ADOLESCENT AND YOUNG ADULT OFFERINGS

AYA Virtual Songwriting
Connect with other young adults online to create a piece of music from the convenience of your own home. Contact Brian Schreck at brian.schreck@nortonhealthcare.org for more information.

Dinner Part-AYA
July 25 • 6 to 8 p.m.
Center for Discovery • 225 W. Market St.
Aug. 22 • 6 to 8 p.m.
Outback Steakhouse • 1201 Veterans Parkway
Clarksville, Indiana
Sept. 26 • 6 to 8 p.m.
Los Angeles Mexican Grill • 520 W. Main St.

Teen Warriors Archery Tag and Picnic
Adolescent and Young Adult offerings registration is required. Call (502) 200-8605 to register.
A Family Friendly Night Out
Aug. 14, 21; 7 to 10 p.m.
Louisville Slugger Field • 401 E. Main St.
July 20 • 7 to 10 p.m.
Louisville Slugger Field • 401 E. Main St.

Teen Warriors Tag and Picnic
Bring a friend and join in for a back-to-school party. Enjoy go-karts, laser tag, pizza and more. Space is limited, and registration is required. Call (502) 200-8605 to register.

AYA Back-to-School Celebration at Malibu Jack’s
Aug. 11 • 3 to 5 p.m.
Malibu Jack’s • 12101 Sycamore Station Place

Teen Warriors Archery Tag and Picnic
Aug. 17 • 12-2 p.m.
St. Mark United Methodist Church • 4611 Lowe Road
Room 105 • 4955 Norton Healthcare Blvd.

Event includes a cooking demonstration using Malibu Jack’s and Ali Sells to learn about superfoods and cancer.

Join Norton Cancer Institute dietitians Jaclyn Moore and Ali Sells to learn about superfoods and cancer. Enjoy a focused discussion and chair massage. Call (502) 205-4969 for details.

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**Art Therapy for Cancer Survivors**

July 6 to 8 p.m.
Norton Healthcare Pavilion • 1206 Spring St.
Explore art with other cancer survivors and Norton Cancer Institute art therapist Laura Chamberlain. This is an evening of support, community and fun. Registration is required. Call (502) 200-8605 to register.

**Yoga Nidra: Peaceful Meditation**

Aug. 3 to 5 p.m.
Registration and light refreshments are required.
Norton Healthcare Pavilion • 1200 DuPont Road
Myths, legends and religious stories will be used to help you experience deep sleep, rest, stress release and relaxation. You will release muscular, emotional and psychological tensions. This workshop is limited, and registration is required. Call (502) 200-8605 to register.

**Altered Book-making Art Therapy Support Group**

Aug. 8, 15, 22, 29 to 10 a.m.
Norton Cancer Institute • Brownsboro Community Room 105 • 4995 Norton Healthcare Blvd.
Using words and images, collage, painting, sculpting and collage, you will learn techniques to help you express deeply personal manner of life-changing experiences. Registration is required. Call (502) 200-8605 to register.

**The Art of Healing and Integrating Self-Care**

Sept.
Norton Cancer Institute Resource Center Plaza 2 • St. Matthews Suite 111 • 3991 Dutchmans Lane

**How to Get a Head Scarf With Hope Scarves**

Aug. 20 to 30 to 7:30 p.m.
Norton Healthcare Pavilion • 1200 DuPont Road
Learn creative ways to tie head scarves while dealing with a range of hair care and chemotherapy treatment. Call (502) 200-8605 to register.

**Sunday Soul Card Collage Workshop**

Aug. 25 to noon to 2 p.m.
Norton Cancer Institute • Brownsboro Community Room 105 • 4995 Norton Healthcare Blvd.
This workshop will explore many aspects of personal identity to increase self-acceptance. Participants will reflect on the various roles and characteristics they embody in their lives and create a collage reflecting parts of this self. Work will be laminated to honor and preserve the soul cards. Seating is limited, and registration is required. Call (502) 200-8605 to register.

**Cancer Survivors Night at the Louisville bulls**

Aug. 27 to 10 to noon
Louisville Slugger Field • 410 E. Main St.
Cancer survivors ages 40 and over are invited to a night with the Louisville Bulls. It’s dollar menu! Ball or shoe, we will be there. Seating is limited, and registration is required. Call (502) 200-8605 to register.

**Fatigue: Recovering Your Strength**

Sept.
Norton Healthcare Pavilion • Cranmer Auditorium
Two physicians will provide information on the side effects of chemotherapy, hormone therapy and radiation treatment, along with ways to manage side effects. Call (502) 200-8605 to register.

**Art Therapy in the Face of Cancer**

Sept. 7 to 7 p.m.
Norton Healthcare Pavilion • 1200 DuPont Road
Explore art with other survivors and art therapist Lauren Chamberlain. This is an evening of support, community and fun. Seating is limited, and registration is required. Call (502) 200-8605 to register.

**Sunday Soul Card Collage Workshop**

Sept. 25 to 3 to 7 p.m.
Norton Medical Plaza 2 – St. Matthews • Joan Riehm Community Room, third floor 3991 Dutchmans Lane
Join Norton Cancer Institute Resource Center in a relaxing, safe environment. Music therapist Brett Northrup will provide direction and instruments. This is an evening of support, community and fun. Seating is limited, and registration is required. Call (502) 200-8605 to register.

**Breast Cancer Support Group**

Third Thursday of each month • 6 to 7 p.m.
Norton Cancer Institute Pat Harrison Resource Center • 4955 Norton Healthcare Blvd., Suite 111
Call (502) 205-4965.

**Prostate Cancer Support Group**

Second Monday of each month • 6 to 7 p.m.
Norton Cancer Institute Pat Harrison Resource Center • 4955 Norton Healthcare Blvd., Suite 111
Call (502) 205-4965.

**Parent Caregiver Support Dinner**

Fourth Wednesday of each month • 5 to 7 p.m.
Norton Cancer Institute Pat Harrison Resource Center • 4955 Norton Healthcare Blvd., Suite 111
Call (502) 205-4965.

**Breast Cancer Support Group**

Women diagnosed with breast cancer meet to discuss physical, emotional and spiritual needs of cancer patients and allow them to share experiences with others facing the same challenges, worries and concerns.

**Caregivers Support Group**

Third Tuesday of each month • 10 a.m.
Norton Health & Wellness Center • 235 Poplar Level Road
Caring for a loved one can be a rewarding experience for caregivers. This program provides support and education to family caregivers who are facing the challenges of cancer. Call (502) 205-4965 for details.

**Second Monday of each month**

Food and fun with friends! For breast cancer survivors and caregivers. Call (502) 200-8605 to register and get details.

**Guided Meditation**

Mondays • 9 to 10:30 a.m.
Norton Medical Plaza 2 – St. Matthews Joan Riehm Community Room, third floor 3991 Dutchmans Lane
Call (502) 205-4965.

**Meditation Room**

Fridays • 2 to 3 p.m.
Norton Cancer Institute – Brownsboro Meditation Room, first floor 4955 Norton Healthcare Blvd., Suite 111
Call (502) 205-4965.