

MAY-AUG 2008 CLASSES & EVENTS

Please choose your class or event from the categories below.
If you have any questions or concerns, please call (206)297-2500 or (800)255-5505.
For our holiday schedule [click here](#).

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Holidays [top](#)

Cancer Lifeline will be closed on Monday, May 26 for Memorial Day and Friday, July 4th for Independence Day. To confirm whether or not a support group or class is running on that day, please check the class listing.

Artistic Expression

ART EXHIBITS AT CANCER LIFELINE (Green Lake) [top](#)

Art exhibits at Cancer Lifeline are free and open to the public Monday through Friday from 9am-5pm and on Saturdays by appointment. Contact Basha Brownstein for more information (206) 832-1275. [Click here](#) for more information.

ARTS & CRAFTS DROP-IN (Renton) [top](#)

Joseph Yurgevich, Community Program Manager

Come work on those flower cards, scrap books or knitting projects you have started or learn something new. This is a great place to explore your creative side with no pressure. No art experience necessary. Supplies provided. Drop in any time, no registration necessary.

Valley Medical Center, Medical Arts Center, Breast Center Conference Room, Renton
Tuesdays, May 27, June 24, July 29; 11am-1pm

CREATIVE ARTS OPEN STUDIO (Green Lake) [top](#)

Pamela Johnson and Brenda Mathis

Indulge your creative side in an inspiring studio full of wonderful art supplies! Doodle, putter, journal, stamp, collage, paint, knit, sew, write, chat and laugh! No art experience necessary. Supplies provided. Bring lunch. Drop in any time, no registration necessary.

Dorothy S. O'Brien Center, Seattle

Saturdays, May 10, 31, June 7, 14; July 12, 19, 26, August 2, 9, 16; 12-3pm

NO STUDIO May 17, 24, June 21, 28

DECORATIVE BIRDHOUSES (Renton) [top](#)

Susan Olds, B.A.

Celebrate summer and make a decorative birdhouse. Using unfinished wooden birdhouses, learn to collage, paint and embellish a unique birdhouse for yourself or as a gift. Non-toxic materials provided. Birdhouses are intended for indoor decoration.

Suggested donation \$5. Bring lunch. If the weather is warm, we'll have lunch in the Healing Garden. Please register.

Valley Medical Center, Medical Arts Center, Breast Center Conference Room, Renton

Saturday, July 19; 10am-2pm [REGISTER](#)

DRAGONFLY PAPER CASTINGS AND CARDS (Green Lake) [top](#)

Sheila Taft, HTR, Horticultural Therapist

This workshop is a two-part series. At the first class, you will mix paper pulp in a blender and press it into a number of small molds. You can choose a dragonfly or other design.

Bring a cookie sheet or shallow box to transport your castings home. Bring a kitchen strainer if you have one. At the second class, use the dried castings to make very special cards. Card stock and envelopes supplied. Please plan on attending both classes. Bring lunch. Suggested donation \$5 (includes both classes). Please register.

Dorothy S. O'Brien Center, Seattle

Fridays, May 23 & 30; 12-2:30pm [REGISTER](#)

EARRING MAKING (Renton) [top](#)

Lisa Tsang

Learn easy and fun wire-working techniques and bead combinations to make your own gorgeous earrings. Take home several finished pairs for yourself or to use as gifts. We provide a generous selection of beads. You are welcome to bring your own beads as well.

Tools provided, but please bring needle-nose pliers if you have them. Please register.

Valley Medical Center, Medical Arts Center, Breast Center Conference Room, Renton

Tuesday, May 20; 10am-12pm [REGISTER](#)

PRESSED FLOWER CARDS (Green Lake & Renton) [top](#)

Make greeting cards using pressed flowers and leaves. [Click here](#) for more information.

QUILT MAGIC (Green Lake) [top](#)

Bobbi Meins, Kim Schaaf

Ever look at those fantastic, intricate quilts with longing? Don't think you know enough about machine stitching? Well—put that machine away! Bobbi and Kim will show you a no-sewing, no gluing way to make beautiful quilted wall hangings. Bring those scraps of

favorite fabric you've been saving. We'll have lots too. All supplies provided. Please register.

Dorothy S. O'Brien Center, Seattle
Friday, May 9; 1-4pm [REGISTER](#)

SCRAP BOOKING (Kirkland, Renton) [top](#)

Constance Perenyi

Explore new techniques and create a scrap book as unique as your memories. We'll supply instruction and a veritable buffet of papers from around the world. Please bring your favorite blank journal or a full-sized scrapbook, photos, decorative paper, ribbon, memorabilia, ticket stubs, postcards-anything you'd like to include. Please register for each session separately.

Evergreen Hospital Medical Center, Room Tan 119, Kirkland
Saturday, June 28; 1-4pm [REGISTER](#)

This Scrap Booking class is part of a day on [Survivorship Tools](#) at Evergreen. Fine to attend just this class or the whole day.

Valley Medical Center, Medical Arts Center, Room MAC B, Renton
Saturday, May 17; 1-4pm [REGISTER](#)

THINKING INSIDE THE BOX! (Green Lake) [top](#)

Susan Olds, B.A.

Start with a plain 12" wooden box with a door and let the creativity flow. Collage and assemble, embellish and play with personal mementos, photographs, poetry, decorative papers, found objects and beads. Will your box honor a person or animal? Will it be a remembrance of a special place or state of being? Only you know. Supplies provided. Bring anything else you'd like to use. Bring lunch. No experience necessary. Please register.

Dorothy S. O'Brien Center, Seattle
Saturday, June 28; 10am-2pm [REGISTER](#)

TIN BOX ALTARS (Green Lake) [top](#)

Christine Stickler, co-author of "Wild with a Glue Gun: Getting Together with Crafty Friends"

Create a tin box altar that can fit in your pocket. Bring those found objects and special images that you've been saving for "who knows what." We'll have lots of materials on hand for you to use too. Please register.

Dorothy S. O'Brien Center, Seattle
Saturday, May 17; 1-3pm [REGISTER](#)

TORSO ART PROJECT (Green Lake) [top](#)

The Torso Art Project tells patient, survivor and caregiver stories of their cancer journeys. Pick up a plastic form (courtesy of Costco) from our Green Lake location. Paint, write, draw, papier-mâché, sew, weave or sculpt your experience on these storyboards. Get help creating your torso at the Creative Arts Open Studios or Arts & Crafts Drop-In (see above) or work on your own.

Dorothy S. O'Brien Center, Seattle
Ongoing

VISUAL JOURNALING (Renton) [top](#)

Constance Perenyi

With visual journaling, you can play, get messy, experiment and have fun without concern for the outcome! Use your photographs, collected images, quotes, poetry, doodles, thoughts and feelings to express your individuality while creating unique collaged pages for your journal. Bring any kind of journal, new or in-progress. Fine to attend one or both classes. No experience necessary. Please register for each session separately.

Valley Medical Center, Medical Arts Center, Breast Center Conference Room, Renton
Tuesday, June 17; 10am-12:30pm [REGISTER](#)
Tuesday, July 15; 10am-12:30pm [REGISTER](#)

YARN ART OF THE MEXICAN SIERRA (Green Lake) [top](#)

Tobias Jean

Yarn painting is a vibrant art tradition practiced by the Huichol Indians. Learn the skill of pressing colorful yarn into wax-coated boards to create unique designs. No experience necessary. This class is offered in collaboration with [Seniors Making Art](#).

Dorothy S. O'Brien Center, Seattle
Tuesdays, May 6-June 24; 10am-12pm [REGISTER](#)

Events

ART EXHIBITS AT CANCER LIFELINE (Green Lake) [top](#)

Art exhibits at Cancer Lifeline are free and open to the public Monday through Friday from 9am-5pm and on Saturdays by appointment. Contact Basha Brownstein for more information (206) 832-1275.

April – July 2008

A two-person show will be on exhibit April 9-July 8 featuring the watercolors of the pacific northwest by William Winden, and acrylic landscape paintings, still life paintings, pet and floral paintings by Jennifer Lommers.

July-August 2008

A solo show of nature illustrations by Marilyn Morill Droege will be on exhibit July 9-August 28

Dorothy S. O'Brien Center, Seattle

EXPLORING WELLNESS: CONVERSATION & POTLUCK (Green Lake) [top](#)

*Samantha Slaughter, MA, Psy D Candidate; Ami Karnosh, MS, CN;
Heidi Lucas, ND; Basha Brownstein, MSW*

Bring a healthy dish to share and join our informal conversations about wellness. Ami Karnosh, certified nutritionist, visits with us Saturday, June 7 and Heidi Lucas, naturopathic doctor, joins us on Saturday, July 12. Whether you're in treatment or finished with treatment, bring your questions, concerns, ideas and wisdom about living the life you want to live. Please register for each session separately.

Dorothy S. O'Brien Center, Seattle
Saturday, June 7; 12-2pm: Ami Karnosh, MS, CN [REGISTER](#)
Saturday, July 12; 12-2pm: Heidi Lucas, ND [REGISTER](#)

LOOK GOOD, FEEL BETTER (Green Lake) [top](#)

Certified Cosmetologist

This hands-on workshop includes a 12-step lesson in skin care/make-up application, nail care and a demonstration of options for dealing with hair loss and thinning. Participants in various stages of treatment receive make-over tips and personal attention from a professional with special training to meet their needs. This class is offered in collaboration with the [American Cancer Society](#). Please register by calling 1-800-ACS-2345.

Dorothy S. O'Brien Center, Seattle
Tuesday, June 24; 1-3 pm [REGISTER](#)

MUSIC FOR THE SOUL, FOOD FOR THE BODY (Green Lake)[top](#)

Hillary van Horn

Bring your lunch, relax and listen to wonderful music performed by accomplished pianist Hillary Van Horn. [Click here](#) for more information.

NORTHWEST HOSPITAL MUSIC FEST 2008 (North Seattle)[top](#)

Come and enjoy Northwest Hospital's Fifth Annual Northwest Hospital Music Fest with free, daily live performances. [Click here](#) for more information.

SUMMER POTLUCK FOR EVERGREEN SUPPORT GROUPS (Kirkland)[top](#)

A survivor celebration for Evergreen's support groups. New drop-ins welcome to attend the event! [Click here](#) for more information.

SURVIVORSHIP TOOLS (Kirkland)[top](#)

Join us at Evergreen for a special survivorship day. Fine to attend one or both classes. Bring lunch or take a break between classes. No experience necessary. Please register.

QIGONG MEDITATION

Anita Von Oppenfeld, Certified Qigong Instructor

The morning class is Qigong Meditation, which combines simple hand movements and self-massage to relax and center the spirit.

Evergreen Hospital Medical Center, Room Tan 119, Kirkland
Saturday, June 28; 10am-12pm [REGISTER](#)

SCRAP-BOOKING

Constance Perenyi

The afternoon scrap-booking class invites participants to explore new techniques for creating a unique book of musings, memories and mixed media. We'll supply instruction and a veritable buffet of papers from around the world. Please bring your favorite blank journal or a full-sized scrapbook, photos, decorative paper, ribbon, memorabilia, ticket stubs, postcards--anything you'd like to include.

Evergreen Hospital Medical Center, Room Tan 119, Kirkland
Saturday, June 28; 1-4pm [REGISTER](#)

SWING INTO SPRING POT LUCK BASH (Green Lake)[top](#)

Basha Brownstein, MSW

Don't miss this spring celebration. Rockabilly band, Lady D and the Stingers, will perform.

Bring a favorite sweet or savory dish to share. Please register.

Dorothy S. O'Brien Center, Seattle

Saturday, May 31; 12-2pm [REGISTER](#)

Exercise and Movement

BELLY DANCING (North Seattle)[top](#)

Corinne Hollister

Stretch and tone your entire body while having fun with the ancient art of belly dance. No experience necessary. Fine to start any time. Please register for each session separately.

Please note: If you wear shoes at this site they must be athletic or soft-soled walking shoes.

Northwest Hospital, McMurray Building, Cardiac Fitness Center, 2nd floor, Seattle

Session I: Tuesdays, May 6-June 24; 6-7:30pm [REGISTER](#)

Session II: Tuesdays, July 8-August 19; 6-7:30pm [REGISTER](#)

FELDENKRAIS® AWARENESS THROUGH MOVEMENT®: FLEXIBILITY AND FREEDOM IN THE BACK (Green Lake)[top](#)

Shannon Howard, LMP, GCFP

Explore gentle, easy movements and discover improved balance and enjoyment of daily activities. This series focuses on flexibility and freedom in the back. No experience necessary. Fine to start any time in the series. Please register. For more information on Feldenkrais®, [click here](#) or visit www.feldenkrais.com.

Dorothy S. O'Brien Center, Seattle

Tuesdays, May 6-June 24; 11am-12pm [REGISTER](#)

EXERCISE & ENERGIZE WITH THE LEBED METHOD

(Everett, North Seattle, Kirkland, Renton, Sedro Woolley)[top](#)

Lebed Method, Focus on Healing is a fun, gentle exercise program designed specifically for cancer patients before, during and after treatment, as well as for survivors, caregivers and anyone with lymphedema. Lebed Method combines easy stretches, strengthening, low-impact aerobics and relaxation with great music. Research has found that Lebed exercise helps increase range of motion, strength, physical stability and quality of life. Lebed is offered at more than 400 locations in North America. Take a class and see why it is so popular! Fine to start any time. Please register for each session separately.

Northwest Hospital, McMurray Building, Cardiac Fitness Center,
2nd floor, Seattle

Kim Schaaf, Certified Lebed Method Instructor

Session I: Saturdays, May 17-June 28; 10-11am [REGISTER](#)

NO CLASS May 24

Session II: Saturdays, July 12-August 16; 10-11am [REGISTER](#)

Please note: If you wear shoes at this site they must be athletic or soft-soled walking shoes.

Evergreen Hospital Medical Center, Room Tan 101, Kirkland

Kim Ellis, Certified Lebed Method Instructor

Session I: Mondays, May 12-June 23; 6:45-7:45pm [REGISTER](#)

NO CLASS May 26, June 30

Session II: Mondays, July 7-August 11; 6:45-7:45pm [REGISTER](#)

Valley Medical Center, Medical Arts Center, Room MAC D, Renton

Deb Makin, Certified Lebed Method Instructor

Session I: Thursdays, May 15-June 19; 6-7pm [REGISTER](#)

NO CLASS June 26 & July 3

Session II: Thursdays, July 10-August 14; 6-7pm [REGISTER](#)

United General Hospital, 2000 Hospital Drive, 1st Floor Fitness Center, Sedro Woolley

Joan Weeks Keppel, Certified Lebed Method Instructor

Tuesdays, May 6-June 24; 3-4:30pm

[Click here](#) for more information.

Positive Women's Network, 2817 Rockefeller Ave., Multi-purpose Room, Everett

Kim Schaaf, Certified Lebed Method Instructor

Session I: Mondays, May 5-June 23; 1:30-2:30pm

NO CLASS May 26

Session II: Mondays, July 7-August 18; 1:30-2:30pm

[Click here](#) for more information.

GENTLE YOGA (Green Lake, Kirkland, North Seattle, West Seattle)[top](#)

Enjoy easy stretches, postures, guided meditation and breathing exercises in this gentle version of yoga. No experience necessary. Fine to start any time in the series. Please register for each session separately.

Dorothy S. O'Brien Center, Seattle

Denise Carrico, Certified Yoga Instructor

Session I: Wednesdays, May 7-June 25; 7-8:30pm [REGISTER](#)

Session II: Wednesdays, July 9-August 20; 7-8:30pm [REGISTER](#)

Dorothy S. O'Brien Center, Seattle

Denise Carrico, Certified Yoga Instructor

Session I: Fridays, May 9-June 27; 10-11:30am [REGISTER](#)

Session II: Fridays, July 11-August 22; 10-11:30am [REGISTER](#)

8 Limbs Yoga, 4546 1/2 California Ave SW, West Seattle

Denise Carrico, Certified Yoga Instructor

Session I: Mondays, May 5-June 30; 2:30-4pm [REGISTER](#)

NO CLASS MAY 26

Session II: Mondays, July 7-August 18; 2:30-4pm [REGISTER](#)

For directions [click here](#) or go to www.8limbsyoga.com or call (206) 325-8221.

Northwest Hospital, McMurray Building, Cardiac Fitness Center, 2nd floor, Seattle
Heidi Lucas, N.D.

Session I: Wednesdays, May 7-June 25; 6:30-8pm [REGISTER](#)

Session II: Wednesdays, July 9-August 20; 6:30-8pm [REGISTER](#)

Please note: If you wear shoes at this site they must be athletic or soft-soled walking shoes.

Yoga at StudioBe, 223 Kirkland Ave, Kirkland

Lisa Christian, Certified Yoga Instructor

Session I: Tuesdays, May 6-June 24; 9:30-10:45am [REGISTER](#)

NO CLASS July 1

Session II: Tuesdays, July 8-August 12; 9:30-10:45am [REGISTER](#)

This class is offered as part of the program of Cancer Lifeline at Evergreen Hospital Medical Center. For directions [click here](#), go to www.YogaStudioBE.com or call (425) 614-8887.

QIGONG: BEGINNING SOARING CRANE (Green Lake)[top](#)

Valerie Catton, Certified Qigong Instructor

Gentle movements and visualization increase focus, energy and well-being. First-time participants and anyone "trying out" Qigong should attend one of these beginning sessions, starting with the first class (not mid-session). Participants will learn two Remedy Routines and begin learning the Five Routines. Please register for each session separately.

Dorothy S. O'Brien Center, Seattle

Session I: Wednesdays, May 7-June 25; 12:30-1:45pm [REGISTER](#)

Session II: Wednesdays, July 9-August 20; 12:30-1:45pm [REGISTER](#)

QIGONG: CONTINUING SOARING CRANE (Green Lake)[top](#)

Teri Applegate, MAc OM, LAc, Soaring Crane Qigong Lineage Holder

For students who have attended the Beginning Soaring Crane series or who know the Soaring Crane form and are familiar with basic Qigong concepts. Please register.

Dorothy S. O'Brien Center, Seattle

Wednesdays, May 7-28; 10-11:15am [REGISTER](#)

QIGONG FIVE ROUTINES: DROP-IN FOR PRACTICE (Green Lake)[top](#)

Teri Applegate will be taking a break for June through August. In the interim, you can drop-in and practice the Qigong Five Routines in a peer-led setting. This time will be for students who already know the Five Routines. No instruction offered. No registration necessary.

Dorothy S. O'Brien Center, Seattle

Session I: Wednesdays, June 4-25; 10-11:15am

Session II: Wednesdays, July 9-August 20; 10-11:15am

STRETCH & STRENGTH (Green Lake)[top](#)

Michelle Kunzwiler, Certified Personal Trainer

Build muscular endurance and flexibility at your own pace. If this is your first time attending, please arrive ten minutes early for orientation. No experience necessary. Fine to start any time in the series. Please register.

Dorothy S O'Brien Center, Seattle

Tuesdays & Thursdays, May 6-June 26; 5:30-6:30pm [REGISTER](#)

Informational Presentations

[EXPLORING WELLNESS: CONVERSATION AND POTLUCK \(Green Lake\)](#)[top](#)

Whether you're in treatment or finished with treatment, bring your questions, concerns, ideas, and wisdom about living the life you want to live. [Click here](#) for more information.

[CANCER AND DIETARY SUPPLEMENTS \(Green Lake\)](#)[top](#)

Explore what supplements may be helpful or harmful if you are a cancer survivor. [Click here](#) for more information.

[COOKING WITH SEA VEGETABLES FOR VIBRANT HEALTH \(Green Lake\)](#)[top](#)

Learn why sea vegetables might just be the most nutritious food on the planet. Plus how to include them in everyday meals. [Click here](#) for more information.

[COOKING WITH SUMMER SUPER FOODS \(Green Lake\)](#)[top](#)

Cook and sample recipes from colorful spring salads to delicious chilled soups. [Click here](#) for more information.

[CUTTING EDGE; NUTRITION AND CANCER \(North Seattle\)](#)[top](#)

Learn cutting-edge information from the 2007 Report of the American Institute for Cancer Research and learn how to use this information in day-to-day living. [Click here](#) for more information.

[HEALTHY FAT, WHAT'S THAT? \(Kirkland & Renton\)](#)[top](#)

Adopt a brand-new attitude toward eating --one that focuses on healthy fats. [Click here](#) for more information.

[LOOK GOOD, FEEL BETTER \(Green Lake\)](#)[top](#)

This hands-on workshop includes a 12-step lesson in skin care/make-up application, nail care and a demonstration of options for dealing with hair loss and thinning. [Click here](#) for more information.

[POWER OF PROTEIN \(Kirkland\)](#)[top](#)

Explore good protein choices to help you feel your best. [Click here](#) for more information.

[SUMMER SMOOTHIES \(Green Lake\)](#)[top](#)

Learn to make a simple meal in minutes with nothing but your blender! [Click here](#) for more information.

[TALK WITH A LYMPHEDEMA SPECIALIST \(North Seattle\)](#)[top](#)

Learn about resources for lymphedema treatment and strategies for management. [Click here](#) for more information.

[WHAT GOOD IS HEALTH FOOD IF YOU DON'T WANT TO EAT IT?! \(Renton\)](#)[top](#)

Nutritionist and chef, Jennifer Adler will share a wealth of cooking and nutrition tips to help you make good-for-you foods taste delicious. [Click here](#) for more information.

WHAT TO EAT NOW IF YOU HAVE LYMPHEDEMA (North Seattle)[top](#)

Can what you eat affect your lymphedema? Learn about research on particular nutrients and herbs that may be helpful for lymphedema. [Click here](#) for more information.

Lymphedema Program

CLALLAM COUNTY

EXPLORING LYMPHEDEMA THROUGH ART AND WRITING (Sequim)[top](#)

Felicia Volkman; Linda Klinefelter, MS

If you are dealing with lymphedema, join us for these art and writing workshops. At the first class, turn plastic torso forms into individual story boards about your cancer and lymphedema experience. Paint, write, draw, collage, sew, weave or sculpt your experience! At the second class, use words as your vehicle for expression and healing. At the end you can exhibit your project in the garden breezeway of the cancer center. No experience necessary. All materials provided. Class is limited to ten. Please attend both classes. This class is offered in collaboration with Olympic Medical Center. For directions go to www.olympicmedical.org or call (360) 582-5550.

Olympic Medical Cancer Center, Medical Services Building, 840 North 5th Avenue, Sequim, Outdoor Healing Garden or indoors if bad weather
Thursday, July 17 & July 24; 1-3:30pm [REGISTER](#)

KING COUNTY

ENERGIZE AND EXERCISE WITH THE LEBED METHOD (Kirkland, North Seattle, Renton)[top](#)

Lebed Method, Focus on Healing is a gentle and fun program that combines easy stretches, strengthening exercises and light aerobic movement with great music! Appropriate during or after cancer treatment and for anyone with (or at risk for) lymphedema. Research has found Lebed exercise helps increase range of motion, strength, physical stability and quality of life. Lebed is offered at more than 400 locations in North America. Take a class and see why it is so popular! No experience necessary. Fine to start any time in the series. Please register.

Northwest Hospital, McMurray Building, Cardiac Fitness Ctr, 2nd floor, Seattle
Kim Schaaf, Certified Lebed Method Instructor

Session I: Saturdays, May 17-June 28; 10-11am [REGISTER](#)

Session II: Saturdays, July 12-August 16; 10-11am [REGISTER](#)

NO CLASS May 24

Please note: If you wear shoes at this site they must be athletic or soft-soled walking shoes.

Evergreen Hospital Medical Center, Room Tan 101, Kirkland
Kim Ellis, Certified Lebed Method Instructor

Session I: Mondays, May 12-June 23; 6:45-7:45pm [REGISTER](#)

NO CLASS May 26, June 30

Session II: Mondays, July 7-August 11; 6:45-7:45pm [REGISTER](#)

Valley Medical Center, Medical Arts Center, Room MAC D, Renton

Deb Makin, Certified Lebed Method Instructor

Session I: Thursdays, May 15-June 19; 6-7pm [REGISTER](#)

NO CLASS June 26 & July 3

Session II: Thursdays, July 10-August 14; 6-7pm [REGISTER](#)

LYMPHEDEMA SUMMER SURVIVAL GUIDE (Green Lake)[top](#)

Carol Eddy, PT

If you have lymphedema and want to know how to survive and thrive through the summer months, this class is a must for you! Learn about lymphedema and heat, sunburn, traveling on airplanes, gardening, insect bites, outdoor sports and much more. Family members are welcome. Please register.

Dorothy S. O'Brien Center, Seattle

Saturday, May 10; 10-11:30am [REGISTER](#)

TALK WITH A LYMPHEDEMA SPECIALIST (North Seattle)[top](#)

Northwest Hospital Lymphedema Therapist

Learn about resources for treating lymphedema treatment and strategies for managing it. The Breast Cancer Support Group at Northwest Hospital meets following this presentation, from 4:30-6pm. See p.8. It is fine to attend just the Talk with a Lymphedema Therapist or to stay for the Support Group.

Northwest Hospital, Professional Building, Suite 3, Seattle

Wednesdays, May 21; June 18; July 16; 3:30-4pm

WHAT TO EAT NOW IF YOU HAVE LYMPHEDEMA (North Seattle)[top](#)

Can what you eat affect your lymphedema? Learn about research on particular nutrients and herbs that may be helpful for lymphedema. [Click here](#) for more information.

PIERCE COUNTY

LYMPHEDEMA NETWORKING GROUP (Puyallup)[top](#)

Julie Venn, LMP

For anyone with (or at risk for) lymphedema, family and friends. Drop in any time, no registration necessary. For directions go to www.goodsamhealth.org or call (253) 697-HOPE.

Good Samaritan Cancer Center, 400 15th Ave SE, Puyallup

2nd Thursdays, May 8-July 10; 7-8:30pm;

Meeting dates and topics:

Thursday, May 8: "Introduction to Lymphedema"

Thursday, June 12: "Traveling & Summertime Activities"

Thursday, July 10: "Compression Garments & Bandaging"

SKAGIT COUNTY

EXERCISE & ENERGZIE WITH THE LEBED METHOD (Sedro Woolley)[top](#)

Joan Weeks Keppel, Certified Lebed Method Instructor

[Click here](#) for more information. This class is offered in collaboration with United General Hospital. For directions go to www.unitedgeneral.org or call (360) 856-6021.

United General Hospital, 2000 Hospital Drive, 1st Floor Fitness Center, Sedro Woolley

Tuesdays, May 6-June 24; 3-4:30pm [REGISTER](#)

SNOHOMISH COUNTY

EXERCISE & ENERGIZE WITH THE LEBED METHOD (Everett)[top](#)

Kim Schaaf, Certified Lebed Method Instructor

[Click here](#) for more information. This class is offered in collaboration with Positive Women's Network. For directions go to www.pwnetwork.org or call (425) 259-9899.

Positive Women's Network, 2817 Rockefeller Ave., Multi-purpose Room, Everett

Session I: Mondays, May 5-June 23; 1:30-2:30pm **CLASS CANCELLED**

NO CLASS May 26

Session II: Mondays, July 7-August 18; 1:30-2:30pm **CLASS CANCELLED**

Meditation

FELDENKRAIS® AWARENESS THROUGH MOVEMENT® (Green Lake)[top](#)

Explore gentle, easy movements and discover improved balance and enjoyment of daily activities. [Click here](#) for more information.

MEDITATION (Renton)[top](#)

Anita Von Oppenfeld, Certified Qigong Instructor

This meditation combines simple hand movements and self-massage to relax and center the spirit. Please register.

Valley Medical Center, Medical Arts Center, Room MAC-D, Renton

Tuesday, May 20; 1-3pm [REGISTER](#)

Tuesday, July 15; 1:30-3:30pm [REGISTER](#)

QIGONG SITTING MEDITATION (Kirkland)[top](#)

Anita Von Oppenfeld, Certified Qigong Instructor

This meditation combines simple hand movements and self-massage to relax and center the spirit. Please register.

Evergreen Hospital Medical Center, Room Tan 140, Kirkland

Friday, May 23; 1-3pm [REGISTER](#)

Friday, July 25; 1-3pm [REGISTER](#)

Evergreen Hospital Medical Center, Room Tan 119, Kirkland

Saturday, June 28; 10am -12pm [REGISTER](#)

This Qigong Meditation class is part of a day on Survivorship Tools at Evergreen. [Click here](#) for more information. Fine to attend just this class or the whole day.

GENTLE YOGA (Green Lake, Kirkland, North Seattle, West Seattle)[top](#)

Enjoy easy stretches, postures, guided meditation and breathing exercises in this gentle version of yoga. [Click here](#) for more information.

IKEBANA FLOWER ARRANGING (Green Lake, Kirkland)[top](#)

Come learn this elegant and meditative Japanese art form. [Click here](#) for more information.

QIGONG: BEGINNING SOARING CRANE (Green Lake)[top](#)

Gentle movements and visualization increase focus, energy and well-being. [Click here](#) for more information.

QIGONG: CONTINUING SOARING CRANE (Green Lake)[top](#)

For students who have attended the Beginning Soaring Crane series or who know the Soaring Crane form and are familiar with basic Qigong concepts. [Click here](#) for more information.

QIGONG FIVE ROUTINES: DROP-IN FOR PRACTICE THE (Green Lake)[top](#)

Experienced students can drop-in and practice the Qigong Five Routines in a peer-led setting. [Click here](#) for more information.

Music & Sound

BEGINNING DRUMMING (Green Lake)[top](#)

Stewart Fraser

This class offers a fun, stress-free drum circle. Learn to play the rhythms of West Africa. Drums provided. Fine to start any time in the series. Please register.

Dorothy S. O'Brien Center, Seattle

Session I: Saturdays, May 10-June 28; 3:30-5pm [REGISTER](#)

NO CLASS May 24

Session II: Saturdays, July 12-August 16; 3:30-5pm [REGISTER](#)

NORTHWEST HOSPITAL MUSIC FEST 2008 (North Seattle)[top](#)

Come enjoy Northwest Hospital's fifth annual music fest celebrating the joy and inspiration of music and dance. The event includes free, daily live performances from local musical talent, including jazz, rock and classical musicians. Join patients, staff, families and friends on the lawn outside the cafeteria. Cancer Lifeline drumming instructor, Stewart Fraser, and members of his Cancer Lifeline drumming class, will perform on Wednesday, August 20 from 12:30-1:30pm. For more information go to www.nwhospital.org.

Northwest Hospital, Outside the Cafeteria Solarium, Seattle

Monday–Friday, August 18-22; 12pm-1:30pm [REGISTER](#)

MUSIC FOR THE SOUL, FOOD FOR THE BODY (Green Lake)[top](#)

Hillary Van Horn

What a great way to spend your lunch hour! Bring a brown bag lunch and relax to beautiful piano music. Drop in anytime, no registration necessary.

Dorothy S. O'Brien Center, Seattle

Tuesdays, May 6-27; 1-2pm

SWING INTO SPRING POT LUCK BASH (Green Lake)[top](#)

Don't miss this spring celebration and potluck, complete with rockabilly band! [Click here](#) for more information.

Nature Appreciation

[DECORATIVE BIRDHOUSES \(Renton\)](#)[top](#)

Celebrate summer and make a decorative birdhouse. [Click here](#) for more information.

[DRAGONFLY PAPER CASTINGS AND CARDS \(Green Lake\)](#)[top](#)

Create dragonfly paper at the first class, and use it to make special cards at the second class. [Click here](#) for more information.

[HERBAL BATH TREATS \(Kirkland, Renton\)](#)[top](#)

Sheila Taft, HTR, Horticultural Therapist

Pamper yourself or make some gifts! Make herbal bath sachets with fresh mint and lavender. We'll also make mild oatmeal, rose petal and thyme scrub. All materials provided. Please register.

Evergreen Hospital Medical Center, Room Tan 138, Kirkland

Friday, June 6; 1-3pm [REGISTER](#)

Valley Medical Center, Medical Arts Center, Breast Center Conference Room, Renton

Tuesday, May 13; 11am-1pm [REGISTER](#)

[HOUSEPLANT PARTY AND LAVENDER WANDS \(Green Lake\)](#)[top](#)

Sheila Taft, HTR, Horticultural Therapist

Are your houseplants begging for help? Are the roots extruding from the bottom of the pot? Do you have a plant to divide and share? Bring them in for some TLC! Pots, soil, houseplant books and informational handouts are provided. Bring your plants in plastic bags to protect the carpet. If the weather is nice, we'll work on the deck. After the houseplant party, revel in lavender and make simple lavender wands with tulle and ribbon. Bring lunch. Suggested donation \$5. Please register.

Dorothy S. O'Brien Center, Seattle

Friday, July 18; 12-2:30pm [REGISTER](#)

[LAVENDER WANDS \(Renton\)](#)[top](#)

Sheila Taft, HTR, Horticultural Therapist

Revel in the soothing smells of lavender! Make lovely lavender wands with tulle and ribbon. Explore other creative ideas for using this fragrant herb. We'll have books, recipes, resources and supplies on hand. Please register.

Valley Medical Center, Medical Arts Center, Breast Center Conference Room, Renton

Tuesday, July 8; 11am-1pm [REGISTER](#)

[IKEBANA FLOWER ARRANGING \(Green Lake, Kirkland\)](#)[top](#)

Nobuko Relnick, Ikebana Master, The Sogetsu School

Come learn this elegant and meditative Japanese art form. Please bring the supplies listed below. Flowers and plants will be provided. Suggested donation \$3 per class. Please register.

Supplies (check second-hand stores): 1 frog or kenzen (a small metal form to hold flowers); scissors; container for flowers (usually a ceramic bowl with shallow sides about 2" high)

Dorothy S. O'Brien Center, Seattle

Session I: Wednesdays, May 7-June 25; 1-3pm [REGISTER](#)
NO CLASS May 14, 21

Session II: Wednesdays, July 9-July 30; 1-3pm [REGISTER](#)

Evergreen Hospital Medical Center, Room Tan 138, Kirkland

Session I: Friday, May 30; 1-3pm [REGISTER](#)

Session II: Friday, July 18; 1-3pm [REGISTER](#)

PRESSED FLOWER CARDS (Green Lake & Renton) [top](#)

Sheila Taft, HTR, Horticultural Therapist

Make greeting cards using pressed flowers and leaves. No experience necessary. If you've taken this class before, come perfect your technique! Supplies provided. Bring lunch. Please register.

Dorothy S. O'Brien Center, Seattle

Session I: Friday, June 27; 12-3pm [REGISTER](#)

Session II: Tuesday, July 22; 12-3pm [REGISTER](#)

Valley Medical Center, Medical Arts Center, Breast Center Conference Room, Renton

Tuesday, June 10; 11am-1pm [REGISTER](#)

SUMMER HANGING BASKETS (Green Lake)[top](#)

Sheila Taft, HTR, Horticultural Therapist

Celebrate summer and create a twelve inch hanging basket for your balcony or deck. Select summer through autumn annuals. All materials are provided. If you prefer to use your own hanging basket, bring it along! Suggested donation \$6. Bring lunch. Please register.

Dorothy S. O'Brien Center, Seattle

Tuesday, June 17; 1-3 pm [REGISTER](#)

Nutrition

CANCER AND DIETARY SUPPLEMENTS (Green Lake)[top](#)

Kimberly Mathai, MS, RD, CDE

Explore what supplements may be helpful or harmful if you are a cancer survivor. Learn to evaluate the claims of supplement companies and discover the latest research on selected supplements and cancer. Please register.

Dorothy S. O'Brien Center, Seattle

Thursday, May 22; 6:30-7:30pm [REGISTER](#)

COOKING WITH SEA VEGETABLES FOR VIBRANT HEALTH (Green Lake)[top](#)

Ami Karnosh, MS, CN

Learn why sea vegetables might just be the most nutritious food on the planet. Plus how to include them in everyday meals. Come and sample delicious green recipes. Please register.

Dorothy S. O'Brien Center, Seattle

Thursday, June 12; 11am-12:30pm [REGISTER](#)

COOKING WITH SEASONAL CANCER-FIGHTING SUPER FOODS (Green Lake)[top](#)

Kimberly Mathai, MS, RD, CDE

Savor the bounty of summer super foods. Cook and sample recipes from colorful spring salads to delicious chilled soups, with delectable ingredients like avocado, leafy greens and fresh organic summer veggies and fruits. Please register.

Dorothy S. O'Brien Center, Seattle
Tuesday, June 10; 6-7:30pm [REGISTER](#)

CUTTING EDGE: NUTRITION AND CANCER (North Seattle)[top](#)

Kimberly Mathai, MS, RD, CDE

Learn cutting-edge information from the 2007 Report of the American Institute for Cancer Research. The last report from this organization revolutionized nutrition guidelines for cancer. Get the most up-to-date information on diet, physical activity and weight management. Learn how to use this information in day-to-day living. Bring your appetite: we'll sample foods recommended by the new report. Please register.

Northwest Hospital, Professional Building, Suite 3, Seattle
Tuesday, July 15; 6:30-7:30pm [REGISTER](#)

EXPLORING WELLNESS: CONVERSATION AND POTLUCK (Green Lake)[top](#)

Whether you're in treatment or finished with treatment, bring your questions, concerns, ideas, and wisdom about living the life you want to live. [Click here](#) for more information.

HEALTHY FAT, WHAT'S THAT? (Kirkland & Renton)[top](#)

Jennifer Adler, MS, CN

Not all fats are created equal. Adopt a brand-new attitude toward eating --one that focuses on healthy fats. Say goodbye to the fatigue, food cravings and mood swings so common in low-fat diets. Please register.

Evergreen Hospital Medical Center, Room Tan 121, Kirkland
Monday, May 19; 4-6pm [REGISTER](#)

Valley Medical Center, Medical Arts Center, Room MAC-B, Renton
Tuesday, July 22; 6:30-8:30pm [REGISTER](#)

THE POWER OF PROTEIN (Kirkland)[top](#)

Jennifer Adler, MS, CN

Do you have problems with low energy, weight gain, or blood sugar levels? Do you catch every bug going around? Then this class is for you! The body needs protein for optimal health. Are you getting too much, too little, or just right? Explore good protein choices to help you feel your best. Please register.

Evergreen Hospital Medical Center, Room Tan 138, Kirkland
Saturday, July 12; 1:30-3:30pm [REGISTER](#)

SUMMER SMOOTHIES (Green Lake)[top](#)

Ami Karnosh, MS, CN

Cool down with these simple smoothies. Learn to make a simple meal in minutes with nothing but your blender. Come ready to sample smoothies and take home a recipe packet. Please register.

Dorothy S. O'Brien Center, Seattle
Thursday, July 10; 11am-12:30pm [REGISTER](#)

WHAT GOOD IS HEALTH FOOD IF YOU DON'T WANT TO EAT IT?! (Renton)[top](#)

Jennifer Adler, MS, CN

Join us for this cooking class on foods that taste great and enhance health. Come with an appetite! Nutritionist and chef, Jennifer Adler will share a wealth of cooking and nutrition tips to help you make good-for-you foods taste delicious. Please register. For directions go to www.greenfreshmarket.com or call (206) 772-6560.

Green Fresh Market, 575 Rainier Ave N, Renton

Saturday, May 31; 2-4pm [REGISTER](#)

This class is offered as part of the program of Cancer Lifeline at Valley Medical Center. For directions go to www.greenfreshmarket.com or call (206) 772-6560.

WHAT TO EAT NOW IF YOU HAVE LYMPHEDEMA (North Seattle)[top](#)

Kimberly Mathai, MS, RD, CDE

Can what you eat affect your lymphedema? Learn how good nutrition can promote better health and help the body manage the stress related to lymphedema. Learn about research on particular nutrients and herbs that may be helpful for lymphedema. Please register.

Northwest Hospital, Professional Building, Suite 3, Seattle

Thursday, May 1; 6:30-7:30pm [REGISTER](#)

Writing, Reading & Book Arts

SCRAP BOOKING (Kirkland, Renton)[top](#)

Explore new techniques and create a scrap book as unique as your memories. [Click here](#) for more information.

VISUAL JOURNALING (Renton)[top](#)

Use your photographs, quotes, poetry, thoughts and feelings to create unique collaged pages for your journal. [Click here](#) for more information.

WRITING FOR THE MOMENT: A WORKSHOP (Green Lake)[top](#)

Peggy Sturdivant

Discover the power of writing as a way to process everyday life. No matter what your writing style, this workshop will inspire you to put pen to paper. No experience necessary. Fine to start any time in the series. Please register.

Dorothy S. O'Brien Center, Seattle

Thursdays, May 8-June 26; 1-3 pm [REGISTER](#)

Registration

Register early for spring and summer classes as they fill up early. All programs, including those at hospital sites, are free and open to the public. Please join us! *There are two ways to register:*

1) ONLINE – It's so easy!

- Visit our website site at www.cancerlifeline.org and follow the links to our registration page.

- Follow the online directions and submit your registration!

2) BY TELEPHONE

- Call our friendly Lifeline volunteers at (206) 297-2500 or (800) 255-5505. They can answer your questions about programs and walk you through the registration process.

Holidays

Cancer Lifeline will be closed on Monday, May 26 for Memorial Day and Friday, July 4th for Independence Day. To confirm whether or not a support group or class is running on that day, please check the catalog listing.

Donations

Cancer Lifeline is funded primarily by individual donations. We appreciate your support in helping to optimize the quality of life for all people living with cancer.

Learn the ways you can donate on our secure website:

www.cancerlifeline.org. You can mail donations to Cancer Lifeline at 6522 Fremont Ave. N, Seattle, WA 98103 or call (206) 297-2100 #0.

Hospital Partners

Thank you to Cancer Lifeline's three hospital partners for sponsoring Cancer Lifeline programs!