

PROGRAM DESCRIPTIONS

New Patient Information Session— an important orientation to the CCI for all new patients, their families and friends. This informative session will help prepare you and your family for your care experience. The presentation includes an overview of services and resources available to you and your family, suggestions for dealing with the emotional challenges of living with cancer, encouragement to participate actively in your care and an orientation to the facility and process of care.

**Monday, Wednesday, Thursday—
10:00—11:30 am
Zane Feldman Auditorium
To register, call 780 432 8456**

Chemotherapy Class — is an information session for all patients who will be receiving chemotherapy. Family members and/or friends are encouraged to attend. In addition to the services and resources available to you during treatment, the presentation provides a general overview of treatment side effects and their management.

**Monday—Friday
1:30—3:00 pm
To register, call 780 432 8771**

ENERGIZE! — Learn the importance of fueling your body with proper nutrition, ways to manage your time and energy to continue with daily activities and what the research is saying about the importance of exercise in helping manage fatigue.

To register, call 780 432 8291

Basic Nutrition— Eating well may not be easy when you have cancer and are undergoing treatments. This information session will help you maintain proper nutrition and manage treatment side effects.

To register, call 780 432 8782

Learning Through Love— This program focuses on helping children understand the experiences of family members who have cancer. CCI staff and volunteers will take them on an educational tour. They will learn about cancer treatments and other procedures that a parent or grandparent may be experiencing. A snack will be served and each child will create a scrapbook of their experience. These tours occur approximately once a month on Sunday afternoons.

To register call 780 643-4303 or 780 643-4304

Other Classes

Rehabilitation Medicine—

- **Breast Class** for breast cancer patients receiving radiation therapy-Thursdays
Referral Required. Call 780 432-8716
- **Lymphedema Education Class** for patients living with lymphedema-every second Friday
Referral Required. Call 780 432-8716
- **Moving Forward: An Education Class for Patients with Cancers of the Head and Neck** - every second Friday from **11:00 AM—12:30 PM** Register: Dept of Rehab Med 780 432-8716

Department of Psychosocial and Spiritual Resources— provides individual, family and group support . Sessions are offered on a scheduled basis fall, winter and spring. Individual sessions are available year round.

For more information, contact:

Patient Education
Cross Cancer Institute
11560 University Avenue
Edmonton AB T6G 1Z2
Ph: 780 432 8236

PATIENT EDUCATION

DECEMBER 2009 CALENDAR

Patient Information



PATIENT EDUCATION CALENDAR DECEMBER 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
		New Patient Information Session 9:45 AM Meet in Lobby Basic Nutrition Class 9:00 AM—10:00 AM Rm 0421 Register: 780 432 8782 Chemotherapy Class 1:30 PM-3:00 PM Area D	New Patient Information Session 9:45 AM Meet in Lobby Chemotherapy Class 1:30 PM-3:00 PM Area D	Learning Through Love Sunday, December 6 Registration Required Call 780 643 4303 Chemotherapy Class 1:30 PM-3:00 PM Area D
7	8	9	10	11
New Patient Information Session 9:45 AM Meet in Lobby Chemotherapy Class 1:30 PM-3:00 PM Area D		New Patient Information Session 9:45 AM Meet in Lobby Chemotherapy Class 1:30 PM-3:00 PM Area D	New Patient Information Session 9:45 AM Meet in Lobby ENERGIZE! 10:15—11:30 AM Registration Required: Call (780) 432 8716 Chemotherapy Class 1:30 PM-3:00 PM Area D	Moving Forward: Class for Patients with Cancers of the Head and Neck 11:00 AM—12:30 PM Register: Dept Rehab Med 780 432-8716 Chemotherapy Class 1:30 PM-3:00 PM Area D
14	15	16	17	18
New Patient Information Session 9:45 AM Meet in Lobby Chemotherapy Class 1:30 PM-3:00 PM Area D	Look Good Feel Better 12:00 PM—2:00 PM Registration Required 780 432 - 8456 Chemotherapy Class 1:30 PM-3:00 PM Area D	New Patient Information Session 9:45 AM Meet in Lobby Chemotherapy Class 1:30 PM-3:00 PM Area D	New Patient Information Session 9:45 AM Meet in Lobby Look Good Feel Better 9:30 AM—11:30 AM Registration Required 780 432 - 8456 Chemotherapy Class 1:30 PM-3:00 PM Area D	
21	22	23	24	25
New Patient Information Session 9:45 AM Meet in Lobby Chemotherapy Class 1:30 PM-3:00 PM Area D		New Patient Information Session 9:45 AM Meet in Lobby Chemotherapy Class 1:30 PM-3:00 PM Area D		Christmas Day Holiday
28	29	30	31	
		New Patient Information Session 9:45 AM Meet in Lobby Chemotherapy Class 1:30 PM-3:00 PM Area D	New Year's Eve	
Chemotherapy Class 1:30PM - 3:00 PM Area D	Chemotherapy Class 1:30 PM - 3:00 PM Area D	Chemotherapy Class 1:30 PM-3:00 PM Area D		