

# DREAM PICTURE



A TWO PART CLASS:

Friday, February 24th

10-11:30pm

And

Friday, March 30th

10-11:30pm



Has your life been derailed by cancer?  
Do you need to reassess where your future is going?  
This Christian based program for women helps you visualize your future and make choices to make it your reality. Lead By June Price, minister, life coach, and cancer survivor.

## "Express Your Love" Mosaic

Collage Project  
Tuesday, February 21st  
2-3:30pm



This class is for everyone!

We will be making a 3-D project that expresses the love you have for the people in your life or for the things you collect! Bring in pictures, magazines, jewelry, feathers, silk flowers, or anything else you can imagine. The project size is about 8x10, with a 3-D feature. Need inspiration? How about:

- Graduation or Birthday
- Cancer Journey
- Friendship or Family
- Your Collection

Class minimum registration of 5.

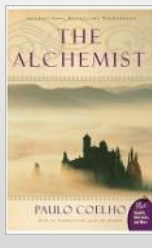
# Book Club



Hello Book Club fans... Our program is now being facilitated by Sylvania Public Library!

**THE NEXT BOOK CLUB:**  
Thursday, February 23rd,  
2:30-3:30pm at TVC.

**BOOK SELECTION:** *The Alchemist*  
by Paulo Coelho.



Plus: We can check out a library copy for you to pick up at TVC, if you register early. Ask how when you RSVP.

# AROMATHERAPY

## CONSULTATION

1st and 3rd Wednesdays

1:00-2:00pm

At The Victory Center

Starting February 1st and 15th

Check schedule monthly and RSVP \*



Discuss the benefits of aromatherapy with an aromatherapist experienced in the concerns of cancer patients. Learn to identify therapeutic-grade essential oils and their properties, and how they can be integrated into your health practices. There will be plenty of time for questions and answers based upon the interests of the group. Each session has a class size limit of 6.

Facilitated by Deb Reis, RN, MSN, certified clinical aromatherapist.

Sponsored by ProMedica.

FREE TICKETS for participants of *The Victory Center*



Toledo Symphony Family Series

**Animusical!**

Sunday, March 25th

Pre-Concert Activities-2pm  
Concert -3pm



at The Toledo Museum of Art Peristyle

This concert is for the young and young-at-heart! This TSO community program provides free tickets for this family-friendly series. You may have up to 4 tickets per family (or call if you need more). First come, first serve; you must pick up tickets at TVC.



*Nia* FITNESS In partnership with ProMedica

Class held at TVC, starting 2/1  
Every Wednesday 11:30-12:30pm

Have fun and increase your energy with this movement approach to body-mind-spirit wellness. Learn how Nia combines gentle movement with inspirational music to enhance your fitness and boost your energy.

Nia allows for creativity and self-expression with a goal of improved overall health.

Presenter: Deb Reis, RN, MSN, certified Nia Instructor.

**Belly Dancing Ladies Only!**

Belly Dancing is a low impact dance technique that can help you achieve a more joyful body image. Dance in your socks, barefoot, or in soft shoes. RSVP please. Guests welcome!

Facilitator: Cheryl Johnson.

Thursday  
February 16th  
7:00-8:00pm



# Support Groups

## Weekly Cancer Support Group

Dealing with all types of cancer  
Caregivers welcome!  
Every Wednesday  
6-7:30pm

## Family/Caregiver Support

Wed, February 8th  
6-7:30pm

## Blood Cancer

In partnership with the  
**Leukemia and Lymphoma Society**

Mon, February 20th  
6-7:30pm

## Breast Cancer

Sponsored by **Komen for the Cure**  
Tues, February 14th and 28th  
6-7:30pm

## Breast Cancer Caregiver

Sponsored by **Komen for the Cure**  
Tues, February 14th and 28th  
6-7:30pm



## TVC Snow Day Policy:

TVC closes when...

- Toledo Public School closes, or
- Level 2 snow emergency is issued for Lucas Co.



An ACS program at...



...The Victory Center

If you or anyone you know is a cancer patient in need, tell them about this **FREE** service! Survivors are here to help with fittings and practical advice. Simple registration form to receive a wig. Proof of income not required. Caregivers may pick up a wig when necessary. One wig per person per year.

**Wigs available only during Wig Bank hours:**

- > 2nd Wednesday each month 10-12 noon, and
- > 2nd Saturday each month 10-12 noon only

Call Penny at 419-531-7600 with any questions.

# Group Hypnotherapy

Monday, February 13th

6:30- 8:30pm

Relax and visualize your way towards improving your life, achieving your goals! RSVP requested.

Facilitator: Jennifer Styblo, Certified Hypnotherapist.

