



**Special Program in January Come and Paint with Me: Art and Soul Retreat**

January 25-26-27 from 12-4pm daily Facilitator: Karen Rushen O'Brien

Explore your cancer journey through art expression! You don't have to know how to paint, or even feel you're "artistic" in any manner--in fact, you'll probably have a better experience if you come as an absolute beginner. We'll look at the painting process as a way to free your innate creative abilities as well as to understand better your own unique spiritual journey. Wear any comfortable, paint friendly clothes and bring a snack for each day.

Registration is for the entire three day event, so please confirm you can attend all three dates listed. No additional supply fees for this event. RSVP early for this unique opportunity. **Class limited to 10 people.**

**"Understanding Your Pathology Report"**

with **Stephen L. Strobel, M.D.**  
SVMCM Department of Pathology

Rescheduled from an earlier date!!!

**Monday, January 31st**  
**6:00-8:00pm**



**Presentation Goals include:**

- Increase understanding of surgical pathology reports
- Define terms like: type, grade, stage, size, margins, and regional lymph nodes
- Address common areas of misunderstandings and misinterpretation
- Group discussion and Q & A

*This presentation is free and open to the public. Refreshments served. RSVP to 419-531-7600.*

**Caregiver Night** January 23rd

Held at The Victory Center & In partnership with Mercy Cancer Centers.

5:00 Guided Imagery  
6:30 Partner/Caregiver Massage

Come to one or both! Call to register. 419-531-7600.

**Guided Imagery** uses soft music combined with thought provoking, healing journeys beautifully described.

**Partner/Caregiver Massage Class** teaches basic massage strokes to practice on one another during this fun and relaxing workshop. Designed for the cancer patient/survivor and their family member or caregiver. Bring several pillows & a blanket.

**FREE TICKETS** for participants of *The Victory Center*

**Toledo Symphony Family Series**  
**Super Why! Saves the Day with WGTE**  
Sunday, February 12th

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.



**Favorite Game Day!**  
Tuesday, January 17th  
2-3:30pm

Bring in your or board game, play! Don't have favorite dice, card, and be prepared to one? Come in and are welcome. **RSVP.**

**First in the Toledo Area...**



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, January 9th  
7:00- 8:30pm



Relax and visualize your way towards improving your life, achieving your goals! RSVP requested.  
Facilitator: Jennifer Styblo, Certified Hypnotherapist.

**Nia FITNESS** In partnership with ProMedica

Class held at TVC every Wednesday 11:30-12:30pm starting February 1st, 2012!!!

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, and certified Nia Instructor. Registration not normally required, but please RSVP for the first session!!!

**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 January 19th 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, January 11th  
6-7:30pm

**Blood Cancer**

In partnership with the **Leukemia and Lymphoma Society**  
Mon, January 16th  
6-7:30pm

**Breast Cancer**

Sponsored by **Komen for the Cure**  
Tues, January 10th and 24th  
6-7:30pm

**Breast Cancer Caregiver**

Sponsored by **Komen for the Cure**  
Tues, January 10th and 24th  
6-7:30pm



**Breast Cancer Support Group 1/24**  
Special Guest: Molly Harshman, BSN, on the neuromodulation "pain pump" by:



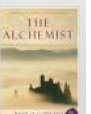
**Medtronic**

**TVC Snow Day Policy:**

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

**Book Club** **NEW!**

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 Paul 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.