



Beyond Surviving: Thriving After Cancer

Through collaborative work across Abbott Northwestern, the Penny George Institute for Health and Healing offers a synergistic, integrative approach to optimizing life after cancer.

For those who have faced a cancer diagnosis and treatment, a new and distinct phase of cancer care has emerged: cancer survivorship. The term refers to individuals who have been diagnosed with cancer and the people in their lives who are affected including family members, friends, loved ones and caregivers.

Cancer survival rates have increased dramatically in the United States over the past century with five-year survival rates of 20 percent in the 1930s to more than 66 percent for those diagnosed with cancer from 1996 to 2004. For

"We are constantly expanding the tools we have available to us as we learn more about the optimal care for cancer survivors."

some cancers, including prostate and breast, early detection translates into a survival rate of more than 95 percent. The many successes in cancer care mean that today there are more than 12 million cancer survivors in the United States. By 2020 experts predict that there will be more than 20 million cancer survivors in this country. According to the American Cancer Society, about half of all Minnesotans will be diagnosed with cancer during their lifetime.

Today, the George Institute, in partnership with the Virginia Piper Cancer Institute (VPCI) and the Sister Kenny® Rehabilitation Institute, is emerging as a national leader in promotion of wellness and well-being after cancer—bringing together all of its resources to promote nutritional, physical, mind-body and spiritual fitness. "At the George Institute our focus is on health promotion and optimizing lives," said Lori Knutson, RN, BSN, HNC, executive director. "It's about focusing on a person's whole life." According to Knutson, after a cancer diagnosis and treatment, many people want to move beyond the label of a cancer survivor. "But for many patients, they do have a new sense of

purpose and meaning in terms of their health and living life to the fullest."

VPCI has been at the forefront of cancer care since it opened its doors in 1993. Following diagnosis and treatment, cancer survivors often face extended physical, emotional, spiritual, social and other challenges. Since 2003, the Penny George Institute for Health and Healing has expanded Allina's commitment to offering an integrative approach to cancer care that focuses on maximizing the health of the whole person—mind, body and spirit.

"We are constantly expanding the tools we have available to us as we learn more about the optimal care for cancer survivors," explained Gregory Plotnikoff, MD, MTS, FACP, medical director of the George Institute and co-chair of Abbott Northwestern's Cancer Survivorship Task Force, which was formed in 2008 at the direction of surgeon Daniel Dunn, MD, and VPCI medical director Timothy Sielaff, MD, PhD, FACS, MBA. "What we have established at Abbott Northwestern is transformative and ahead of the curve. We have incredible synergy through the collective work of VPCI, Sister Kenny Rehabilitation Institute and the George Institute." To help patients through all aspects of cancer care including anxiety, depression and pain, the George Institute's support resources emphasize self-care and promotion of wellness including nutritional, physical, psychosocial health and fitness.

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BODY IN BALANCE

Fitness for the Mind and Body



With a focus on prevention and wellness, the George Institute offers a wide array of programs and resources designed to maximize physical and mental health.

The LiveWell Fitness Center's team of exercise physiologists, physical therapists, nutritionists and mind-body experts provides a wide range of services and programs designed for individuals at all fitness levels, from those looking to start a first-time exercise program to professional athletes seeking the most advanced fitness testing available.

The LiveWell Fitness Center is also serving a growing need for expert fitness and nutrition services related to cancer survivorship. Staff members work closely with each client's medical provider to be certain all of their needs are being met from a holistic approach. "People who have been diagnosed and treated for cancer often feel that they have lost control over their lives," explained Sue Masemer, manager of the George Institute's LiveWell Fitness Center and Minnesota's representative for the Medical

"People are not always cured from cancer or other chronic illnesses, but we are able to help them live the highest quality of life possible."

Fitness Association. "We are able to work with them to bring a sense of normalcy back to their lives and assist them in their healing and recovery process. Fitness is empowering because it is something that people have control over. We ensure that they have a safe, effective program to follow."

With expertise in medical fitness, the LiveWell Fitness Center's professionals also have experience in developing fitness programs for those experiencing a wide array of health concerns including depression, fibromyalgia and other chronic conditions. "We often serve as a bridge for those receiving treatment for an acute medical situation who want to achieve an optimal fitness level," said Masemer. "Our mission is to take them from where they currently are and get them back to a normal, functioning level. We strive to help each client achieve an ideal health and fitness level that is often

better than what they possessed prior to their medical diagnosis." Many patients wish to not only improve their quality of life but, also have a primary goal of preventing recurrence.

Highly credentialed staff, expanded fitness options

According to Masemer, all of the LiveWell Fitness Center's professionals possess a high level of credentials, training and experiences in their areas of expertise.

The Center will add yet another specialty area to their offerings with the addition of Pilates training in January. Individualized Reformer Pilates sessions will be taught by instructors certified in the Stott teaching method. This low impact workout using the Reformer apparatus is adaptable for individuals at all ability levels and is an excellent way to begin a gentle strengthening program that will not only strengthen the body but, also "lengthen" it as it promotes full mobility. Good body alignment, postural stability and appropriate muscle balance are all important benefits.

Also in early 2010, the LiveWell Fitness Center will begin offering a therapeutic exercise and movement program called Healthy-Steps, designed for young adults to seniors, regardless of health, age or ability level. The program is based on the Lebed Method, which was designed by a breast cancer survivor to help participants improve overall wellness, range-of-motion, balance, strength, endurance and emotional well-being. "People are not always cured from

cancer or other chronic illnesses, but we are able to help them live the highest quality of life possible," added Masemer.

At the George Institute's Outpatient Clinic, a therapeutic yoga program is offered as an aid to healthy living and to support the healing process. "Anyone can do yoga," said certified yoga therapist and registered yoga teacher Megan Hatch, CYT. "In this country, yoga is usually focused on the strength and flexibility gained by doing the postures, but yoga is about so much more. From breathing practices that elicit responses in the body and mind to affect healing, to meditative practices that move energy through the body much in the same way that acupuncture does, yoga is a holistic approach that can set the stage for wellness." Along with individual therapeutic yoga consultations, the George Institute offers group classes in beginning gentle yoga, the ancient guided meditation practice yoga nidra, chair yoga and more.

"There is always some type of yoga practice that can be designed and customized for each person," explained Hatch. "For some people working through a healing process, a restorative practice may be beneficial where we help support an individual's resiliency. Through the breath and movement of yoga, we are able to help people find a more meditative, quiet state in their mind and body."

For more information on the LiveWell Fitness Center, call 612-863-5178. To learn more about yoga and other educational classes offered at the George Institute's Outpatient Clinic, call 612-863-3333.

LiveWell Fitness Center's Take Action Program for Weight Management

Winter group sessions meet on Tuesdays beginning Jan. 19 from 4–5 p.m. or Thursdays starting Jan. 21 from noon–1 p.m.

Take Action is a highly successful program for people who want to lose weight and keep it off. Choose between a 12-week group program or an individual, one-on-one approach. For the individual approach, the program offers flexible scheduling for the personal coaching education sessions. Participants will meet each week with a registered dietitian, fitness expert or a wellness coach. In the group approach, you will meet at an established, set time for group educational sessions.

Both programs include an initial fitness profile, personal nutrition consultation, resting metabolism measurement, Bod Pod body composition measurement, and wellness coaching sessions. A comprehensive Take Action manual is included as an ongoing reference and support tool.

Fee for group program: \$299 member, \$349 non-member

Fee for individual program: \$525 member, \$559 non-member

To register, call the LiveWell Fitness Center at 612-863-5178.

SPECIAL EVENTS

The Art of Healing Program

The George Institute's *Art of Healing* program provides arts-based wellness interventions and education on both an inpatient and outpatient basis on the Abbott Northwestern Hospital campus and at other facilities of Allina Hospitals & Clinics. Some program components include music therapy, artists at the bedside, collaborations with area arts groups and the creation of a volunteer program. The program includes visual arts exhibits and visual, movement, written word and music classes focused on educating individuals in the therapeutic benefits of the arts.

Visual Arts Exhibit Calendar

Each month a new local artist is chosen to display work at the George Institute's Outpatient Clinic. Artwork portrays themes of health, healing and spirit. The exhibits and opening receptions are free and open to the public. Exhibits may be viewed during clinic hours, Monday to Thursday, 8 a.m. to 9 p.m., and Friday, 8 a.m. to 4:30 p.m.

DECEMBER–JANUARY EXHIBITS

Opening reception held at the George Institute's Outpatient Clinic on Friday, Dec. 4, 6–8 p.m.

Poetry reading by Mary Logue

Abbott Northwestern Hospital,
Lower Level (by LiveWell Fitness Center)
Drawings by Marilyn Cuellar

George Institute's Outpatient Clinic
(SE corner of 28th and Chicago)
Mixed media by Robin Taple

FEBRUARY–MARCH EXHIBITS

Opening reception held at the George Institute's Outpatient Clinic on Friday, Feb. 12, 6–8 p.m.

Abbott Northwestern Hospital, Lower Level
(by LiveWell Fitness Center)
Photographs by Rebecca Pavlenko

George Institute Outpatient Clinic
(SE corner of 28th and Chicago)
Paintings by Gary Christenson, MD,
and Holly Nelson

Classes available at the Penny George Institute for Health and Healing

Registration is required for all classes unless otherwise noted. To register or for more information, call 612-863-3333.

RESILIENCE TRAINING

Resilience Training is an eight-week group program developed by Henry Emmons, MD. Based on Dr. Emmons' book, *The Chemistry of Joy*, Resilience Training is designed to help people enhance their natural resilience, making them less likely to develop problems with depression and other chronic diseases. Desired outcomes for program participants include reduced severity of depression and anxiety symptoms, a decrease in future episodes and decreased reliance on prescription medications.

Program Features: The program begins with a consultation with Dr. Emmons. This provides an opportunity to learn more about the program and whether it is right for you. You will also receive an integrative assessment of your situation including suggestions that Dr. Emmons feels may be helpful for your recovery.

Each Resilience Training group consists of 12 to 16 participants who meet once a week for eight weeks to gain a greater understanding of the interconnected workings of the mind, body and spirit. Specific techniques of meditation and mindfulness will be learned to support the process of overcoming depression and anxiety. Resilience Training also includes individual sessions with a clinical nutritionist and an exercise physiologist. Each participant will be given specific dietary and exercise recommendations for their particular needs with an overall focus on improving the body's physical imbalances and toxicities that may contribute to depression and anxiety. In order to develop resilience, it is critical to understand the significance and importance of exercise and nutrition, and to incorporate the recommended activities and nutrients into daily life.

To schedule the initial consultation with Dr. Emmons, please call 612-863-3333. The fee for the initial appointment is \$200 and is not billable to insurance. If you then decide to participate in the full program, the \$200 will be applied to the total Resilience Training program fee of \$900 when you enroll.

Related healing arts programming

DRUM CIRCLE

Come and drum with us! Drumming has been shown to reduce stress and have a positive impact on your health. Experience a sense of relaxation and well-being through self-expression, physical activity, sharing in the group energy and having a lot of fun. No musical experience necessary. A variety of percussion instruments will be provided, but you are welcome to bring your own drum as well.

Kim Donley, MS, MT-BC, instructor

Mimi Lindell RN, HN-BC, CHTP, instructor

Thursdays, 7–8 p.m.

Jan. 21, Feb. 18, March 18

(pre-registration required)

\$10



Yoga

THERAPEUTIC YOGA

Anyone can do yoga. Yoga is a wonderful aid to healthy living, and a regular yoga practice can provide many benefits, including:

- easing muscular tension
- improving circulation
- increasing flexibility and balance
- improving functioning of various body systems
- toning and strengthening the body
- providing relaxation of body and mind.

Yoga may also be used to support the healing process in a variety of ways. Among other health issues, yoga may be helpful for people who are experiencing low back pain, living with neurological disorders or fighting cancer. If you are dealing with a health issue and would like to explore yoga as a complement to your conventional care, your needs would be best met by an individual consultation with our yoga therapist. To make an appointment, call 612-863-3333.

CHAIR YOGA

In this six-week class learn gentle yoga postures, breathing techniques and meditation while seated in a chair or using a chair for balance and support.

Megan Hatch, CYT, instructor

Mondays, 4:30–5:30 p.m.

Series start Jan. 4 (no class Jan. 18) and Feb. 22

\$89

BEGINNING GENTLE YOGA

In this six-week class learn basic yoga postures, breathing techniques and meditation practices. This style of yoga invites you move slowly and with awareness, relaxing mind, body and spirit. This class requires the ability to get down to the floor and up again.

Megan Hatch, CYT, instructor
Wednesdays, 5–6:15 p.m.
Series start Jan. 6 (no class Jan. 20)
and Feb. 24
\$89

Other Classes

MINDFULNESS-BASED STRESS REDUCTION

A weekly class for eight weeks including a seven-hour day of mindfulness. This introductory course is based on Jon Kabat-Zinn's model in his book, *Full Catastrophe Living*. Mindfulness-based stress reduction (MBSR) is ideal for anxiety, depression, chronic pain and illness, cardiac disease, the demands of care-giving, life-threatening illness, grief, spiritual emptiness and balancing everyday stress. Participants learn and practice the basic skills and begin to experience their impact on everyday life, health and well-being. Each session involves walking, eating, sitting and/or yoga meditation, instruction and group discussion. Instructors have trained professionally with Jon Kabat-Zinn and have many years of experience with MBSR training.

Scott Cruse, LICSW, instructor
Mondays starting Jan. 11, 6–8:30 p.m.,
plus Saturday, Feb. 20, 9 a.m.–4 p.m.
\$300 plus approximately \$45 for books and
tape available at the class. Up to 27 CEUs for
mental health and teaching professionals and
up to 32 CEUs for nurses

EATING MINDFULLY

In today's fast paced world it can be difficult to be mindful of anything, especially one's relationship with food. Participants in this six-week class will learn the basics of mindfulness and how to apply these skills to eating. Using the exercises in the book *Eat, Drink and Be Mindful*, participants can expect to:

- become aware of the body's signals for hunger and fullness
- learn ways to slow down to truly enjoy food
- let go of the diet mentality
- make wise food choices.

If you would like to change your relationship with food, this class is for you!

Molly Ellefson, MS, NCC, instructor
Wednesdays, Jan. 6–Feb. 10, 9:30 a.m.–noon
\$200 (includes cost of book *Eat, Drink and*
***Be Mindful*)**



MEDITATION: MINDFULNESS, ZEN AND YOGA NIDRA

Meditation is a practice that has been used for millennia around the world. Modern research shows wide-ranging benefits to a consistent practice, including but not limited to a reduction of blood pressure, calming anxiety and easing pain. Meditation comes in many forms. In this three-part series of classes, experience an introduction to three methods: Mindfulness, Zen and Yoga Nidra.

Zazen, the Zen form of meditation, helps us cultivate present moment awareness and an open heart. In this class we will present an overview of the four foundations of mindfulness, which make up the basis of *zazen* practice. We will also practice *kinhin* or walking meditation.

Rebecca Pavlenko, instructor
Monday, March 8, 7–8:30 p.m.

Mindfulness is simply the inherent ability to be present. While it is natural, it is also elusive, especially in the busy and stressful world in which we live. In this class we will explore simple ways to cultivate greater awareness and presence, both in meditation and in everyday life.

Scott Cruse, LICSW, instructor
Monday, March 15, 7–8:30 p.m.

Yoga Nidra is a guided meditation practice used to discover and embody qualities of equanimity and well-being. This class will include a brief period of gentle yogic movement and breath practice followed by a 30-40 minute guided meditation in each class. The whole practice can be done seated in a chair, seated on the floor or lying down.

Megan Hatch, CYT, instructor
Monday, March 22, 7–8:30 p.m.
\$60 for all three sessions

PREGNANCY AND CHILDBIRTH: A MIND, BODY, SPIRIT APPROACH

This class will highlight the integral roles of the mind, body and spirit in pregnancy, birth and parenthood. Topics include the use of relaxation techniques, art care, acupressure points, massage, aromatherapy, imagery/visualization and affirmations. Through creative activities we will also acknowledge the transformations and rites of passage which unfold during the childbearing year. Pregnant women, their partners and support are all invited to participate.

Session I: Pregnancy and Initiation to Motherhood

Session II: Childbirth and Transformation to Parenthood

Mollie O'Brien, MA, NCTMB, RPA, and Zena Kocher, LAc, Dipl Ac & CH, MOm, instructors
Thursdays, Jan. 28 and Feb. 4, 6:30–8:30 p.m.
\$39 for both sessions

UNDERSTANDING AND HEALING THE EFFECTS OF TRAUMA

Traumatic events can alter an adult's brain, but childhood abuse and neglect can have even more devastating consequences including later drug abuse, early pregnancy, physical pain and psychiatric problems. The growing understanding of brain changes has begun to offer new treatment options. Learn how integrative medicine techniques can soothe and reverse responses to trauma. After this seminar you will be able to:

- identify how early attachment disorders affect one's later reaction to traumatic events
 - list mind, body and spirit causes of trauma and how they manifest as disease
 - describe typical brain changes that occur with trauma
 - describe how the body reacts with fight/flight and other responses
 - define the stages of trauma
 - describe the progression from trauma to post-traumatic stress disorder
 - discuss how integrative medicine techniques can help heal the effects of trauma.
- Bring a bag lunch. Dress comfortably.

Sue Arnold, RN, instructor
Saturday, Jan. 30, 9 a.m.–4:30 p.m.
\$125

PERSONAL STRATEGIES FOR MAINTAINING CHANGE

Have you recently made a lifestyle change and find it difficult to maintain? Would you like to learn the secret to make that change a permanent part of your life? In this experiential class, you will discover and develop your personal strategy for maintaining the change you desire. Based on neuro-linguistic programming, this class will help you tap into your values and use them to make lasting change. Please bring a bag lunch.

Molly Ellefson, MS, NCC, and Barbara Hopperstad, MA, CTC, instructors
Saturday, March 20, 9:30 a.m.–4:30 p.m.
\$125

All classes will be held at the George Institute's Outpatient Clinic on the corner of 28th Street and Chicago Avenue. To register or for more information, call 612-863-3333.

Cancer Survivorship continued Healing coach provides critical support



Healing coach Nancy Cox, RN

A nurse for more than three decades, healing coach Nancy Cox works directly with cancer patients in all stages of their journey from diagnosis to post-treatment and beyond. “Cancer survivors certainly have individual challenges, but there are also some commonalities,” explained Cox. “In my work with patients, we discuss their needs in the areas of support, education, along with resources and referrals that make the best sense for them in their own healing process.”

As a healing coach, Cox meets with patients in one-on-one sessions to address their physical well-being, the emotional aspects of cancer and the social issues surrounding life after a cancer diagnosis. “There are many aspects to cancer survivorship. They range from a fear of recurrence, recovering stamina physically and emotionally following treatment, and the common issue of loved ones being ready to put the cancer behind them while the patient may not be,” explained Cox. “Once people experience a diagnosis of cancer, it’s always part of their life and they can’t erase it from their history. It’s complex. I always explain to patients that cancer is a very ‘noisy’ illness, and a deeper healing may occur if we are able to find a place of quiet inside ourselves. It may not come easily but it can come with education, practice and a commitment to self care.”

Helping patients help themselves

Beyond the well-known factors for promoting health after a cancer diagnosis—quitting tobacco use, being active, maintaining a healthy weight and following the medical advice of a health care team—there are many factors that help patients maintain or improve health as a cancer survivor. “From caring for mental health to individualized interventional nutrition and supplementation, to mind/body skills and exercises, people today

have access to more information and resources to do the important work that they need to do to heal,” said Plotnikoff. “These new tools are teaching us about the optimal care for cancer survivors and it’s opening up whole new vistas for what integrative care means.”

Paula Colwell, RN, MA, patient care manager for VPCI and co-chair with Plotnikoff of the Cancer Survivorship Task Force, sees the patient services and resources available through the George Institute as vital to addressing the challenges of a cancer diagnosis. “Our patients have the best medical care and resources to help them help heal holistically,” Colwell explained. “Based on patient needs we’ve added new support groups in the past two years including a group for women with newly diagnosed breast cancer, a group for esophageal and head/neck cancer, and a prostate cancer support group.” For breast cancer patients with young children, a new support program is being launched, called Enhancing Connections, to assist women with breast cancer who have young children.

Collaboration with Sister Kenny Rehabilitation Institute

Nancy Hutchison, MD, medical director for Sister Kenny Rehabilitation Institute’s Cancer Rehabilitation Clinic and Lymphedema Program, often refers patients to the George Institute as part of an individualized program tailored to each patient’s specific cancer rehabilitation concerns. “We often see patients with recovery issues such as fatigue, memory loss, pain, swallowing problems, lymphedema or weakness,” said Hutchison. “For many of our patients, the resources of the George Institute are complementary to the Sister Kenny rehabilitation therapies.”

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George Institute’s research on cancer care internationally recognized by the Society for Integrative Oncology

Researchers from the Penny George Institute for Health and Healing presented an oral abstract at the Society for Integrative Oncology (SIO) meeting in New York City in November. The abstract, “Integrative medicine for oncology patients at Abbott Northwestern Hospital,” was named one of six “Best of SIO” abstracts. Jeffery Dusek, PhD, presented for the George Institute’s team, which included Lori Knutson, Gregory A. Plotnikoff, MD, Mimi Lindell, Jan Boettcher, Christian Hanson, Tony Balluff, Barbara Hopperstad and Michael Finch.

“We are exceptionally fortunate to showcase the largest integrative medicine service for hospitalized patients in the United States,” said Dusek, the George Institute’s director of research. “Being selected as one of the six best abstracts is a testament to the world class research and clinical care of the George Institute. This is a direct result of the outstanding institutional and philanthropic support the Institute has received since 2003.” In addition to the oral abstract, Dusek was invited to serve on an expert panel with a representative from the National Cancer Institute of the National Institutes of Health. More than 300 attendees from all over the world attended the SIO meeting.



Cancer Survivorship continued

According to Hutchison, recent research demonstrates the importance of exercise to brain and physical function for cancer survivors. In collaboration with the LiveWell Fitness Center, a program called Fitness Options for Cancer Survivors gives survivors the tools they need to develop a safe and effective fitness program. “Cancer treatment can lead to loss of lean muscle mass and metabolic changes,” she explained. The patients are seen in the Cancer Rehabilitation Clinic by a physician or nurse practitioner to be sure they are medically able to participate in an exercise program. “In collaboration with the George Institute and its LiveWell Fitness Center, we offer a complete range of services for cancer patients—a program that is safe, individualized and medically supervised.”

Care that extends beyond diagnosis and treatment

Surgeon Daniel Dunn, MD, of VPCI’s Piper Breast Center and Surgical Specialists of Minnesota, sees great progress at Abbott Northwestern and across Allina Hospitals & Clinics on offering a continuum of care for cancer patients including survivorship resources, rehabilitation and support care. Dunn chairs an Allina-wide committee focused on quality indicators and clinical improvement goals for breast cancer treatment throughout Allina.

“As health care providers we have concentrated our efforts on the diagnosis and treatment of breast cancer,” he explained. “The concept of a continuum of care—from prevention, healthy living and rehabilitation, to survivorship and palliative care—will keep us focused on the needs of the patient from the first time they are seen through treatment and beyond.”

Through the George Institute, integrative medicine enhances patient care in a variety of ways for cancer survivors. “At Abbott Northwestern our approach stresses building a partnership between the patient and caregiver, emphasizing patient empowerment and self-responsibility,” added Knutson. “For cancer survivors, our focus is on healing as much as curing.”

For more information

George Institute’s Outpatient Clinic	612-863-3333
George Institute’s Inpatient Services	612-863-6122
Healing coach services for cancer patients	612-863-0200
LiveWell Fitness Center	612-863-5178
Virginia Piper Cancer Institute’s cancer support groups	612-863-5310
Sister Kenny Rehabilitation Institute Cancer Rehabilitation Clinic and Lymphedema Program	612-863-8947

Cancer survivor support services at Abbott Northwestern’s Penny George Institute for Health and Healing

The George Institute offers integrative inpatient and outpatient services, education and innovative research. Some of its services and programs include:

- Acupuncture
- *Art of Healing* program
- Ayurveda
- Biofeedback
- Healing coach
- Integrative nutrition consultations
- Integrative physician consultations
- LiveWell Fitness Center
- Massage therapy
- Reflexology
- Resilience Training Program
- Spiritual facilitation
- Therapeutic yoga
- Traditional Chinese medicine.

Class Registration

OUR LOCATION

The Penny George Institute for Health and Healing is located on the southeast corner of East 28th Street and Chicago Avenue in Minneapolis. At this corner, our entrance is located in the parking ramp lobby. For parking, access the parking ramp at East 28th Street and Chicago Avenue, entering and exiting on the 28th Street entrance.

REGISTRATION

Pre-registration is required for all classes. To register, fill out the form and mail or fax with your payment to the George Institute. You may also register and pay by phone.

REFUND POLICY

Payment at the time of registration is required to reserve your spot in the class. If a class is canceled due to low enrollment, we will notify you and refund your payment. If you register and notify us one week before the start date that you cannot attend, we will refund your payment in full. No partial refunds or class substitutions are allowed.

EDUCATION CREDITS

Continuing Education Credits (CEU) are available for select classes. Refer to individual class listings for CEU options.

For detailed directions to your class or event, call 612-863-3333 or visit abbottnorthwestern.com.



Registration Form



Penny George Institute
for Health and Healing

To register, please fill out the form and mail, phone or fax to:

PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING

Abbott Northwestern Hospital
800 East 28th Street
Mail Route 15115
Minneapolis, MN 55407
Phone: 612-863-3333 Fax: 612-863-9019

Name _____

Address _____

City, State, Zip _____

Phone _____

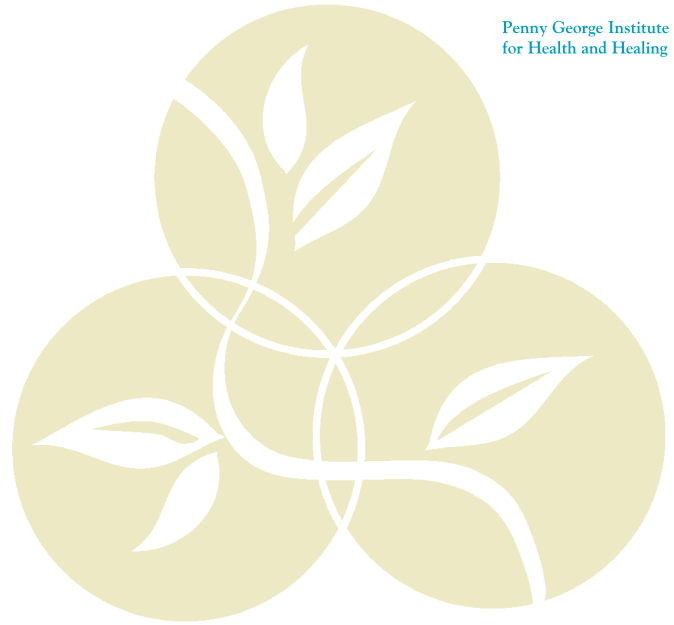
Amount Enclosed _____

Payment (circle one) Cash Check Visa MC Discover AmEx

Credit Card # _____ Exp. Date _____

Cardholder Signature _____

Make check payable to the Penny George Institute for Health and Healing.



Drum Circle Jan. 21 (\$10) Feb. 18 (\$10) March 18 (\$10)

Chair Yoga Starts Jan. 4 Starts Feb. 22 (\$89)

Beginning Gentle Yoga Starts Jan. 6 Starts Feb. 24 (\$89)

Mindfulness-Based Stress Reduction Starts Jan. 11 (\$300)

Eating Mindfully Starts Jan. 6 (\$200)

Meditation: Mindfulness, Zen and Yoga Nidra

March 8, March 15, March 22
(\$60 for all three sessions)

Pregnancy and Childbirth: A Mind, Body, Spirit Approach

Jan. 28 and Feb. 4 (\$39)

Understanding and Healing the Effects of Trauma

Jan. 30 (\$125)

Personal Strategies for Maintaining Change

March 20 (\$125)



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Minneapolis, MN 55407

From the Penny George Institute for Health and Healing®

The Penny George Institute for Health and Healing is supported by the financial generosity of the community. To make a donation to the George Institute, call the Abbott Northwestern Hospital Foundation at 612-863-4126.

SOCIETY FOR ARTS IN HEALTHCARE TO HOLD ITS 20TH ANNUAL INTERNATIONAL CONFERENCE IN MINNEAPOLIS

The Penny George Institute for Health and Healing is a member of the Society for Arts in Healthcare, an international organization dedicated to advancing and demonstrating the valuable roles the arts can play in the healing process, and encouraging and supporting research and investigation into the benefits of the arts in health care.

“Through the *Art of Healing* program, the George Institute recognizes that arts are an important and therapeutic tool for patients and families,” said Megan Hatch, CYT, healing art program coordinator. Hundreds of individuals experience the *Art of Healing* program each month through the program’s contributions to Abbott Northwestern’s healing environment, arts care at the bedside and classes and events at the George Institute’s Outpatient Clinic.

From April 28 to May 1, the George Institute will participate in the Society for Arts in Healthcare’s International Conference in Minneapolis. The conference is open to anyone interested in learning more about the role of the arts in health care.

“Through the *Art of Healing* program, the George Institute recognizes that arts are an important and therapeutic tool for patients and families.”

For more information on the Society for Arts in Healthcare’s conference, visit thesah.org. For more information on the George Institute’s *Art of Healing* program, visit abbottnorthwestern.com, click on “Services and Programs,” and follow the arts program link on the George Institute’s Web site.

The George Institute’s *Art of Healing* program includes:

- permanent art collection
- visual arts exhibits that change on a bi-monthly basis
- artists at the bedside
- volunteer programs
- music therapy
- special arts events
- Caring for the Caregiver programs
- partnerships and collaborations with community arts groups
- gardens and outdoor healing spaces
- ongoing groups and workshops
- staff education events
- community education events
- consultation to other health care facilities and organizations.