

# ONCOLOGY RESOURCES AT PENN MEDICINE'S ABRAMSON CANCER CENTER

## SPECIAL INTEREST GROUPS

### **PENN PETS & PEOPLE**

A fun light-hearted event to help fight the winter doldrums. Open to all patients, families and staff of the Abramson Cancer Center. Come alone or bring the family (pet or not). Pet contests (optional) include: pet costume and most original pet name. Group held on BlueJeans

Next Meet-up: **June 18 at 11am**

**For more information**, call Sandy at 215.360.0580

**To Register:**

[PennMedicine.org/CancerSupportGroups](http://PennMedicine.org/CancerSupportGroups)

### **WRITING A LIFE WORKSHOPS FOR PATIENTS, FAMILIES AND CAREGIVERS**

**Twice a month, dates and times vary.**

These virtual groups are writing workshops open to any person with a cancer diagnosis, family member or caregivers of those with cancer.

No writing experience is needed to participate in the patient-only or patient/family/caregiver group. Write a poem, a letter, or embark on a journey to write about your life story. Writing assistance is available & Abramson Cancer Center social workers will be present to provide support.

**For more information or to register:**

Please contact Courtney Bresler-Nowak, LSW

Email: [Courtney.bresler-nowak@pennmedicine.upenn.edu](mailto:Courtney.bresler-nowak@pennmedicine.upenn.edu)

Or call 215.605.5304

### **REIKI CIRCLE**

Are you Reiki Curious?

You have maybe heard about Reiki but aren't sure what it is? During the Reiki circle I will provide a sacred, safe space. All you need to bring is an openness to just be and an openness to receive Reiki. We will talk a bit about what Reiki is, where it comes from, how when it is used as an integrative modality it can contribute to your wellbeing. Take some time out of your day to come home to yourself, to reset, to feel nourished, balanced, clear minded and calm.

Circle will be held the 3<sup>rd</sup> + 4<sup>th</sup> Tuesdays of the month @ 1pm for Patients and Families. **Please contact** Danica at [Danica.Arizola@pennmedicine.upenn.edu](mailto:Danica.Arizola@pennmedicine.upenn.edu) with any questions.

**To register:** [PennMedicine.org/CancerSupportGroups](http://PennMedicine.org/CancerSupportGroups)

### **YOGA (ON ZOOM)**

YOGA for patients and caregivers affected by cancer. Together, patients & caregivers affected by cancer can learn postures & gentle movements in a chair, breathing & relaxation techniques, as well as guided imagery & meditation.

This is an open group. Patients and caregivers may attend whenever able.

Registration not required. Please join us!

Weekly class Mondays at 1pm

**Zoom information:**

**Meeting ID: 846 3320 1917 Passcode: 972797**

**Or click:**

<https://us02web.zoom.us/j/84633201917?pwd=TVZITUIDdE5ONXRub2QzMXE0YXNQUT09>