



Support Services

for Patients and Caregivers

Reiki Therapy

Tuesday – Thursday 8 a.m. – 4:30 p.m.
Cancer Center, Suite 200
No fee, appointment required 540-536-4126

Reiki is an ancient Japanese technique which provides a relaxing, safe, effective tool for managing stress, pain, and emotional wellness. Patients lie on a massage table, fully clothed, and the practitioner's hands are gently placed on and near the body to facilitate energetic movement and promote wellness.

Meditation

Monday – Friday 8 a.m. – 5 p.m.
Cancer Center, Meditation Room
No fee, optional appointment 540-536-4126

Meditation is a practice which uses concentration to relax the body and calm the mind, allowing for feelings of serenity, clarity and bliss. The meditation room is open for personal use anytime, with private guided meditations offered by appointment Tuesday – Thursday.

Sitting Tai Chi

1st & 3rd Wednesdays at 2 p.m.
Cancer Center, Upstairs Lobby
No fee or registration

Utilizing the Eastern practices of Tai Chi and Yoga, you will be guided through movements which help to stretch the limbs and oxygenate the body.

Music

1st Tuesdays and 1st & 3rd Wednesdays - Afternoon
Cancer Center Lobby

The Happy Harper and the Shenandoah Valley Threshold Singers provide music to enhance your experience at the Cancer Center each month.

Animal Assisted Therapy

Tuesdays at 10 a.m. & Thursdays at 1 p.m.
Cancer Center Lobby

Studies show that interaction with animals can help improve self-esteem, relieve stress and anxiety, and lower blood pressure. Animals visit our Cancer Center bi-weekly to bring smiles and comfort to our patients.

Person to Person Transition Group

4th Mondays at 3 p.m.
Cancer Center Conference Room
No fee or registration

This group is for patients, family members, caregivers and friends. For all cancer patients during any phase of their journey. Generally a small group with open group discussions, fun activities, and guest speakers.

Serving Survivors

1st Wednesdays at 12 p.m.
Wellspring, 525 Amherst Street, Winchester
No fee, registration requested 540-536-4981

A support group founded by a cancer survivor. This is an open group discussion and comradery for all cancer patients during any phase of their journey. Lunch is provided.

Ripples Support Group

3rd Saturdays at 10 a.m.
Wellspring, 525 Amherst Street, Winchester
No fee, registration requested 540-536-4981

Wellspring offers Ripples, a support group for all cancer patients during any phase of their journey. Using creative arts to connect and promote healing.

Monthly Classes and Workshops

2nd Wednesdays at 2 p.m.

Cancer Center Conference Room

No fee, register online or call 540-536-4126

Come learn with us at a variety of classes and workshops throughout the year. Descriptions and updates will be listed online and flyers will be posted in the Cancer Center as dates approach.

February 12, 2020 – Herbal Medicine

March 11, 2020 – What is Guided Imagery?

April 8, 2020 – Tai Chi Basics

Wellspring

525 Amherst Street, Winchester

540-536-4991

Salon Services

Wellspring, Valley Health's cancer resource center, offers services including wig fitting, haircuts, skin care and makeup tips free to patients during treatments. Free personally-fitted new wigs are available for patients who do not have insurance coverage to pay for a new wig, meet financial need criteria and have a doctor's order. Gently-used refurbished wigs available for patients free of charge.

More Than Beauty

3rd Friday, 11 a.m. – 1 p.m.

No fee, call for reservation 540-536-4991

This program can help nourish the natural you, inside and out while you're undergoing treatments or when you just need a boost. Personalized suggestions for hair, nail and skin concerns and light make-up tips from Wellspring's specially trained licensed cosmetologists. For all cancer patients (women and men) as well as those dealing with any other chronic illness.

Care Bags

Wellspring offers to all cancer patients a care bag which you will find useful during your treatment (retail value \$100). Compliments of the Winchester Medical Foundation.

Introduction to Nutrition during Cancer Treatment

3rd Friday of the month, 2 – 3:30 p.m.

Valley Health Cancer Center

Conference Room

Join our oncology certified registered dietitian for a free class that covers common symptoms and side

effects during cancer treatment and nutrition tips to help manage them. Includes 30-minute Q&A, informational materials provided.

FREE to patients and their caregivers

No sign-up required

Valley Health Wellness & Fitness Centers

401 Campus Blvd., Winchester, VA

540-536-3000

68 Heritage Circle, Romney, WV

304-822-7255

Next Steps: Cancer Fitness Program

Both Valley Health locations offer a structured eight-week exercise program supervised by certified fitness specialists for all cancer patients. We recommend you discuss Next Steps with your doctor; a physician's approval form is required.

Fee \$99, includes testing, education and exercise. Cannot be billed to insurance. Please call your preferred location.

Massage Therapy

Both Valley Health locations offer massage therapy tailored to patients who have been diagnosed with cancer. Please call your preferred location.

Community Education and Survivor Events

Healthy Eating Seminar for All

February 21, 2020, 1-2 p.m.

Cancer Center Conference Room

No fee, call for registration 540-536-8920

All cancer patients and caregivers are welcome to explore eating strategies everyone can adopt. Discover tips, nutrition facts and recipe ideas. Led by our registered dietician who works exclusively with cancer patients.

Surviving With Laughter

March (date TBD)

No fee

Call for information 540-536-8920

Valley Health's Cancer Center and the American Cancer Society team up to provide a special evening of learning and laughter for women diagnosed with cancer. Dinner provided.
