



THRIVE

Patient-Centered Survivorship Program

THRIVE offers an array of free services for survivors and caregivers with the goal of helping you live a full and meaningful life during and after treatment. This integrative program aims to treat the physical, emotional, social and spiritual aspects of survivorship, combining research-based complimentary therapies with traditional cancer care. We seek to provide options that are respectful of your personal needs and preferences, allowing your values to guide the support services you receive. Free services include:

HEALTH & WELLNESS COACHING



BY APPOINTMENT

Individual sessions help you develop the personal tools and motivation to reach your physical and emotional goals.

MINDFUL YOGA



TUESDAYS & WEDNESDAYS (5 - 6 P.M.)

MARY BIRD PERKINS - OUR LADY OF THE LAKE CANCER CENTER, CONFERENCE ROOM 3

MORNING & EVENING CLASSES

THE RED SHOES
(Schedule at: theredshoes.org)

Improves strength, flexibility and stamina.

Continued on back ►

WATER AEROBICS



SATURDAYS (10:30 - 11:30 A.M.)

C.B. PENNINGTON JR. YMCA

Helps increase range of motion and strength, while reducing side effects of cancer treatment.

THERAPEUTIC MASSAGE



OUTPATIENT INFUSION AREAS

Hand and foot massages for outpatients receiving treatment, daily upon request. Chair and table massages by appointment.

LEARNING TO THRIVE



THIRD WEDNESDAY OF EVERY MONTH (12 - 1 P.M.)

CONFERENCE ROOM 2

Educational workshop on topics of interest related to cancer survivorship.

HEALING ARTS



FIRST WEDNESDAY OF EVERY MONTH

CONFERENCE ROOM 3

Helps patients and caregivers increase self-awareness, cope with symptoms and manage stress.

MIND-BODY TOGETHER



THURSDAYS (10 - 11:30 A.M.)

MEDITATION ROOM | 2ND FLOOR

Practice mind-body medicine skills in a support group setting to enhance your immune system and increase your sense of well-being.

SURVIVORSHIP CONNECTIONS



One-on-one support among veteran and recent cancer survivors and caregivers.

LARYNGECTOMY SUPPORT GROUP



FIRST TUESDAY OF FEBRUARY, MAY, AUGUST AND NOVEMBER (5 - 6 P.M.)

2ND FLOOR OVERLOOK

Receive support from guest speakers, a speech pathologist and a social worker.

SURVIVEDAT



SECOND TUESDAY OF EVERY MONTH (6 - 7:30 P.M.)

CANCER SERVICES OF BATON ROUGE

Enhances the health and wellness of young breast cancer survivors by addressing their unique needs.

MINDFULNESS MEDITATION



MONDAY - FRIDAY (12 - 12:15 P.M.)

MEDITATION ROOM | 2ND FLOOR

The practice of using breath to help focus attention, reduce stress and increase productivity.

PET THERAPY



OUTPATIENT INFUSION AND RADIATION ONCOLOGY AREAS

Promotes health and a sense of well-being through positive interactions with certified pet therapy dogs.

FOSTERING HOPE



This program brings the healing effects of pet companionship to cancer survivors and their family members, while providing a temporary home to an animal in need.

Contact: flawrence@marybird.com or (225) 215-1391.

PROJECT HOPE



The Red Shoes, a local non profit provides yoga, meditation, book and film studies, creative arts and more.

For more information, call (225) 338-1170 or visit www.theredshoes.org.

For more information, contact Laura Gaddy at (225) 215-0182 or lgaddy@marybird.com.

LIVE COURAGEOUSLY.