



St. Tammany Cancer Center
A Campus of Ochsner Medical Center



Support Services

June 2025

985-249-2383

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--------------------------|----------------------------|--|
| 2 Tai Chi 9 a.m. Music, Relaxation and Imagery 1 p.m. | 3 Breast Cancer Support Group 11 a.m. | 4 Chair Yoga 10 a.m. | 5 Meditation 9:30 a.m. | 6 Yoga 10 a.m. |
| 9 Tai Chi 9 a.m. | 10 Art Therapy 10 a.m. | 11 Chair Yoga 10 a.m. | 12 Meditation 9:30 a.m. | 13 Yoga 10 a.m. Cooking Demonstration 11:30 a.m. |
| 16 Tai Chi 9 a.m. Music Heals 1 p.m. | 17 | 18 Chair Yoga 10 a.m. | 19 Meditation 9:30 a.m. | 20 Yoga 10 a.m. |
| 23 Tai Chi 9 a.m. | 24 | 25 Chair Yoga 10 a.m. | 26 Meditation 9:30 a.m. | 27 Yoga 10 a.m. |
| 30 Tai Chi 9 a.m. | | | | |

Tai Chi: Healing in Motion

Mondays at 9 a.m.

The art of Tai Chi will help you learn to use the power of movement to boost your immune system, find strengths, and meet the challenges a significant illness brings. Tai Chi Classes are led by our Tai Chi instructor; Erlinda R. Nye. The low-impact exercise in this class involves gentle, slow, deliberate, flowing, and graceful movements in coordination with the breath. Tai chi practice reduces stress, increases flexibility and muscle strength, improves balance, and promotes serenity. Participants may start at any time. The free class is open to any individuals with a cancer diagnosis, their caregivers, and the health professionals who care for them. To register or for more information please call 985-249-2383.

Music and Relaxation Therapy

First and Third Monday of the month at 1 p.m.

Music Therapy groups are lead by Jennifer Bobeck MMT, MT-BC, LPC, NCC

Learn basic and easy relaxation techniques and how music therapy along with guided imagery can help decrease feelings of anxiety, tension, and pain. This can be helpful for patients and caregivers during treatment and beyond. Participants may start at any time. The free class is open to any individuals with a cancer diagnosis & their caregiver. To register or for more information please call 985-249-2383.

Group Support Session

First Tuesday of the Month at 11 a.m. and Third Friday of the Month at 11:30 a.m.

Our group support sessions are led by Melinda Breaux, LPC and Cancer Center Staff to offer guidance to adapt, survive and thrive with where you are in your treatment journey. Participants may start at any time. The free sessions are open to individuals with a cancer diagnosis, their caregivers, and the health professionals who care for them. To register or for more information please call 985-249-2383.

Mindful Meditation:

An All in Your Cancer Recovery

Thursdays at 9:30 a.m.

Our meditation classes are led by our instructor Melinda Breaux who will introduce various techniques. Learn to use the power of your mind to find strengths, make the best of treatments, and meet the challenges cancer can bring through meditation. Participants may start at any time. The class is open to any individual with a cancer diagnosis, their caregivers and the health professionals who care for them. To register or for more information please call 985-249-2383.

Healing Yoga

Wednesdays and Fridays at 10 a.m.

Yoga is an ancient practice that involves physical poses, concentration, and deep breathing. can promote endurance, strength, calmness, flexibility, and well-being. Our Yoga Classes are led by Erlinda Nye, our Experienced Registered Yoga Instructor. The overall philosophy of yoga is about connecting the mind, body, and spirit. Participants may start at any time. The free class is open to any individuals with a cancer diagnosis, their caregivers, and the health professionals who care for them. To register or for more information please call 985-249-2383.

Cooking Demonstrations

Second Friday of the Month at 11:30 a.m.

Cooking Demonstrations are led by one of our Registered Dietitians, Sarah Brignac, MS, RD, LDN, or Jessica Greer, RDN, LDN. Learn a new recipe to help support a healthy lifestyle by incorporating more vegetables into everyday dishes. Participants will be introduced to a variety of different foods and ways to prepare them to get the maximum benefit. The Dietitians encourage open discussion for creative thinking in making healthy meals at home.