Pendleton, LSCSW

Each morning, do you ask, "Who will I be today?" Joyous, sad, calm, frustrated, graceful, awkward, clear-thinking, fuzzy-brained? For people living with a neurological disease such as Parkinson's or multiple sclerosis, and for their families and friends, this can be an ongoing challenge. Learn practical, everyday skills for managing the ups and downs experienced by those whose lives have been touched by these conditions.

Funded in part by The George H. Nettleton Foundation.

Be Who You Are

Thursdays, Sept. 5-19 • 10-11:30 a.m.

Ilene Kimsey, PhD

Whether you're going through times of stress or times of celebration, it is essential to honor you. We will explore ways to make life-giving choices, let go of what isn't supporting your well-being, practice mindfulness, experience the power of allowing and honor your unique gifts. This is a time to celebrate you! Please bring a journal for your personal reflections.

Sculpt Your Brain

Thursdays, Sept. 5-26 • 5:30-7 p.m.

Susan Rieger, MSW, LCSW

Similar to how regular exercise improves muscle strength, regular exercises of the mind improve brain function. As circuits get used, connections are strengthened and positive emotions are fostered.

Learn how to practice gratitude, decrease rumination and meditate. Regular practice allows for better focus, better problem-solving and an overall sense of well-being.

Living a Healthy Lifestyle

Tuesday, Sept. 10 • 1-2:30 p.m.

Karin Morgan, RN, BSN, Cardiovascular Medicine
Velda McMorris, WomenHeart Champion and Community Educator

Would you like to make healthier, more informed food choices when planning meals at home or dining out? Join us as WomenHeart Champions (cardiac patients) discuss changes in food and exercise that have positively influenced their health. Proper food serving sizes will be demonstrated along with amounts of fat, salt and sugar in frequently eaten foods. Learn how to modify heart disease risk factors through healthy lifestyle choices. Recognizing signs and symptoms of a heart attack will also be reviewed. This presentation is for everyone, not just those living with heart disease!

Expectation Aftershock: Embracing the Life We Want by Losing the Expectations We Had

Wednesdays, Sept. 11-Oct. 2 • Noon-2 p.m.

Missy Neville, MEd, LPC

Hallie Hudson, Life Coach

We all have goals, dreams and expectations about the future, but what happens when our plans are hijacked? How do we live with the disappointment of a life that looks much different than the one we had imagined? Guided by Christine Hassler's book "Expectation Hangover," this interactive, four-part workshop dives into how our expectations create disappointments, how we can harness the emotional, behavioral, mental and spiritual parts of ourselves to create new awareness, and how this understanding can lead us to a future of greater joy, meaning and even an appreciation for the unexpected!

September Resilience Snapshot: Honoring the Way We Feel

Wednesday, Sept. 11 • 5:30-7 p.m.

Hayley Stolze, MPH

Feeling our true feelings may sound scary, but it is one of the most important ways we bounce back from hardship and become more resilient. In this month's Resilience Snapshot, learn how to process emotions and make emotional expressiveness a routine habit. Instead of disguising our emotions, we will learn how to feel what we are feeling without judgment and express feelings in a safe and appropriate way.

Craniosacral Therapy: Healing Power of the Gentle Touch

Thursdays, Sept. 12 and 19 • 6-7:30 p.m.

Sheri Woxland, Craniosacral Practitioner and Co-owner of At the Healing Place

Using craniosacral therapy, learn specific self-help techniques to help control pain, relax your central nervous system and give you a greater sense of peace. Also learn breathing and meditation techniques to relieve stress in your body.

**Turning Point will be closed
Monday, Sept. 2,
in observance of Labor Day.**



Emotional/Physical Support

Vision Board

Tuesday, Sept. 17 • 1-2:30 p.m.

AND/OR

Tuesday, Oct. 15 • 3-4:30 p.m.

Jami Hamilton-Ansley, LSCSW, RPT

Vision boards are a powerful way to set goals and clarify our life plan.

If you're ready to create something new in your life, join us to set some new goals by creating a visual reminder you can refer to and reflect on as you forge ahead with your best life.

A Calm and Empowered Doctor's Visit

Wednesdays, Sept. 18-Oct. 2 • 10-11:30 a.m.

Susan Rieger, MSW, LCSW

White coat syndrome describes a rise in blood pressure at the doctor's office or a medical appointment.

Many people experience this, especially when coping with a serious or long-term illness. Learn some practices to relax and lower your blood pressure. Your new toolbox will include breathing techniques, biofeedback and guided imagery. We will also discuss how to prepare assertive questions for your medical team.

Mandala Sand Tray Group

Tuesday, Sept. 17 • 3-4:30 p.m.

Jami Hamilton-Ansley, LSCSW, RPT

We will combine the power of the sand tray experience with a mandala container to tap into a meditative and powerful form of creating and self-expression. Come create something beautiful and uniquely you.

Cancer-Related Fatigue

Wednesday, Sept. 18 • 2-3 p.m.

Cathy Glennon, RN, MHS, OCN, NE-BC

Cancer-related fatigue, different from fatigue in healthy people, is the most common side effect of cancer treatment. How cancer treatments cause fatigue is not clear, but many different factors, including side effects from treatments such as anemia, poor nutrition or depression, contribute to this fatigue. This discussion will address ways to relieve symptoms and improve quality of life.

Acupuncture and the Immune System

Monday, Sept. 23 • 6-7:30 p.m.

Chris Powell, OMD, Acupuncturist

For centuries, the Chinese have used various traditions to improve the immune system and deal with disease. For example, they have used acupuncture and herbs to treat the difficulties that arise during the change of seasons, such as immune system problems and emotional issues. In this program, we take a look at historical and modern clinical issues involving the immune system and emotions. We also explore ways to address them as part of your wellness program.

Jin Shin Jyutsu®: Fingers and Toes

Tuesday, Sept. 24 • 3-4:30 p.m.

Nancy Steele, Certified Jin Shin Jyutsu Practitioner

Jin Shin Jyutsu is the ancient art of harmonizing the body's life energy through the gentle touch of one's hands. This class will explore additional ways to use our hands to help ourselves and how our fingers correspond with our toes. We'll also learn how to apply "opposite fingers and toes" to family and friends.

Perfectly Imperfect: Letting Go of Perfectionism to Improve Health and Wellness

Wednesdays, Sept. 25-Oct. 16

5:30-7 p.m.

Hayley Stolze, MPH

Nothing in this world is perfect, nor should it be! In this class, that fact is celebrated as we explore best practices for building self-confidence, acceptance and self-compassion. This four-week series provides a supportive and healing framework to start letting go of judgment and our perfectionistic tendencies to improve overall health and well-being.

For Women Only: Self-Compassion: A Gift to Ourselves and to Others

Wednesday, Oct. 2 • 3:30-5:15 p.m.

Cathy Pendleton, LSCSW

As women, we often get the message that it's more important to focus on the feelings, needs and wants of others instead of our own. Research shows that people who find it easy to be supportive and understanding of others often score quite low on self-compassion tests, getting down on themselves for not measuring up. People who score high on tests of self-compassion seem to have less depression and anxiety, and they tend to be happier and more optimistic. This group will address the importance of treating ourselves with compassion and exploring what that would look like for you!



Embrace Your Life

Thursdays, Oct. 3-17 • 1-2:30 p.m.

Susan Rieger, MSW, LCSW

This group uses Tara Brach's book "Radical Acceptance" as a guide. Confront what she calls the "trance of unworthiness," and find your inner sanctuary of wisdom and peace, even in the midst of difficulty. We use stories, meditations and discussion to help us regard what we see happening within ourselves with an open, kind and loving heart.

Getting a Good Night's Sleep

Tuesday, Oct. 8 • 2-3 p.m.

Cathy Glennon, RN, MHS, OCN, NE-BC

Sleep is important to healing and recovery, but struggling with good sleep is common.

Come to this interactive class for tips and information about how to improve sleep quality and why sleep is so important!



Reminder: Refrain from using or wearing anything scented when coming to Turning Point.

Many of our participants are quite allergic to smells and may become ill if exposed to perfume, incense, body lotion, cigarette smoke or other smells.

Emotional/Physical Support

Emotional Life of Your Brain Series

Tuesdays, Oct. 8-22 • 1-2:30 p.m.
Moira Mulhern, PhD, Turning Point's
Co-founder and Executive Director

Your emotional style is the consistent way you respond to the events in your life. It is governed by specific brain circuits that



can be identified. Based on Richard Davidson's book "The Emotional Life of Your Brain," this series will help you understand why and how people differ in their emotional responses to what life throws at them. You will learn about the six dimensions of emotional style and where you fall among those dimensions. Learn exercises that target your emotional style, enhance your sense of well-being and promote positive qualities of mind.

October Resilience Snapshot: Reversing the Fight or Flight Response

Monday, Oct. 14 • 2:30-4 p.m.
Hayley Stolze, MPH

Our bodies can't tell the difference between a big stress and a little one. The same fight or flight reaction is triggered by the autonomic nervous system. Recovering from your fight or flight reactions is the key to maintaining a healthy nervous system and combatting the effects of stress. In this program, you'll learn quick and easy relaxation techniques to quiet the fight or flight response and reinstate feelings of safety and calm.

Metastatic Cancer Support Group

Wednesdays, ongoing • 10:30 a.m.-noon
Elizabeth Hunter-Blank, LCSW, LSCSW
Discuss, process, give and receive support in managing issues and feelings of living with metastatic cancer. ONLY for people living with metastatic or advanced cancer. Must speak with our adult program director before attending the group.

Mandalas for Meditation and Reflection

Tuesday, Oct. 15 • 1-2:30 p.m.
Jami Hamilton-Ansley, LSCSW, RPT
Mandala means circle. Circles are everywhere – art, architecture, religion – reminding us of our interconnectedness. Historically used for religious purposes, anyone can use a mandala to meditate and reflect. In this class, we will use expressive art techniques to create a mandala. Let's work from the inside out and see what insights we discover!

Jin Shin Jyutsu® Practice Session

Monday, Oct. 21 • 5:30-7 p.m.
Nancy Steele, Certified Jin Shin Jyutsu
Practitioner

This is a time to deepen your awareness of your body's energy as



we practice together what is taught in the Jin Shin Jyutsu self-help classes. Class will include review of some of the material as well as address the needs of the group. Please dress comfortably. Haven't taken a JSJ class yet? Not a problem – you're welcome to join us!

What's Your ACE Score and How Does It Impact Your Life?

Wednesdays, Oct. 23-Nov. 6 • 10-11:30 a.m.
Susan Rieger, MSW, LCSW

ACEs (Adverse Childhood Experiences) are the single greatest unaddressed public health threat facing our nation today, according to Robert Block, MD. Childhood trauma affects brain development in children and mental and physical health across a lifetime. Learning mindfulness and other self-calming skills are even more important if you have had any ACEs. Come take the ACE screening tool and learn some new coping skills.

Meditation

Using the Mind

Tuesdays, Sept. 10-Oct. 1 • 10-11:30 a.m.
Moira Mulhern, PhD, Turning Point's
Co-founder and Executive Director

Through a combination of education and discussion you will have the opportunity to practice relaxation methods and biofeedback techniques to help you manage the feelings and stress that accompany serious and chronic illness. The most up-to-date research will be presented regarding the benefits of these practical, everyday tools.

Topics discussed during this four-week program include:

- Stress and the Autonomic Nervous System
- Muscular Relaxation
- Guided Imagery
- Emotions and Your Health

Meditation Series

Wednesdays, Oct. 2-23 • 1-2:30 p.m.
Cathy Pendleton, LSCSW

Discover how to develop or strengthen your meditation practice! In this group, you will learn about and practice different types of meditation, including autogenic training, guided imagery, progressive muscle relaxation and loving kindness.

Meditation Group: A Time for 'Going Inside'

Join anytime, but please preregister.
Wednesdays, ongoing • 10-11 a.m.
Cathy Pendleton, LSCSW

Give yourself the gift of quiet contemplation. The ability to self-calm is a powerful tool for managing life's stressors. It is also a valuable complement to traditional medical treatments and can enhance overall well-being. We offer different meditative experiences each week.



Creativity Programs

Writing Our Turning Points

Saturday, Sept. 7 • 11 a.m.-3 p.m.

Caryn Mirriam-Goldberg, PhD, CPT
2009-2013 Poet Laureate Emeritus of Kansas,
author of 19 books

Living with a serious illness as a patient or caregiver can change the story we thought we were living very suddenly. Using innovative writing prompts, we'll discover how to adjust to our "new normal" with as much vitality and joy as possible. Anyone living with a serious illness – caregivers, patients or survivors – is welcome, whether you're just starting to write or have been at it for years. Please bring writing materials and if you wish, snacks to share.

So You Think You Can Write ... a Poem in a Teacup?

Wednesday, Oct. 2 • 2-3:30 p.m.

Annie Newcomer, BA, MA, Community Poetry Ambassador

Are you a poet or curious about poetry? Join us as we create and share original poems, sip tea and enjoy tea cookies. Discover how much fun expressing yourself in words can be. We will provide the prompts, tea, cookies and teacups. Whatever your writing style or level may be, let's raise our cups and give a toast to our magical poetic sides.

So You Think You Can Write ... a 10-Minute Play: Part Three

Wednesday, Oct. 16 • 3-4:30 p.m.

Annie Newcomer, BA, MA, Poetry Advocate
Lezlie Revelle Zucker, BA, MA

Two remarkable sharing sessions in Parts 1 & 2, so we are ready to go to the next level. Write a two-page play with two characters with the setting on a park bench. Let's see how the same prompt leads each of us in different directions. Lezlie and Annie will participate, too. Bring your work to class if you want to share and voilà, listen to the magic. Award-winning playwright, author and singer-songwriter Lezlie Revelle Zucker will again assist us and share her expertise in this exciting writing form. If you missed the first two sessions, you are still welcomed to join us and we will catch you up.

Contemplating Religious Art: Myth and Practice Across Cultures

Thursday, Oct. 10 • 7-9 p.m.

Location:

**The Nelson-Atkins Museum of Art
4525 Oak St., Kansas City, MO 64111**

Sarah Fremmerman Apton, PhD

The Nelson-Atkins Museum of Art houses one of the nation's most

fascinating collections of religious art. In this interactive two-hour

session, we will stroll through the collection and discuss a few selected objects and images from world religious traditions, including Buddhism, Hinduism, Sikhism, Christianity, Judaism, Islam and Native American religions, among others.

In contemplating these objects, we will delve into the stories, myths, beliefs and healing practices.

Please meet in front of the gift shop at The Nelson-Atkins Museum at 7 p.m.

The Art of Jewelry Making

Butterfly and Dragonfly Charm Bracelet (\$8)

Wednesday, Sept. 4 • 10 a.m.-noon

Stretch Bracelet (\$6)

Saturday, Sept. 7 • 10 a.m.-noon

Leather and Bead-Wrap Bracelet (\$7)

Wednesday, Sept. 25 • 10 a.m.-noon

Rose Rings (\$5)

Saturday, Sept. 28 • 10 a.m.-noon

Wire-Wrap Cabochon Beads to Neck Form (\$8)

Wednesday, Oct. 2 • 10 a.m.-noon

Wire-Wrap Cabochon Beads to Bracelet Form (\$7)

Saturday, Oct. 5 • 10 a.m.-noon

Halloween/Autumn Earrings (\$6)

Wednesday, Oct. 16 • 10 a.m.-noon

Supply fee payments accepted at the class.

Knitting Is Not a Winter Sport!

Second Saturday • 10 a.m.-noon

Nancy Fischer and Cindy Connellan, Volunteers
Treat yourself to good conversation and enjoy a great stress reducer. Get knitting instructions for beginning and advanced techniques or bring a project of your own from home.



Practical Issues

Community Game Night

Tuesday, Sept. 3 • 6-7:30 p.m.

Hayley Stolze, MPH

Please join us for a game night in the Turning Point living room. We will have a variety of different games to choose from, or feel free to bring your own game! Snacks will be provided.

Matter of Balance

Tuesdays, Sept. 10-Oct. 29 • 9-11 a.m.

Olivia Desmarais, BSN, RN, CCRN, Trauma Injury Prevention Education Specialist

If you have experienced a fall in the past, you've likely given up activities because of a fear of falling.

This eight-week program teaches different ways to prevent falls. It is designed for anyone who has an interest in improving balance, flexibility and strength.

Funded in part by The George H. Nettleton Foundation.

Physics vs. Metaphysics: Exploring Our Unseen World

Monday, Sept. 23 • 12:30-2 p.m.

AND/OR

Monday, Sept. 30 • 12:30-2 p.m.

David Beier, BS, MS, Astronaut Trainer and Astrophysics Ambassador for NASA

A big part of moving forward in our lives is quenching our ongoing thirst for understanding. Learning more about how our physical interactions are reflected in the universe helps us feel more comfortable and joyful in everyday life. This class will allow you to explore the natural world and wonders of the universe. You can attend one or both programs.

General Rules of Medicare and Medicaid Coverage for Assisted Living and Long-Term Care

Monday, Oct. 7 • 6-7:30 p.m.

Karen Weber, JD, Elder Law Attorney

Learn the DOs and DON'Ts of Medicaid and Medicare coverage and eligibility for long-term care, including assisted living and skilled nursing care.

Funded in part by The George H. Nettleton Foundation.



Nutrition Programs

Making Peace with Food: Emotional Eating Support Group

Thursday, Aug. 29 • 2-4 p.m.

AND/OR

Thursday, Sept. 12 • 2-4 p.m.

AND/OR

Wednesday, Oct. 23 • 2-4 p.m.

Karen Ialapi, RD, LD, CDE,

Certified Diabetes Educator, Wellness Coach

This support group provides a safe place for people who struggle with food to connect with others. You will learn how to gently explore what's happening with food from a place of nonjudgment. You will also practice mindfulness, identify unmet needs and build self-care skills to help you heal your relationship with food. This is not a diet class.

One Pot Wonders

Wednesday, Sept. 11 • 3-4 p.m.

Melanie Nicsinger, CHN, RYT, Owner of

Lifestyle Benefits Health Coaching

From the stockpot to the Crock-Pot, this class will show you how to make the most nutrient-dense, yummy soups and cook-ahead meals. Save time, money and effort with these simple meal-planning strategies.

Am I Really Hungry?

Wednesdays, Sept. 18-Oct. 9 • 2:30-4 p.m.

Karen Ialapi, RD, LD, CDE,

Certified Diabetes Educator, Wellness Coach

It is normal to eat occasionally for emotional reasons. Emotional eating becomes a problem when it is our "go-to" way of comforting ourselves, dealing with uncomfortable feelings or filling up an indescribable emptiness. To heal emotional-eating issues, we need to let go of the illusion that another diet or more willpower is the answer. This four-part series will help you begin to unravel your emotional-eating issues and develop tools to support your journey forward. Attendance at all sessions is highly recommended, but not required.

Fad Diets: Why They Don't Work

Thursday, Sept. 19 • 3-4 p.m.

Kaitlin Cilufu, MS, RD, LD

Learn about fad diets and the reasons why they are not ideal choices and how to make better choices that are more sustainable in the long term.

Diabetes Diet Toolbox

Thursday, Sept. 26 • 2:30-4:30 p.m.

Karen Ialapi, RD, LD, CDE,

Certified Diabetes Educator, Wellness Coach

This class will introduce you to the blood sugar rocket, a practical tool for navigating how macronutrients impact blood glucose. You'll also gain a better understanding of why your blood glucose can vary dramatically even when your diet appears relatively consistent.

Cooking for One

Monday, Oct. 7 • 2:30-4 p.m.

David Beier, BS, MS

After his wife lost her long battle with breast cancer, David was faced with a new day-to-day task: cooking dinner for one. He has compiled over 20 quick and easy recipes to share with those who find themselves in a similar situation. If you have your own favorite "dinner for one" recipe, please bring it along.

Mood-Boosting Superfoods

Wednesday, Oct. 16 • 2-3 p.m.

Melanie Nicsinger, CHN, RYT, Owner of

Lifestyle Benefits Health Coaching

Have you ever been affected by an afternoon slump, leaving you feeling tired, sluggish and sleepy? Have you ever thought this may be directly related to the foods you eat? Learn how to lessen these periods of low energy by choosing foods that boost your mood, along with strategies to help you feel more alert and attentive. Includes take-home recipes and a resource list.

Blue Zones Diet Lifestyle

Tuesday, Oct. 22 • 3-4 p.m.

Melinda Pine, RD, LD, CSO

Discover food choices for longevity. The Blue Zones refer to regions in Europe, Latin America, Asia and the United States with the most people who live past 100. The particular foods important to Blue Zones centenarians vary from one culture to the next. What may be just as important, though, are the guidelines for food selection that have been developed after visiting numerous Blue Zones and finding the best ways to translate those values for North Americans.

Body Movement Programs

Relax and Restore Yoga

Monday, Aug. 26 • 3:30-5 p.m.

AND/OR

Monday, Sept. 16 • 3:30-5 p.m.

AND/OR

Wednesday, Oct. 16 • 3:30-5 p.m.

Melanie Nicsinger, Registered Yoga Teacher

Relax and de-stress in this gentle yoga class. Restorative yoga poses are held longer than more active forms of yoga and use the support of props: bolsters, blankets and blocks. Soothing music and gentle breathing exercises help you release tension and encourage healing. Must be able to get down and up from the floor without assistance.

Yoga Nidra/Restorative

Saturday, Sept. 7 • 10:30 a.m.-noon

Saturday, Oct. 12 • 10:30 a.m.-noon

Peggy Welkner, Registered Yoga Teacher

Restorative yoga poses are held longer than more active forms of yoga and use the support of props. The class ends with the deep relaxation of yoga nidra.

Laughter Yoga

Thursday, Sept. 12 • 12:30-1:30 p.m.

AND/OR

Thursday, Oct. 10 • 12:30-1:30 p.m.

Linda Putthoff, Registered Yoga Teacher,
Owner of Plaza WellSpring Studio

Laughter yoga can help reduce the stress hormones in the body, provide a cardiovascular workout and will help bring practitioners into the present moment. Please bring a yoga mat.

Teen and Young Adult Yoga and Mindfulness Workshop

Saturday, Sept. 21 • 10:30 a.m.-noon

AND/OR

Saturday, Oct. 19 • 10:30 a.m.-noon

Jami Hamilton-Ansley, LCSW, RPT

This interactive group is for participants ages 15-25. You will learn how to practice mindfulness, breath work and yoga poses to create a sense of peace and calm. We will learn how to access this calm when we need it most. Dress in comfortable clothes. Yoga mats are available if needed.

Body Movement Programs

Therapeutic Yoga for Digestion

Wednesday, Sept. 25 • 3-4 p.m.

Jodi Novicoff, BS in Kinesiology, 500 E-RYT, YACEP

This is a gentle supportive yoga class that focuses on nurturing and healing different systems throughout the body. This session will focus on massaging and stimulating the digestive system. Must be able to get up and off the floor without assistance.

Therapeutic Yoga for the Nervous System

Wednesday, Oct. 30 • 3-4 p.m.

Jodi Novicoff, BS in Kinesiology, 500 E-RYT, YACEP

This is a gentle supportive yoga class that focuses on nurturing and healing different systems throughout the body. This session will focus on reducing the body's stress response by focusing on relaxing the nervous system. Must be able to get up and off the floor without assistance.

Yoga in Chairs

Mondays, ongoing • 11:30 a.m.-12:30 p.m.

Michelle Warner, LMT, Registered Yoga Teacher

Mondays, ongoing • 1-2 p.m.

Michelle Warner

Thursdays, ongoing • 4-5 p.m.

Susan Rieger, Registered Yoga Teacher

This yoga class works joints and muscles to increase flexibility, strength, balance and circulation. It goes beyond typical exercises by encouraging quiet reflection, proper breathing and better posture.

Movement Is Medicine

Tuesdays, ongoing • 9-10 a.m.

Kathy Mayer, Wellness Instructor, PWR! Moves-Certified

All movements in this class will encourage full range of motion, using the upper and lower body. We'll place special emphasis on the core and hip region. Exercises are helpful to anyone who is challenged by movement or balance. Movements can be done seated or standing.

T'ai Chi Dim Sa

Tuesdays, ongoing • 12:30-1:30 p.m.

Video Instruction: Jacque Carpenter

Explore the meditative aspects of t'ai chi through slow, purposeful movements and breath work. Experience an increase in strength, flexibility, emotional balance and energy flow.

Yoga – for Beginners

Tuesdays, ongoing • 5:30-6:45 p.m.

Emily Darling, Registered Yoga Teacher

Thursdays, ongoing • 9-10:15 a.m.

Emily Darling

Thursdays, ongoing • 5:30-6:45 p.m.

Jessica Sexton, Certified Yoga Teacher

Through gentle stretching and movement, you will practice beginning yoga postures and learn to use your breath for relaxation and healing. Please bring a yoga mat.

T'ai Chi for the Heart

Tuesdays, ongoing • 11 a.m.-noon

Bill Douglas, author of "The Complete Idiot's Guide to T'ai Chi & Qigong"

Harvard Health Publication describes t'ai chi as "meditation in motion," but you might call it "medication in motion." Research has shown that t'ai chi may be helpful for heart failure, depression, cholesterol levels and ability to exercise. This class is open to people with heart disease and their primary supporters.

T'ai Chi for Neurological Disorders

Wednesdays, ongoing • Noon-1 p.m.

Bill Douglas, author of "The Complete Idiot's Guide to T'ai Chi & Qigong"

This class includes breathing exercises, balance awareness techniques and t'ai chi walking. T'ai chi walking focuses on posture and helps you become aware of the way the body moves, shifting weight in a slow, controlled setting that helps your daily movement become more centered, effortless and relaxed.

T'ai Chi and Qigong Meditations

Wednesdays, ongoing • 1:15-2:15 p.m.

Bill Douglas

This class, adaptable for sitting and standing movements, is designed for deep meditation and stress release. T'ai chi is perhaps the lowest impact exercise known, yet benefits your heart, burns calories, improves balance and promotes relaxation.

Moving for Life

Thursdays, ongoing • 10:30-11:30 a.m.

Susan Rieger, MSW, LCSW, Dance Instructor
Moving for Life Dance Exercise, originally created for breast cancer survivors, is open to anyone who has had cancer. Research shows regular aerobic exercise improves quality of life and may help speed recovery. It helps with lymphedema, fatigue, range of motion, joint pain and mood. This low-impact exercise with fun music has options that make it safe for all (including sitting in a chair or using a chair for balance).

Intro to T'ai Chi Long Form

Thursdays, ongoing • 1:30-2:30 p.m.

Bill Douglas

This class involves the sitting relaxation therapy qigong meditation, moving qigong meditation and introduction to t'ai chi long form beginning moves. This class is followed by the T'ai Chi Long Form Club that meets from 2:30 to 3:30 p.m., led by advanced student Al Hussar. You are welcome to attend both classes.

Pilates for Everyone

Thursdays, ongoing • 11:30 a.m.-12:30 p.m.

Terri Henges, ACE-Certified Personal Trainer, STOTT-Certified Pilates Instructor

This beginning-level Pilates class will develop your mind-body connection, strengthen your core and improve function. Instructor encourages everyone to work at their own pace. Must be able to get down and up from the floor without assistance. Please bring a mat and a towel.

Mindful Movement

Fridays, ongoing • 11 a.m.-noon

Tina Sprinkle, ACE- and STOTT Pilates-Certified Instructor

Join our gentle stretch class that nurtures, heals and inspires. This is a moving meditation that leaves participants feeling grounded, peaceful and relaxed. Must be able to get on the floor and up again without assistance. Please bring a mat.

Programs at Area Cancer Centers and Other Locations

Overland Park

The University of Kansas Cancer Center
Conference Room
12200 W. 110th St.
Overland Park, KS 66210

Yoga in Chairs

Every other Wednesday

Sept. 4, 18, Oct. 2, 16, 30 • 4-5 p.m.

Drew Huskey, RYT200

This yoga class works the joints and muscles to increase flexibility, strength, balance and circulation. It goes beyond typical exercises by encouraging quiet reflection, proper breathing and better posture. Attend any or all sessions but please register for those you plan to attend.

Goodbye Sugar, Hello Health

Monday, Sept. 9 • 2-3 p.m.

Melanie Nicsinger, CHN, RYT, Owner of
Lifestyle Benefits Health Coaching

Balanced blood sugar leads to more sustained energy, a better mood and better overall health. In this class, you'll learn how blood sugar swings don't just affect those with diabetes. Learn how to stop the sugar cycle and how to spot hidden sugars in everyday foods. "Is it OK to eat fruit?" "Which sugar substitute should I use?" We will answer these common questions and more. Includes recipe guide.

Yoga in Chairs

Wednesdays, Oct. 9 and 23 • 4-5 p.m.

Melanie Nicsinger, CHN, RYT, Owner of
Lifestyle Benefits Health Coaching

This yoga class works the joints and muscles to increase flexibility, strength, balance and circulation. It goes beyond typical exercises by encouraging quiet reflection, proper breathing and better posture. Attend one or both sessions but please register for those you plan to attend.

Lee's Summit

The University of Kansas Cancer Center
Conference Room
4881 NE Goodview Circle
Lee's Summit, MO 64064

Anti-Inflammatory Foods

Wednesday, Sept. 4 • 10-11 a.m.

Tara Sallee, MS, RD, LD, Lee's Summit East
Hy-Vee Dietitian

Fight back against inflammation by learning how eating certain foods will reduce your body's inflammatory response and lessen your risk for heart disease, cancer, diabetes and arthritis. Shop for "rocket fuel" foods that have the power to give our bodies what they need.

Walgreens Feel More Like You™

Tuesday, Sept. 17 • 4-5 p.m.

Haley McDonald Beauty Area Expert

When you're going through treatment for any type of cancer, the side effects can impact not only how you feel on the inside, but how you see yourself in the mirror. When you look more like yourself, it can help boost your mood and your confidence. This free public cancer support service features pharmacists and beauty consultants who are specially trained to help people better manage internal and visible side effects of cancer treatment.

Immune-Boosting Foods

Wednesday, Oct. 2 • 10-11 a.m.

Tara Sallee, MS, RD, LD, Lee's Summit East
Hy-Vee Dietitian

Give your body a boost this cold and flu season! Did you know loading up on nutrient-packed, immune-boosting foods can help you power up and stay healthy especially during the colder months? Learn how eating certain foods can improve your body's immunity and help ward off illness!

Kansas City, MO

The University of Kansas Cancer Center
Conference Room
8700 N. Green Hills Road
Kansas City, MO 64154

T'ai Chi

Thursdays, ongoing • 3-4 p.m.

Join anytime, but please preregister.

Rod Philp, MS, PhD, Certified by the T'ai Chi for
Health Institute

T'ai chi is a gentle form of exercise that has both physical and mental benefits. The aim is to maintain and slowly improve flexibility and strength. T'ai chi can be done standing or sitting.

Getting a Good Night's Sleep

Monday, Sept. 16 • 5:30-7 p.m.

Cathy Glennon, RN, MHS, OCN, NE-BC

Sleep is important to healing and recovery, but struggling with good sleep is common. Come to this interactive class for tips and information about how to improve sleep quality and why sleep is so important!



In partnership with



Guided Relaxation and Self-Care

Monday, Oct. 21 • 5:30-7 p.m.

Amy Ruse-Cheung, LCSW, LSCSW

In this class, you'll learn tips for utilizing self-care and its benefits. You will also experience guided visualization and mindfulness exercises. This presentation is interactive and will include ways of implementing these techniques in various aspects of your life.

In partnership with



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Programs at Area Cancer Centers and Other Locations

Kansas City, MO

Nelson-Atkins Museum of Art
4525 Oak St.
Kansas City, MO 64111

Contemplating Religious Art: Myth and Practice Across Cultures

Thursday, Oct. 10 • 7-9 p.m.

Location:

**The Nelson-Atkins Museum of Art
4525 Oak St., Kansas City, MO 64111**
Sarah Fremmerman Aptilon, PhD

The Nelson-Atkins Museum of Art houses one of the nation's most fascinating collections of religious art. In this interactive two-hour session, we will stroll through the collection and discuss a few selected objects and images from world religious traditions, including Buddhism, Hinduism, Sikhism, Christianity, Judaism, Islam and Native American religions, among others. In contemplating these objects, we will delve into the stories, myths, beliefs and healing practices.

Please meet in front of the gift shop at The Nelson-Atkins Museum at 7 p.m.



Westwood

The University of Kansas Cancer Center
2650 Shawnee Mission Pkwy.
Westwood, KS 66205

Anti-Inflammatory Diet

Monday, Sept. 16 • 2-3 p.m.

Location: Brandmeyer Resource Center

Melanie Nicsinger, CHN, RYT, Owner of Lifestyle Benefits Health Coaching
Discover how eating certain foods will reduce your body's inflammatory response and may lessen your risk of heart disease, cancer, diabetes and arthritis. You'll learn more about the "rocket fuel" foods that fight inflammation and keep your body strong.

Yoga in Chairs

Wednesdays, Oct. 9 and 23 • 1:30-2:30 p.m.

Location: Atrium Conference Room

Melanie Nicsinger, CHN, RYT, Owner of Lifestyle Benefits Health Coaching
This yoga class works the joints and muscles to increase flexibility, strength, balance and circulation. It goes beyond typical exercises by encouraging quiet reflection, proper breathing and better posture. Attend one or both sessions but please register for those you plan to attend.

Please note:

Programs listed on pages eight and nine are held at various locations and not at the Turning Point location.

Cancer Action

Cancer Action – Overland Park
10520 Barkley, Suite 100
Overland Park, KS 66212

Functional Exercise for the Beginner

Wednesdays, ongoing • Noon-1 p.m.
OR

Wednesdays, ongoing • 1-2 p.m.

Melissa Davis, Personal Trainer, Certified Cancer Exercise Specialist
This weekly exercise class is for exercisers of any level who want to get stronger in their everyday lives. Learn how simple movements give you more energy, make daily tasks easier and boost your metabolism. For cancer survivors only.

In partnership with



Lawrence

Lawrence Public Library
Meeting Room A
707 Vermont St.
Lawrence, KS 66044

Happy Hour

Mondays, Sept. 9-30 • 10:30 a.m.-noon
Susan Rieger, MSW, LCSW

Laughter can help us access the relaxation response. Let's investigate our families' types of humor and the different styles of humor. We will also share our favorite jokes or comedians. Finally, we will reflect on our own role in making our homes or workplaces a fun place to be.

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Possible benefits of t'ai chi:

- Better mood, with lower levels of stress and anxiety
- Greater aerobic capacity and muscle strength
- More energy and stamina
- Enhanced flexibility, balance and agility
- Lower blood pressure and improved heart health

Programs for Families, Teens and Children

Yoga for the Whole Family

Wednesdays, Sept. 11, 25, Oct. 9, 23
4:45-5:45 p.m.

Susan Rieger, Certified Yoga Teacher

Like adults, kids live in a busy world. Here, participants explore yoga using creative themes, interactive games and breathing. Yoga can improve concentration, physical/emotional balance, sense of calmness, flexibility and promote relaxation and stress reduction. For ages 5 and older. Parent participation is welcome. If you already own a yoga mat, please bring it. If not, we have some available for you to borrow. Attend any or all sessions.

Family Night:

A Time for Fun and Support

Thursday, Sept. 12 • 6-7:30 p.m.

AND/OR

Thursday, Oct. 10 • 6-7:30 p.m.

Leslie Abbey, LSCSW, Amelia Ryan, CCLS,
Jami Hamilton-Ansley, LSCSW, RPT

Join us for this family group. Kids and teens will participate in art, games and activities to promote self-expression, build resilience and learn positive coping skills. An adult group will run at the same time for parents and other adult supporters. The adult group will offer support and information about managing life, parenting and changes that come with illness. If you've attended a previous family night, feel free to join us again – activities and topics are different each session. Ages 4 and older.

Calming Back-to-School Jitters: A Mindfulness Group

Thursday, Sept. 19 • 6:30-7:30 p.m.

Jami Hamilton-Ansley, LSCSW, RPT

Starting a new school year is often a time of unknowns, and when there is illness in the family the jitters of back to school may be magnified.

Get the new school year off on the right foot. Learn how to calm those back-to-school jitters. You will learn and practice some self-calming techniques that can help you in all areas of school and life. After this group your student will be ready to have their best school year yet! This group is for all school-age kids and teens and their caregivers.



Teen and Young Adult Yoga and Mindfulness Workshop

Saturday, Sept. 21 • 10:30 a.m.-noon

AND/OR

Saturday, Oct. 19 • 10:30 a.m.-noon

Jami Hamilton-Ansley, LSCSW, RPT

This interactive group is for participants ages 15-25. You will learn how to practice mindfulness, breath work and yoga poses to create a sense of peace and calm. We will learn how to access this calm when we need it most. Dress in comfortable clothes. Yoga mats are available if needed.

Expressive Art Group for All Ages

Tuesday, Oct. 15 • 6:30-7:30 p.m.

Jami Hamilton-Ansley, LSCSW, RPT

Art is a great way to express yourself and give your heart a voice. You don't have to be an artist to enjoy this group. We will use a variety of art mediums to tell a story and learn about feelings and resilience while we create our masterpiece. This group is for kids/teens ages 5 and older. Parents/caregivers are welcome to participate as well.

Individual Sessions for Children and Families

To schedule an appointment for any of the following, please call Annie Seal at 913-574-0913.

Parent Consultation

A certified child life specialist is available to talk with you over the phone or in person about any concerns you may have with your child's understanding of their illness or that of a family member.

Teen Chat

Teens can meet with a certified child life specialist or social worker to express concerns related to their illness or the illness of a friend or family member.

Kids' Corner

When a family is faced with a serious or chronic physical illness, there are often many unknowns. Children may lack the life experience or emotional language to voice their concerns, thoughts and feelings. Play, art and storytelling can help children better understand the illness and the many feelings that accompany it.



**Unless otherwise noted,
all sessions are held at
Turning Point
8900 State Line Road
Suite 240
Leawood, Kansas.**

To register for a program, please do so 48 hours in advance by calling 913-574-0900.

For more information, visit us online at turningpointkc.org.

Educational and Support Groups

Cancer

Bladder Cancer Support Group

Bimonthly, even-numbered months

First Wednesday • 5:30-7 p.m.

Katie Mann, MSN, APRN-NP, AGPCNP-BC
913-588-7576

kpriest@kumc.edu

Location: Turning Point

CLL/Lymphoma Group

Second Tuesday • 6-7:30 p.m.

Kari Accurso, RN, BSN, OCN, CNC, 913-574-2695
kfreese@kumc.edu

Location: Turning Point

Esophageal/Gastric Cancer Group

Bimonthly, odd-numbered months

Third Wednesday • 6-7:30 p.m.

Dianne Dickenson, 913-588-6262

ddickenson@kumc.edu

Peer-to-peer led, not facilitated by Turning Point or The University of Kansas Health System staff.

Location: Turning Point

Gynecologic Cancer Support

Third Tuesday • Social time 6-6:30 p.m.

Meeting 6:30-8 p.m.

Tammy Wheaton, 913-378-8433, or
Joyce Landes, 913-782-8820

Peer-to-peer led, not facilitated by Turning Point or The University of Kansas Health System staff.

Location: Turning Point

Head and Neck Cancer Group

Second Wednesdays

3:30-5 p.m.

Jane Myer, LSCSW, 913-588-3630

jmyer2@kumc.edu

The University of Kansas Hospital
Cambridge Tower, Room 1090 Conference Room
3825 Cambridge St., Kansas City, KS 66160

Multiple Myeloma Family Group

Third Monday • 7-9 p.m.

Cindy Ralston, 913-268-7422,

cralston@everestkc.net

Website: kc.support.myeloma.org

Central United Methodist Church

5144 Oak St., Kansas City, MO 64112

Living with Lung Cancer Group

Second Friday • 9-10 a.m.

Sarah Lovitt, LMSW, 913-574-2712

The University of Kansas Cancer Center

Conference Room

12200 W. 110th St., Overland Park, KS 66210

Prostate Network Group

First Wednesday • 6:30-8 p.m.

support@prostatenetwork.org, 913-485-1892

Peer-to-peer led, not facilitated by Turning Point or The University of Kansas Health System staff.

Location: Turning Point

Sarcoma Group

Third Thursday • 3:30-4:30 p.m.

Sarah Lovitt, LMSW, 913-574-2712

The University of Kansas Cancer Center

Conference Room

12200 W. 110th St., Overland Park, KS 66210

Waldenstrom Group

Bimonthly, odd-numbered months

Last Saturday • 11 a.m.-1 p.m.

Contact Karen Jo Davis, 785-266-0121

Location: Turning Point

Young Adult Cancer Group

Third Friday • 6:30 p.m.

Courtney Heitz, 815-742-2845, cheitz@kumc.edu

Peer-to-peer led, not facilitated by Turning Point or The University of Kansas Health System staff.

Location varies.

Burn Survivors Group

Second Tuesday • 6:30-8 p.m.

Karla Oberle, RN, BSN, CHRN, 913-588-4058

burnsurvivor@kumc.edu

Location: Turning Point

Cardiac Group

Third Tuesday • 6:30-8 p.m.

Pat Twenter, RN, MSN, 913-588-8618

Location: Turning Point

Family Caregiver Support Group

For those caring for seniors

Fourth Thursday • Noon-1 p.m.

Myra Hyatt, LSCSW, 913-588-2365

Landon Center, Room 210

3599 Rainbow Blvd., Kansas City, KS

Healthy Diabetes Living Group

First Wednesday • 6-7:30 p.m.

Catherine Parkhurst, RN, MSN, CDE, 913-574-1433

Location: Turning Point

Heart Failure Education Group

Bimonthly, even-numbered months

Second Wednesday • 6:30-8 p.m.

To register: 913-588-9606 orsmcginty@kumc.edu

Location: Turning Point

Vestibular and Dizziness Group

Third Saturday • 2:30-3:30 p.m.

Sue Tucker, PT, 913-825-9827

Peer-to-peer led, not facilitated by Turning Point or The University of Kansas Health System staff.

Location: Turning Point

Liver Transplant Support Group

First Wednesday • 6-7:30 p.m.

Kellie Elliott, LMSW, 913-588-4417

The University of Kansas Hospital

Wyandotte Room

4000 Cambridge St., Kansas City, KS 66160

Living with an Ostomy Group

Bimonthly, odd-numbered months

Third Thursday • 6:30-7:30 p.m.

Meredith Hill, RN, BSN, CWON, CFCN

913-588-0438, mhill6@kumc.edu

Website: kcostomy.org

Location: Turning Point

PAINS-KC

First Wednesday • 5 p.m.

RSVP to Cindy Leyland, 816-979-1357

cleyland@practicalbioethics.org

University of Kansas Medical Center

Research Institute

4330 Shawnee Mission Pkwy., Fairway, KS 66205

Brain/Neurological

Alzheimer's Disease and Memory Disorders Group for Caregivers

Second Monday • 2-3:30 p.m.

Phyllis Switzer, 913-588-6981

The University of Kansas Clinical Research Center
Suite 1200

4350 Shawnee Mission Pkwy., Fairway, KS 66205

Aphasia

Usually first, third and fifth Mondays

10-11:30 a.m.

\$35/seven sessions or \$5/individual session

Reservations: Laura Melo, 913-588-5937

Cedar Roe Library

5120 Cedar St., Roeland Park, KS 66205

Brain Tumor Group

First Tuesday • 6-7 p.m.

Nancy Sullivan, MA, BSN, RN, 913-945-6436

nsullivan@kumc.edu

Website: brainsupportkansascity.org

The University of Kansas Clinical Research Center
First Floor Auditorium

4350 Shawnee Mission Pkwy., Fairway, KS 66205

Brain Vascular/Aneurysm Group

Second Tuesday • 6-7 p.m.

Nancy Sullivan, MA, BSN, RN, 913-945-6436

nsullivan@kumc.edu

Website: brainsupportkansascity.org

The University of Kansas Clinical Research Center
First Floor Auditorium

4350 Shawnee Mission Pkwy., Fairway, KS 66205

Epilepsy Group

Third Tuesday • 6-7 p.m.

Emily Bebermeyer, BSN, RN,

ebebermeyer2@kumc.edu

Website: brainsupportkansascity.org

The University of Kansas Clinical Research Center
First Floor Auditorium

4350 Shawnee Mission Pkwy., Fairway, KS 66205

Frontotemporal Degeneration Caregiver Group

First Wednesday • 2-3:30 p.m.

Amy Yeager, 913-945-7663

The University of Kansas Clinical Research Center
Suite 1200

4350 Shawnee Mission Pkwy., Fairway, KS 66205

Parkinson's Disease Voice Group

Most Tuesday afternoons and

Friday mornings

To enroll, call the KU Hearing and Speech
Department at 913-588-5937.

Location: Turning Point

Traumatic Brain Injury

Bimonthly, odd-numbered months

Tuesdays • 4:30-5:30 p.m.

For details, email dwood@kumc.edu or

sphillips4@kumc.edu or call 913-588-6943.

The University of Kansas Hospital

Inpatient Acute Rehabilitation Center

Multipurpose room • Second Level

4000 Cambridge St., Kansas City, KS 66160

Turning Point is a gathering place for individuals, families and friends living with serious or chronic physical illness. Thanks to our generous donors, our education and support programs are offered at no charge. **Registration is required 48 hours in advance.**

Pain Management Series: Learn to Manage Your Pain Before It Manages You

For people living with chronic pain. Attendance at all programs is recommended but not required.
The University of Kansas Hospital, Spine Center Conference Room, 4000 Cambridge St., Kansas City, KS 66160
Free parking with validation.

Week 1: Why Me – Why Do I Hurt?

Wednesday, Sept. 4 • Noon-1 p.m.

Andrew Sack, MD

We will discuss how chronic pain can affect emotional well-being and how it can make it hard to enjoy even the simplest daily activities.

No program Wednesday, Sept. 11

Week 2: Overview of Pain Management Strategies

Wednesday, Sept. 18 • Noon-1 p.m.

Usman Latif, MD

We will review the differences between noninvasive, nondrug pain management (exercise), pain management (pain medications and antidepressants) and invasive pain management (injections).

Week 3: Opioid Discussion

Wednesday, Sept. 25 • Noon-1 p.m.

Teresa Long, MD

Learn about risks, benefits and physician perspectives involved in treating pain with opioid medications.

Week 4: Behavioral Strategies for Pain Management

Wednesday, Oct. 2 • Noon-1 p.m.

Lora Black, PhD

We will discuss cognitive behavioral strategies for the management of chronic pain that focus on improving quality of life and decreasing disability among patients.

Week 5: Basics of Fibromyalgia

Wednesday, Oct. 9 • Noon-1 p.m.

Andrea Nicol, MD

We will discuss the basics of fibromyalgia, including causes, risk factors, diagnosis and treatment modalities.

Week 6: Biofeedback for Pain

Wednesday, Oct. 16 • Noon-1 p.m.

Susan Rieger, MSW, LCSW

Biofeedback helps manage high blood pressure, stress, pain and other conditions.

Week 7: Functional Restoration

Wednesday, Oct. 23 • Noon-1 p.m.

Tom Riggs, MPT, CSCS, FAFS, CAFS, TPS

Functional restoration can increase physical functioning, improve pain-coping skills, promote the return to a productive lifestyle and limit the need for treatment.

Week 8: Filling up Your ‘Tank’

Wednesday, Oct. 30 • Noon-1 p.m.

Susan Rieger, MSW, LCSW

Learn practical ways to conserve energy and to focus on the things in life that fill your tank back up.

Week 9: The Role of Hope

Wednesday, Nov. 6 • Noon-1 p.m.

Rev. Ashley Huber, MDiv, BCC

Explore ways to find hope, even when we are experiencing great pain.