

# TURNING POINT

 THE UNIVERSITY OF KANSAS HEALTH SYSTEM

## Turning Point Programs Available Weekly via Zoom

\*Our programs are FREE for anyone living with a chronic illness and their supporters. To register for these programs, please contact Abby Barry, [abarry3@kumc.edu](mailto:abarry3@kumc.edu)

### **Supporting the Supporters: A Group for Family and Friends**- Every Wednesday, 12:30-2pm

Join others to hear how they respond to the emotional roller coaster that being a supporter brings and learn practical ways to manage the feelings that go with it. Topics include riding the emotional roller coaster, factors of resilience and the importance of self-care.

### **Meditation Group**- Every Wednesday, 10am-11am

The ability to self-calm is a powerful tool for managing life's stressors and a valuable complement to traditional medical treatments. We offer several meditative experiences, including guided imagery, unstructured meditation, mindfulness, the use of the breath and walking meditation.

### **Mindful Movement**- Every Friday, 11am-Noon

Join our gentle stretch class that nurtures, heals and inspires. This is a moving meditation that leaves participants feeling grounded, peaceful and relaxed. Must be able to get on the floor and up again without assistance.

### **Metastatic Cancer Group**- Every Wednesday, 10:30-Noon

Discuss, process, give and receive support in managing issues and feelings of living with metastatic cancer. Only for people living with metastatic or advanced cancer.

### **Yoga in Chairs**- Every Monday, 11:30-12:30 and Every Wednesday, 3-4pm

This yoga class works the joints and muscles to increase flexibility, strength, balance and circulation. It goes beyond typical exercises by encouraging quiet reflection, proper breathing and better posture.

### **Pilates for Everyone**- Every Thursday, 11:30-12:30

This is a beginning-level Pilates class that will develop your mind-body connection, strengthen your core and improve function.

**Turning Point Website:** <https://www.kansashealthsystem.com/health-resources/turning-point>

## **Additional Free Relaxation Resources:**

Tina Sprinkle/1901 Pilates Classes:

Morning Glory Stretch: <https://vimeo.com/136266948>

Mindful Movement Week 1: <https://vimeo.com/403829848>

Mindful Movement Week 2: <https://vimeo.com/401483497>

Darling Yoga Classes: <https://www.darlingyoga.com/onlineclasses.html>

Free Yoga in Chairs Classes: <https://www.youtube.com/user/MindfulChairYoga>

Sitting Qigong Relaxation Therapy Video Meditation: <https://youtu.be/t7IyZSxe8w?t=44>

T'ai Chi Dim Sa Video with Jacque Carpenter: <https://youtu.be/XJcwatwAkYU>