

Fitness

Chair Yoga

Tuesdays & Thursdays – 10:30 & 11:45AM

This gentle form of yoga uses modified poses that can be done from a seated position and with a chair for support, making it suitable for all levels of experience and comfort.

Gentle Yoga

Mondays – 5:30PM

A gentle floor yoga class suitable for all levels of experience. Bring your own mat, or use one of ours.

Tai Chi

Wednesdays – 4:30PM beginning January 17th

Join Brother Raymond in this 10-week session often called meditation in motion. Tai Chi is a low-impact exercise method using slow movement and breath. Tai Chi, originating in Chinese martial arts, is said to have valuable health benefits for both prevention and treatment. If interested, call for winter session sign-up.



Breathworks

Mondays – 11:15AM

We often take breathing for granted, but every breath we take

brings oxygen into our bodies to help us thrive. Join Eve as she guides you in a weekly session of techniques that help rid your body of toxin and stress while nourishing your body every time you breathe in.

MELT Method

Tuesdays – 1PM

A unique program new to RiverBend, MELT blends mindful meditation, breathwork and restorative self-myofascial release techniques to help boost natural healing mechanisms. This self-treatment program under the guidance of a trained instructor helps to eliminate chronic pain and signs of aging. All are invited to attend - Registration encouraged.

Seated Strength

Mondays & Wednesdays – 10AM

A strength building class that may utilize light weights and bands while seated or with a chair for support. No experience necessary and all levels are welcome!

LIVESTRONG® at the YMCA

Next session runs January 8 - March 27

Monday and Wednesday 5:45-7:15PM

LIVESTRONG® supports cancer survivors, who are in a transitional period between completing treatments and feeling physically and emotionally strong enough to return regular activity. LIVESTRONG® sessions are held at the O'Brien Center YMCA.

To register and for more information contact healthyliving@ymcagm.org or call 574-233-7760.

With Gratitude

Please join us in recognizing the following companies and individuals who have provided significant funding to RiverBend in the past year. Without these everyday heroes, we couldn't provide the services and programs we do:

Elizabeth Loof Adey • B100 • Barnes & Thornburg LLP • Beacon Community Impact • Beiger Mansion • Belmont Beverage • Big Idea Company • Busy Hands of Michiana • Family of Nancy Collins • Deputy Heritage Fund • Dan O'Day Studios • Florence V. Carroll Charitable Trust • Great Lakes Heating and Air Conditioning • GynaGirls • Harper Cancer Research Institute • Holly & Jim Harris • Martins Super Market • McDonald Physical Therapy • Erin & Sam McGrath Michiana Hematology Oncology • Muessel Ellison Memorial Trust Foundation • Pam & Rich Mullin • Palmer Funeral Homes Pennfield Capital Corporation • The PHP Foundation • Sue & Pat Ruskowski • SBN & Partners • Cari & Barry Shein • Stanley A. & Flora P. Clark Memorial Foundation • Thazer Raceway • Tire Rack • United Way of St. Joseph County • University of Notre Dame Rec Sports • Vera Z. Dwyer Charitable Trust • Linda Weaver

Did you know RiverBend Cancer Services is celebrating 80 years of service to cancer survivors in our community? Throughout all those years RiverBend has offered all services free of charge, encouraging those with cancer to live healthier, happier lives.

RiverBend Cancer Services improves the quality of life of cancer survivors and their families in our community through helpful advocacy, hopeful support and innovative educational programs. Our programs help those living with cancer feel more hopeful and empowered to manage their cancer treatment and survivorship.



RiverBendCancerServices.org

info@RiverBendCancerServices.org

Phone: 574.287.4197 | Fax: 574.287.4393

3516 East Jefferson Boulevard South Bend, Indiana 46615

Regular Office Hours

Monday - Thursday, 9 am - 4:30 pm

Friday, 9 am - 12 pm

Living Well *with* Cancer

The Wellness House, South Bend, Indiana



2024

January – February

WELLNESS HOUSE HOURS

The Wellness House is open Monday–Thursday, 9am–4:30pm; Friday, 9am–12pm.

Support & Networking Programs

Unless otherwise indicated, all groups meet at RiverBend Wellness House

GynaGirls

Monday, January 8th, February 5th – 4:30PM

This group offers support and education for all women with all types of gynecological cancers. Whether newly diagnosed, or well past treatment—all are invited to attend.

Breast Cancer Survivor Support Group - meets at MHO

Date TBD

Led by Dr. Robin Zon, Physician Emeritus MHO, this support group provides a community of empowerment, understanding, and compassion among survivors of breast cancer and cancer advocates. Sign-up not required, For questions contact Monica Chan 574-231-6479 or monica.chan@mhopc.com

Men's Support Group

Call for information and meeting time

Join this group of men living with all types of cancers as they learn from each other and are supported on their journey.

General Cancer Support Group

Wednesday, January 3rd, 17th, February 7th, 21st – 5:30PM

Our general cancer support group is open to all survivors and caregivers with any type of cancer diagnosis. Join with others who understand and can help you on your journey. Registration encouraged.

Support Squad: At MHO

Wednesday, January 10th, 24th

February 7th, 14th & 21st – 10 AM

Join with fellow survivors as we work together to increase support for our friends in treatment. RiverBend will supply the goodies and guidance as we provide encouragement to help make the journey through cancer a bit easier.

Counseling

RiverBend Cancer Services offers counseling to those facing the challenges of cancer. Contact 574-287-4197 for more information.

Education

Bites & Bits – Cooking Class – A Bite of Good Food and a Bit of Knowledge

Tuesday, January 9th, February 13th – Noon

Presented by Michiana Hematology Oncology's Heather Borsa, RD, CD. Enjoy sampling a delicious new recipe that's actually good for you, while learning and applying nutritional knowledge during this fun and informational cooking demonstration. Registration encouraged.

The Benefits of Chocolate

Thursday, January 18th – 1PM

Who doesn't love chocolate! Now you can eat it and not feel guilty. Dietician Mary Mullen will offer some great chocolate recipes and provide you lots of information on making chocolate treats healthy. Registration encouraged.

Winter Soups for Health and Comfort

Thursday, February 22nd – 1PM

Winter is a wonderful time to cook up a soup that is both good for you and comforting during the cold weather. Dietician Mary Mullen will show you how to make a delicious soup with healthy winter vegetables that will make you feel cozy and satisfied.

Talking to Your Family about Diagnosis

Thursday, January 25th – 2PM

It can be difficult to discuss a cancer diagnosis with your family, whether it is explaining your illness to your child or navigating your needs with your spouse. Join Alison Westernik for this program and receive strategies and resources to communicate best with your loved ones.

Shifts in Your Relationships

Thursday, February 22nd – 2PM

After a cancer diagnosis, relationships take on new forms. This program will explore how to openly discuss changes in intimacy, independence, trust and love and how we can adjust to these inevitable shifts to keep our relationships strong.

To register for classes or activities please call 574-287-4197 or email programs@riverbendcancerservices.org.

Wellness Programs

Wellness

Yarnwork

Thursdays – 10AM

Beginners Welcome! There are many ways to relieve stress, knitting and needle crafts might be some of the very best! The repetitive motions help the body to relax, lowers heart rate and reduces tension. Everyone, of all levels and skill are welcome to join in the fun. RiverBend has all the supplies needed to get you started. Just bring yourself!

Zen Coloring

Monday, January 15th, 29th, February 12th, 26th – 1PM

Coloring isn't just for kids! Join one of RiverBend's favorite new programs and experience the soothing and therapeutic process of coloring for adults. We supply the art pencils and your choice of design pages. Join with RiverBend friends and relax as you begin this creative journey

Dominoes

Wednesdays – 2PM

Wednesdays are more fun when you gather with friends for a game of Dominoes. Join in for snacks, small talk and some strategic fun! No experience needed.

Supper and Support

Wednesday, January 17th, February 14th – 5:30PM

Join fellow survivors for delicious meal with plenty of time to chat and support your fellow survivors. Each monthly meal will be prepared and offered from different community businesses or organization:

January Supper & Support – A soup cook-off - bring a soup to share!

February Supper & Support – Valentine's Day Dinner, come celebrate with your RiverBend friends

Learn the Craft of Macrame: Two Part Session

Monday, January 8th, 22nd – 1PM

Join Robin Sue as she teaches the art of macrame. The class will work on their project over two weekly sessions to create a beautiful piece of usable art.

Registration required.

Sweet Sugar Scrub

Monday, February 5th – 1PM

You will look good, feel good and smell delicious with this body scrub made from items right from our homes. Robin Sue will show you how to make and store this wonderful item which you can use yourself or give as a gift.

Registration required.

Button Monogram

Monday, February 19th– 1PM

Buttons are an old and plentiful resource, but Robin Sue has found a way to craft them into a beautiful unique piece especially for you when crafted together in a your very own initial. You will want to find a very special place to display this handcrafted monogram.

Registration required.

Birthday Club

Monday, January 29th, February 26th – 12:30PM

Join your RiverBend friends and celebrate our January & February Birthdays. We will supply the treats and cards, while we all celebrate another year for our monthly Birthday friends!

Self-Care

Debbie's Wig Salon

Thursdays – 1-2PM

RiverBend provides wigs, hats and scarves all free of charge for those in cancer treatment. Stylist Debbie will work with you to find the style that fits best. Take some time for yourself and let Debbie help you look your best. Please call for an appointment.

Kim's Bra Boutique

Wednesday, January 10th, February 7th– 2-4PM

If you have been impacted by a breast cancer diagnosis, make an appointment with Kim for a free bra and/or prosthesis fitting. Kim has many years helping women feel and look their best. Make sure to wait at least six weeks post-surgery for your fitting. Call for an appointment.

Healing Arts

Massage and Reiki

Wednesday, January 10th, 24th, February 7th, 21st – 10-4PM

Oncology certified massage therapist Ra Vincent returns to RiverBend with her multiple methods of massage therapy to help promote healing for cancer patients and recovering survivors.

Ra also offers help to cancer survivors through an energy healing technique called Reiki, which promotes relaxation, and reduces stress and anxiety through gentle touch.

Call RiverBend for appointment.

RiverBend Counseling

RiverBend has a fulltime counselor to help you and your loved ones navigate the journey of cancer. Both traditional and art counseling are available for individuals and families. RiverBend counselors can help you navigate life as you deal with your cancer diagnosis.

Please call 574-287-4197 or email counseling@riverbendcancerservices.com to learn more and schedule an appointment.