# **Legacy Health**

## **CANCER SUPPORT GROUPS AND CLASSES**

## January - December 2014

For more information about individual support groups and classes, please view our website <a href="https://www.legacyhealth.org">www.legacyhealth.org</a> or call the numbers listed below.

### **Gardening Workshop for Individuals with Cancer**

Learn adaptive gardening strategies, garden tasks for the season and year-round indoor and outdoor techniques for energy conservation. Explore the benefits of nature and gardening for restoration and renewal. FREE and registration is required.

Instructor: Teresia Hazen, Horticultural Therapist

Legacy Good Samaritan: Mondays, 4:30 – 6:00 pm 1/6, 2/10, 3/3, 4/14, 5/12, June – August—see below, 9/8, 10/20, 11/3/2014. Register at <a href="https://www.eventsvc.com/legacyhealth/">https://www.eventsvc.com/legacyhealth/</a> or <a href="mailto:Gardening">Gardening</a> Workshops by Friday afternoon in advance of the session, for supply preparation. Receive meeting room information upon confirmation of registration.

June – August meet at the Garden Center 4:30 – 6:00. The instructor will have a flower pole. Find us in the garden center and join the fun. Bring your gardening questions, shop and enjoy being in nature.

Monday, June 16 meet at Portland Nursery 5050 SE Stark 97215.

Monday, July 7 meet at Cornell Farm 8212 SW Barnes Rd 97225.

Monday, August 11 meet at Portland Nursery 9000 SE Division 97266.

#### **Cancer Survivor's Day Celebration**

June 1, 2014. Watch for time and place. Make a lavender sachet and discuss gardening!

#### Stenzel Healing Garden Tour for Individuals with Cancer, Their Families and Friends

Enjoy a FREE 30-minute guided garden tour of seasonal feature plants, design ideas and Q&A. Bring your favorite plant book for discussion. Walks held rain or shine. Register at <u>Stenzel Healing</u> Garden Tours or https://www.eventsvc.com/legacyhealth/.

Good Samaritan Medical Center Stenzel Healing Garden. Meet at the pavilion in the garden. 12:00 – 12:30 p.m. 1/20, 2/3, 3/17, 4/21, 5/19, 6/30, 7/21, 8/25, 9/15, 10/6, 11/10/2014. Contact thazen @lhs.org or 503-413-6507 for more information.

#### Visit the Legacy Healing Gardens 24 – 7

Maps at <a href="www.legacyhealth.org/maps">www.legacyhealth.org/maps</a> for Good Samaritan Stenzel Healing Garden, Randall Children's Hospital Garden, Mount Hood Medical Center Garden, and Lewis & Floetta Ide Meridian Park Medical Center Garden.

#### **Volunteer in the Legacy Healing Gardens**

Learn more and get next volunteer information session dates by calling 503-413-7012.

For More Information about the Legacy Gardens

www.legacyhealth.org/gardens

www.legacyhealth.org/maps 12/13

