



Affinity Health System Integrative Medicine Newsletter

Winter 2012 Issue 1

A newsletter devoted to Integrative Medicine...

Featured Instructor: Kristine "Kris" Racer, RN

"Restore Your Self: Mind & Body Techniques for Cancer Survivors and Caregivers"

Kris, a Registered Nurse working in Radiation Oncology with certifications in both Oncology and Hospice/ Palliative Care Nursing at the Michael D. Wachtel Cancer Center at Mercy Medical Center in Oshkosh is now offering a mind-body class especially for cancer survivors and caregivers. Through a joint grant from the Mercy Medical Health Foundation, the David C. Leach Continuing Education Fund for Nurses as well as the Alberta Kimball Foundation for Continuing Education in Integrative Medicine she has recently attended training at the Center for Mind Body Medicine in Washington DC to be able to bring mind body techniques to cancer survivors. This was a five-day intensive training for health care and trauma care providers and builds on her 10 year personal practice of yoga, meditation and breathwork. Kris has used mind & body techniques in her work with cancer survivors to help decrease anxiety and promote relaxation during treatments. She says "Many patients are worrying about the next test or the next scan; I try to help them to live each day outside of that anxiety." Kris goes on to explain how she enjoys helping patients improve the quality of life they live during treatment and beyond through mind body techniques and hope beyond medication.

In the "Restore Your Self" Series, Kris walks you through various mind body techniques that you can use to help your body heal. Attending with a caregiver allows you both to explore your self coping methods to stay healthy.

**"Restore Your Self: Mind & Body Techniques for
Cancer Survivors and Caregivers"**

**Location: Mary Kimball Anhaltzer Center for Integrative Medicine
1855 S. Koeller St, Oshkosh**

Dates: Wednesday Feb 1st & 8th 6- 7:30 pm

OR Dates: Tuesday March 20th & 27th 6- 7:30 pm

Cost: \$25/series. Be sure to register each person attending class

Through a generous donation from the Mercy Health Foundation, we are able to offer reduced class fees to certain participants. Please visit www.affinityhealth.org/IM for a copy of the scholarship form and to view details and eligibility information.

For more information or to sign up for this class please visit:

www.affinityhealth.org/integrative

or call NurseDirect at 1-800-362-9900



*Kris, in 2009, at the Chicago Susan G. Komen 60 mile Walk for
a Cure event where her 2-woman team raised over \$8400 for
Breast Cancer Research.*



Caring for health. Caring for life.

Opportunities to Support Integrative Medicine

Affinity Health System's Mary Kimball Anhaltzer Center for Integrative Medicine is made possible by the generosity of the local community and the Mercy Health Foundation. If you would like to support the ongoing development of Integrative Medicine in our community, the Mercy Health Foundation and St. Elizabeth Foundation have a number of attractive donor programs suited to your individual needs. To explore more about the Mercy Health Foundation and St. Elizabeth Foundation visit www.affinityhealth.org

WINTER 2012 CLASSES SIGN UP TODAY- CLASSES FILL QUICKLY

Couples Massage - \$45/couple

Learn techniques to give massage at home to family and friends. A Licensed Massage Therapist will teach you how to use massage to relieve stress and tension. **Location: St. Elizabeth Hospital Date: Saturday, February 18th Time: 9am-12pm**

Self Care for Mind, Body, & Spirit - \$20

Healing Touch is a compassionate energy therapy in which practitioners use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental and spiritual health and healing. In this class you will learn the ability to focus and attend to self and others in a conscious, heart-centered way using gentle, light or near-body touch to clear, balance, energize and support the human energy system thus decreasing pain, anxiety and stress and increasing a sense of peace and well-being.

Location: St. Elizabeth Hospital Date: Tuesday, January 31st Time: 6:30pm-8:30pm
Location: Mercy Medical Center Date: Tuesday, February 7th Time: 6:30pm-8:30pm

Guided Imagery - \$10

Learn to use the mind and imagination to achieve peace and balance, while reducing stress and pain.

Location: Outpatient Rehab Center, Appleton Date: Tuesday, February 7th Time: 6pm-7pm

Introduction To Hypnobirthing - Free

Hypnobirthing teaches you to release all prior conditioning about birth, to trust your body and work with it and to free yourself from emotions that lead to pain.

Dates & Times Vary. For a full schedule please visit: www.affinityhealth.org/integrative

Integrative Medicine Manual Therapies: An Introduction to Acupuncture & Massage Therapy-Free NEW!!

The manual therapies offered in Integrative Medicine can be a great asset to your health care. During this class learn about acupuncture, its origins and use today alongside traditional medicine. Also, explore massage therapy and how it can benefit patients with soft tissue injuries and more. Meet with providers, experience a demonstration and tour treatment rooms.

Location: Affinity Medical Group- Greenville Date: Wednesday, January 25th Time: 6pm-7pm
Location: Mary Kimball Anhaltzer Center for Integrative Medicine, Oshkosh Date: Monday, February 27th Time: 6pm-7pm

Mindful Eating - \$22 NEW!!

Many people know *what* to eat but have difficulty knowing *how* to eat. Learn how some simple mindfulness strategies can produce lasting lifestyle change. Lori Deering, Registered Dietitian, will guide you through practices that help create a mind/body connection and keep you on track to a healthier lifestyle.

Location: Affinity Medical Group- Greenville Date: Tuesday, January 17th Time: 6:30pm-8:30pm
Location: Mary Kimball Anhaltzer Center for Integrative Medicine, Oshkosh Date: Tuesday, March 13th Time: 6:30pm-8:30pm

Acupressure- Seva Stress Release - \$50

Learn how the principles of acupuncture and a firm but gentle finger pressure can address a wide range of health needs. Acupressure can be an effective self-help tool for stress reduction and prevention of stress related disease.

Location: Mary Kimball Anhaltzer Center for Integrative Medicine, Oshkosh
Date: Saturday, January 7th Time: 9am-12pm OR: Saturday, March 10th Time: 9am-12pm
Location: St. Elizabeth Hospital Date: Saturday, February 11th Time: 9am-12pm

Mindfulness Meditation

Mindfulness Meditation is the shifting of one's attention to be more fully aware of moment-to-moment experiences in life. This course explores the various types of meditations including walking, sitting, and breathing with mindful awareness, gentle yoga postures and body scan techniques. Use the wisdom of the body and mind to face stress, pain and illness. Class price includes CD set for home practice, one class per week for eight weeks, plus a half-day retreat. **\$140/Series**

Location: Outpatient Rehab Center, Appleton Sessions Begin Wed Jan 4th & Wed Feb 29 Time: 6:15pm- 7:45pm

Introduction to Mindfulness Meditation - \$15.00

This 90 minute class introduces you to potential health benefits from a regular practice of meditation. This class is a great introduction the 8 week Mindfulness Meditation course.

Location: Outpatient Rehab Center, Appleton Date: Tuesday, February 14th Time: 6:15pm-7:45pm

Movement Classes

BeMoved \$10/Class **NEW!!**

BeMoved is a fitness experience for adults of all ages and skill levels, including those with limited mobility.

BeMoved's intention is to inspire, stimulate, nurture, educate and develop a sense of community amongst people. It is carefully designed to deliver a safe, body friendly movement experience. **BeMoved** allows people of all movement abilities to feel a sense of challenge, joy and achievement.

Time: 6 pm- 7pm

Location: Mary Kimball Anhaltzer Center for Integrative Medicine, Oshkosh

Dates: Wed Jan. 25th, Feb. 22nd, Mar. 21st & Apr. 25th

Location: Outpatient Rehab Center, Appleton

Dates: Thurs Jan 26th, Feb 23rd, Mar 22nd & Apr. 26th

Gentle Yoga for Back Health \$12/Class or \$50/series of 5

This 60-minute class is for beginners and experienced yoga practitioners wishing to learn the successful application of gentle yoga techniques to ease chronic back pain and increase back health.

Location: Mary Kimball Anhaltzer Center for Integrative Medicine, Oshkosh

Time: 6 pm- 7pm

Series 1 Dates: Mon Jan. 16th, 23rd, 30th, Feb 6th & 13th

Series 2 Dates: Mon Mar 5th, 12th, 19th, 26th & Apr 2nd

Location: St. Elizabeth Hospital

Time: 6:45 pm- 7:45pm

Series 1 Dates: Tues Jan 17th, 24th, 31st, Feb 7th & 14th

Series 2 Dates: Tues Mar 6th, 13th, 20th, 27th, & Apr 3rd

CLASSES ESPECIALLY FOR CANCER SURVIVORS

Restore Your Self: Mind & Body Techniques for Cancer Survivors and Caregivers \$25/series **NEW!!**

During this two-class series participants will learn a variety of mind-body techniques to decrease stress and promote your body's natural ability to renew itself. Participants will explore and practice techniques such as meditation, breathwork, guided imagery, healing motion and mindful eating. This class is ideal for survivors both in and out of treatment and participants are encouraged to bring a caregiver for support. Please be sure to register each person attending the class.

Location: Mary Kimball Anhaltzer Center for Integrative Medicine, Oshkosh

Date: Wednesday Feb 1st & 8th Time: 6pm-7:30pm

Date: Tuesday March 20th & 27th Time: 6pm-7:30pm

Yoga for Cancer Survivors and Caregivers \$10/class **NEW!!!**

This 60-minute class is for cancer survivors both in and out of treatment wanting to use yoga techniques such as restorative yoga and guided meditation for healing and recovery. Participants are welcome to attend more than one class and are encouraged to bring a caretaker or friend to learn and practice with. Please be sure to register each person attending the class. Time: 6 pm- 7pm

Location: Mary Kimball Anhaltzer Center for Integrative Medicine, Oshkosh

Date: Wed Jan. 18th, Feb. 15th, Mar. 14th & Apr. 18th

Location: Outpatient Rehab Center, Appleton

Date: Thur Jan 19th, Feb 16th, Mar 15th & Apr. 19th

Through a generous donation from the Mercy Health Foundation, we are able to offer reduced class fees to certain participants for Integrative Medicine classes. Please visit www.affinityhealth.org/IM for a copy of the scholarship form and to view details and eligibility information.

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