

## A NEW DIMENSION IN CANCER CARE

Serves as the connection place for programs nurturing an environment that empowers strength and resiliency for those living with cancer and their loved ones.

### **Dietitian's Dish**

Learn about healthful eating and make recipes with our registered dietitian in our interactive kitchen.

### **Energize**

Classes such as yoga, Qigong and more are available to increase energy.

### **Enhancement Program**

Receive a one-on-one consultation with a cosmetologist for an individualized wig fitting including a sleeping hat, Cathy Cap, turban or outdoor hat. Choose from hundreds of free wigs and have one cut and styled just for you.

### **Expressive Arts**

A healthy outlet for expressing feelings and decreasing anxiety through art and music.

### **Healthy Living**

Learn about meditation, mindfulness, spiritual wellbeing, wellness, stress reduction techniques and side-effect management.

### **Palliative Care**

Specialists provide patients with relief from the symptoms, pain and stress of a serious illness, such as cancer.

### **Rice Home Medical**

Personal consultation for post-surgical garment fitting.

### **Reflection Garden**

Relax, reflect and renew your spirit. This place of hope and healing is designed to be a reflective and peaceful place to enjoy the calm of nature.

### **Someone To Talk To**

Help when struggling with a cancer diagnosis. Concerns, anxiety or depression may be getting in the way of cancer treatments. Preparing for end of life and need a safe place to talk, gain support, process feelings and a space to grieve. Caregiver struggling with feelings of anxiety or being overwhelmed. Referrals are needed to mental health or additional community support resources. Crisis intervention.

### **Support Groups**

Group members share their individual experiences, offer emotional comfort, moral support and learn from each other in a compassionate environment.

### **Cancer Screening & Prevention**

Screening increases the chances of detecting certain cancers early, when they may be easier to treat. Free events include Prostate Cancer Screening Night, Take Home Colon Cancer Screening Kits and more.



## Cancer Wellness – Coborn Healing Center

Integrative therapies are therapeutic treatments that support health and healing by promoting balance in body, mind and spirit. They are safe for all ages and work in harmony with standard medical care.

### Eases common side-effects such as:

- Muscle and joint pain
- Headaches
- Nausea and vomiting
- Fatigue
- Dry mouth
- Difficult sleep
- Anxiety and stress
- Peripheral neuropathy
- Difficulty coping

As part of your care with Coborn Cancer Center, you may be offered an integrative health consultation. Our qualified practitioners may recommend:

- **Acupuncture:** uses placement of very fine needles into specific areas of the body to induce a healing response.
- **Acupressure:** uses application of pressure to specific areas of the body using hands or fingers to induce a healing response
- **Animal-Assisted Therapy:** A Pet Partners registered hospital volunteer handler and animal team assist to promote physical, social, emotional and/or mental healing.
- **Aromatherapy:** uses plant essential oils for therapeutic purposes. We offer:
  - **Lavender** (*Lavandula angustifolia*): soothing, comforting, relaxing for anxiety, difficulty sleeping, headache
  - **Sweet orange** (*Citrus sinensis*): Cheerful, refreshing, warming, relaxing for anxiety, frustration, spasm/cramping, stomach upset
  - **Ginger** (*Zingiber officinale*): stimulating, warming for nausea, lack of appetite, joint or muscle pain
  - **Spearmint** (*Mentha spicata*): Refreshing, relaxing for headache, nausea, stomach upset
- **Art Therapy:** for self-exploration and healing.
- **Healing Touch:** use of light, gentle touch on or above the body to balance the body's energetic system.
- **Massage Therapy:** focus on relief or recovery from pain, anxiety, headaches/migraines and stress.
- **Music Therapy:** self-expression, side effect management and relaxation through personalized music experiences.

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Through the support of CentraCare Foundation, Coborn Healing Center offers many services to help you and your caregiver during and after cancer treatment. For more information call 320-229-5100.