

All programs are located at The Daniel & Gloria Blumenthal Cancer Center, One Valley Health Plaza, Paramus, unless noted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair/Wall Assist Yoga for Everyone 9:15-10:15 am 1 Yoga Therapy for Strengthening 10:30-11:30 am *Breast Cancer Support Group Caring Sharing and Learning 4:30-6 pm Yoga After Work 5-6 pm Stress Management 6:30-7:30 pm	Beginner Yoga I 9:45-10:45 am 2 Intermediate Yoga 11 am-noon Intermediate Tai Chi Chih 1-2:15 pm Beginner Tai Chi Chih 4:30-5:45 pm Beginner Tai Chi Chih 6:15-7:30 pm	Relaxation/Visualization Group 10-10:30 am 3	Beginner Tai Chi Chih 9:30-10:45 am 4 Beginner Yoga II 11 am-noon Knitting 11 am-1 pm Intermediate Tai Chi Chih 4:15-5:30 pm Beginner Yoga I 5:45-6:45 pm Beginner Yoga I 6:55-7:55 pm	5 *Support Group for Women Living With Women's Cancers 11 am-noon
Chair/Wall Assist Yoga for Everyone 9:15-10:15 am 8 Yoga Therapy for Strengthening 10:30-11:30 am *Breast Cancer Support Group Caring Sharing and Learning 4:30-6 pm Yoga After Work 5-6 pm Stress Management 6:30-7:30 pm	Beginner Yoga I 9:45-10:45 am 9 Intermediate Yoga 11 am-noon Intermediate Tai Chi Chih 1-2:15 pm Beginner Tai Chi Chih 4:30-5:45 pm Beginner Tai Chi Chih 6:15-7:30 pm	Relaxation/Visualization Group 10-10:30 am 10 *Support Group for People Living with Cancer 3-4 pm	Beginner Tai Chi Chih 9:30-10:45 am 11 Beginner Yoga II 11 am-noon Knitting 11 am-1 pm Intermediate Tai Chi Chih 4:15-5:30 pm Beginner Yoga I 5:45-6:45 pm Beginner Yoga I 6:55-7:55 pm	12 *Support Group for Women Living With Women's Cancers 11 am-noon
Chair/Wall Assist Yoga for Everyone 9:15-10:15 am 15 Yoga Therapy for Strengthening 10:30-11:30 am *Breast Cancer Support Group Caring Sharing and Learning 4:30-6 pm Yoga After Work 5-6 pm Stress Management 6:30-7:30 pm	Beginner Yoga I 9:45-10:45 am 16 Intermediate Yoga 11 am-noon <i>(Kraft Center)</i> Intermediate Tai Chi Chih 2-3:15 pm Beginner Tai Chi Chih 4:30-5:45 pm Beginner Tai Chi Chih 6:15-7:30 pm	Relaxation/Visualization Group 10-10:30 am 17 *Support Group for People Living with Cancer 3-4 pm	Beginner Tai Chi Chih 9:30-10:45 am 18 Beginner Yoga II 11 am-noon Knitting 11 am-1 pm Intermediate Tai Chi Chih 4:15-5:30 pm Beginner Yoga I 5:45-6:45 pm Beginner Yoga I 6:55-7:55 pm	19 *US TOO Prostate Cancer Support Group 10 am-noon
Chair/Wall Assist Yoga for Everyone 9:15-10:15 am 22 Yoga Therapy for Strengthening 10:30-11:30 am Yoga After Work 5-6 pm *Life After Cancer Support Group (for cancer survivors who are one month to two years post-cancer treatment) 6-7:30 pm Stress Management 6:30-7:30 pm	Beginner Yoga I 9:45-10:45 am 23 Intermediate Yoga 11 am-noon Intermediate Tai Chi Chih 1-2:15 pm Beginner Tai Chi Chih 4:30-5:45 pm Beginner Tai Chi Chih 6:15-7:30 pm	Relaxation/Visualization Group 10-10:30 am 24 *Support Group for People Living with Cancer 3-4 pm	Beginner Tai Chi Chih 9:30-10:45 am 25 Beginner Yoga II 11 am-noon Knitting 11 am-1 pm Intermediate Tai Chi Chih 4:15-5:30 pm Beginner Yoga I 5:45-6:45 pm Beginner Yoga I 6:55-7:55 pm	26 *Support Group for Women Living With Women's Cancers 11 am-noon
Chair/Wall Assist Yoga for Everyone 9:15-10:15 am 29 Yoga Therapy for Strengthening 10:30-11:30 am *Breast Cancer Support Group Caring Sharing and Learning 4:30-6 pm Yoga After Work 5-6 pm Stress Management 6:30-7:30 pm	Beginner Yoga I 9:45-10:45 am 30 Intermediate Yoga 11 am-noon Intermediate Tai Chi Chih 1-2:15 pm Beginner Tai Chi Chih 4:30-5:45 pm Beginner Tai Chi Chih 6:15-7:30 pm	Relaxation/Visualization Group 10-10:30 am 31 *Support Group for People Living with Cancer 3-4 pm	March is Colon Cancer Awareness Month Screening kits can be picked up at the North Information Desk in the Luckow Pavilion. Monday through Wednesday March 8-10 8 am-4 pm	

REGISTRATION IS REQUIRED FOR ALL PROGRAMS.

Visit www.valleyhealthcancercenter.com for more information.

* To register for all support groups, please call 201-634-5339.

Services Available At The Cancer Center

The Cancer Resource Center Centralizes support and information services to help individuals navigate the many aspects of living with cancer.

Integrative Healing Services

201-634-5359 Our Center offers relaxation techniques, acupuncture, therapeutic massage, nutritional counseling, and individualized and group therapy to support a patient's traditional medical treatment. Services are available by appointment only. Our practitioners have received special education, allowing them to provide you with excellent care.

Classes are offered at different locations. These include Yoga, Tai Chi Chih, Stress Management, Guided Imagery, and the Mindfulness Based Stress Reduction Program. All classes are progressive and allow you to work at your own pace.

The Boutique for Integrative Healing

201-634-5325 The Boutique provides products for cancer patients. We have certified mastectomy fitters to assist breast cancer patients with surgical garments, prostheses, bras, enhancers, and fashionable swimwear. Shampoos and conditioners, formulated to help with thinning hair and preserving skin on the scalp are available. Hair replacement options and wigs are available. We also offer a stylish selection of hats, turbans, and scarves.

The Look Good...Feel Better Program is a free, non-medical program that teaches beauty techniques to women cancer patients in active treatment to help them combat the appearance-related side effects of cancer treatment. The program is offered in partnership with the American Cancer Society, The National Cosmetology Association, and The Cosmetic, Toiletry, and Fragrance Association. Registration is required.

Please call 1-800-ACS-2345 for dates and times programs are offered at the Luckow Pavilion.

Valley Health Pharmacy

201-634-5799 Call for hours and more information. Fills prescriptions and features over-the-counter products and gift items. Most prescription cards are accepted.

The Center for Barrett's Esophagus and GERD

201-634-5789 The Center has been implemented to identify and provide comprehensive, evidence-based, multidisciplinary care to patients with symptoms of heartburn or reflux (GERD) and those with a known diagnosis of Barrett's Esophagus (a potential pre-cancerous condition of the esophagus).

The Lung Cancer Center

201-634-5538 Provides services and support to those with a known diagnosis of lung cancer, those who have been told they have a lung nodule, and those who wish to be screened for lung cancer. The Valley Hospital is enrolling people, considered to be at high risk for developing lung cancer, into an international study using low dose CT scanning to screen for lung cancer.

The Tobacco Education and Treatment Program

201-447-8612 Offers individual and group counseling by tobacco dependence treatment specialists for those trying to quit smoking or using any tobacco product.

The Pain Management Center

201-634-5318 Provides treatment to help individuals with acute and chronic, debilitating pain. This service is for any individual experiencing pain, not just those with a cancer diagnosis.

The Center for Prostate Cancer

201-634-5339 Brings together a multidisciplinary team of professionals committed to providing an integrated approach to treating patients diagnosed with prostate cancer.

Gynecologic Oncology Program

201-634-5401 William M. Burke, M.D., and Noah A. Goldman, M.D., offer a comprehensive minimally invasive approach to all complex and advanced gynecology problems and gynecologic oncology concerns.

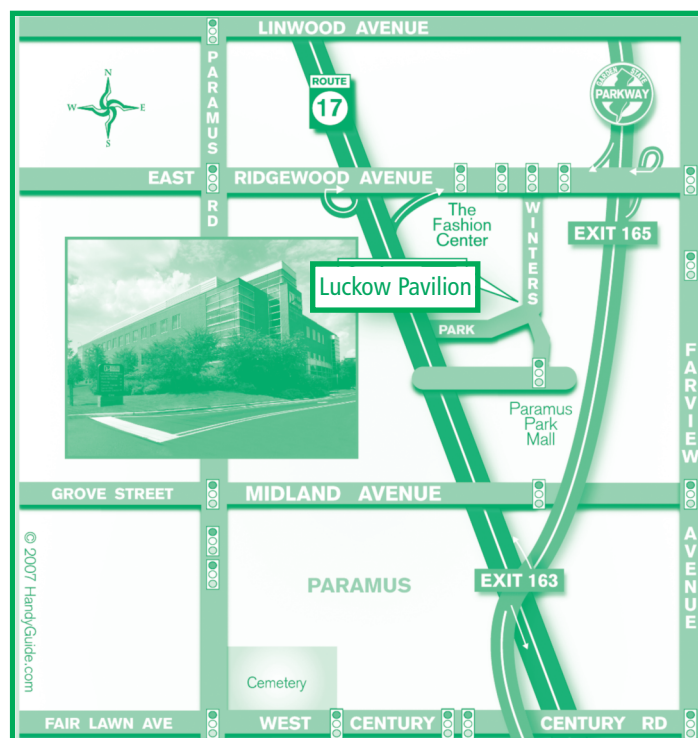
Valley Home Care/Hospice Social Services

201-291-6243 Facilitates bereavement support groups and provides referrals for oncology services.

Journeys

201-291-6243 A support program for children and adolescents affected by the serious illness or death of a loved one. The support group is facilitated by board-certified art therapists, who use art and other creative means to help children express their feelings.

To register for a program, cancer support group, or to make an appointment, please call 201-634-5339.



**For more information visit
www.valleyhealthcancercenter.com**