

Norton Cancer Institute Resource Centers

Norton Healthcare downtown campus

Medical Towers South
Suite 164
234 E. Gray St.
(502) 629-5500

Norton Audubon Hospital campus

Norton Medical Plaza West – Audubon
Suite 300
2355 Poplar Level Road
(502) 636-8308

Norton Suburban Hospital campus

Norton Medical Plaza II – Suburban
Suite 400
3991 Dutchmans Lane
(502) 899-6888

Norton Cancer Institute and Norton Healthcare provide the region's most comprehensive community screening, education and wellness programs. From heart disease to cancer to menopause, screening and wellness events are held throughout the community and most are free. For a complete list of screenings and wellness events offered by Norton Healthcare, visit NortonHealthcare.com and click on "Classes & Events," or call (502) 629-1234.



NORTON
CANCER INSTITUTE

P.O. Box 35070
Louisville, KY 40232-5070

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May and June 2012

Calendar of Hope



May

May 4 • Norton Cancer Institute offices close at noon

BIAK Brain Walk

May 12 • 8:30 a.m.: registration; 10 a.m.: walk. Fundraiser to benefit the Brain Injury Alliance of Kentucky (BIAK). Visit www.biak.us for additional details and to register. The Belvedere (riverfront between Fourth and Sixth streets)

Look Good ... Feel Better

May 14 • 3 to 5 p.m. This program helps women look their best during cancer treatment. Experienced cosmetologists teach cancer patients beauty tips to help minimize outward side effects of chemotherapy and radiation. Hosted by Norton Cancer Institute – Corydon. Call (812) 734-0912 to register. Harrison County Hospital • Capitol Room 1 • 1141 Hospital Drive NW, Corydon, Ind.

Relay for Life

May 18 • 7 p.m. to 7 a.m. American Cancer Society's nationwide fundraising event. Because cancer never sleeps, relays are overnight. Join our relay team, the Norton Cancer NIXORS. Visit www.relayforlife.org for more information and to register. Seneca High School • 3510 Goldsmith Lane

Introduction to Reiki and Other Healing Modalities

May 22 • 6 to 7 p.m. Norton Cancer Institute offers this informational program about the complementary therapies of Reiki and healing touch, followed by therapy sessions lasting five to 10 minutes. Call (502) 636-8308 to register. Norton Medical Plaza West – Audubon Educational Classroom G1 • 2355 Poplar Level Road

Journaling for the Soul

May 22 • 6 to 7 p.m. Keeping a journal can help you think through situations and give your feelings an outlet. We'll discuss the relaxation and inspiration that you can achieve through journaling. Call (502) 629-1234 to register. Marshall Women's Health & Education Center, Classroom 1A • Norton Medical Plaza III – Suburban • 4121 Dutchmans Lane

Arts, Crafts & Cancer

May 24 • 2 to 4 p.m. Decorate a birdhouse using decoupage, paint and wind chimes. This class is free and open to all cancer patients, survivors and caregivers. All supplies are provided. Call (502) 899-6888 to register. Marshall Women's Health & Education Center, Classroom 1B • Norton Medical Plaza III – Suburban • 4121 Dutchmans Lane

June

Norton Cancer Institute Survivors' Day Celebration

June 3 • 11:30 a.m. to 4 p.m. Ticket and lunch provided for each survivor and one guest. Additional tickets and meals may be purchased for \$30 when you make your reservation. RSVP by May 18 to (502) 629-1234. Churchill Downs, Skye Terrace • 700 Central Ave.

Susan G. Komen for the Cure Tissue Bank

June 9 • Visit <http://komentissuebank.iu.edu/tissue-donors/register-to-donate> for additional information or to schedule an appointment. Norton Cancer Institute – Downtown • 676 S. Floyd St.

Arts, Crafts & Cancer

June 21 • 2 to 4 p.m. Decorate and assemble a clock to match the décor of your home. This class is free and open to all cancer patients, survivors and caregivers. All supplies are provided. Call (502) 899-6888 to register. Norton Cancer Institute – Downtown • First-floor conference room • 676 S. Floyd St.

Ongoing services and support groups

Complementary therapies

Art, massage and music therapies are available for cancer patients and their caregivers. Call (502) 629-HOPE (4673) for an appointment.

Nutritional counseling

Complimentary one-on-one nutritional counseling is available for cancer patients and their caregivers. Call Anita McLaughlin, M.S., R.D., at (502) 899-6871 for an appointment.

Gentle Yoga & Music Relaxation

Every Tuesday • 11 a.m. to noon. Let go of the uncertainty of cancer and let yoga help your healing take place. Music therapy is used to help participants relax physically, emotionally and spiritually. Call (502) 899-6888 to register. Norton Medical Plaza II – Suburban • Joan Riehm Community Room, third floor • 3991 Dutchmans Lane

I > Than Cancer – Young Adult Networking Group

First and third Thursday of each month • 6 p.m. For young adults (ages 18 to 40) affected by cancer. This is a collaboration between Gilda's Club and Norton Cancer Institute. Call (502) 583-0075 to register. Gilda's Club • 633 Baxter Ave.

da Vinci Prostatectomy Support Group

Second Monday of each month • 6 to 7 p.m. Men who have had this procedure or who are considering this procedure for the treatment of prostate cancer meet to discuss their experiences and support one another. Call (502) 629-5500 to register. Medical Towers South, Suite 164 • 234 E. Gray St.

Relaxation & Wellness

Second and fourth Monday of each month • 1 to 2 p.m. You are invited to participate in an open relaxation session. Services may include chair massage and/or guided music relaxation. Call (502) 629-6680 for additional details. Registration not necessary. Norton Cancer Institute – Downtown • Meditation Room • 676 S. Floyd St.

Breast Cancer Support Group

Third Tuesday of each month • 6 to 7:30 p.m. Women diagnosed with breast cancer meet to discuss their experiences and support one another. Call (502) 899-6888 to register. Norton Medical Plaza I – Suburban, Suite 1A (enter through north entrance) • 3999 Dutchmans Lane

Dad's Dinner

Third Tuesday of each month • 5 to 7 p.m. Join us for dinner, stress-relieving massage therapy and an opportunity to share experiences with other fathers of children diagnosed with cancer. Call (502) 629-5500 to register. Kosair Children's Hospital • Valvano Room, 7 West • 231 E. Chestnut St.

Michael Quinlan Brain Tumor Support Group

Fourth Tuesday of each month • 6:30 to 8 p.m. For survivors, patients and caregivers coping with a brain tumor diagnosis. This is a collaboration between Gilda's Club and the Michael Quinlan Brain Tumor Foundation/Brain Injury Alliance of Kentucky. Dinner is graciously provided by Gilda's Club volunteers. RSVP is required. Call Cindy Rosser at (502) 493-0609, ext. 27. Gilda's Club • 633 Baxter Ave.

Mom's Dinner

Fourth Tuesday of each month • 5 to 7 p.m. Join us for dinner, stress-relieving massage therapy and an opportunity to share experiences with other mothers of children diagnosed with cancer. Call (502) 629-5500 to register. Kosair Children's Hospital • Valvano Room, 7 West • 231 E. Chestnut St.

Colon Cancer Networking Group

Fourth Wednesday of each month • 6 p.m. This group is for individuals living with colorectal cancer and their caregivers. The group is a collaboration among Gilda's Club, the Colon Cancer Prevention Project and Norton Cancer Institute. Call (502) 583-0075 to register. Gilda's Club • 633 Baxter Ave.