



SMITH CENTER FOR HEALING AND THE ARTS

community. creativity. cancer support

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Smith Center For Healing and the Arts announces 2013 first quarter Calendar

U Street community nonprofit continues to serve those with cancer and the community with nutrition, stress reduction, and arts programs as well as new Self-Navigation and Yoga & Group Support

December 10 2012 - Washington, DC – [Smith Center for Healing and the Arts](#) announced today its program offerings for January-March 2013, to be held in its newly expanded U Street community center at 1632 U Street, NW in DC.

Smith Center offers an array of programs for tailored to the needs of people affected by cancer, with a focus on integrative wellness encompassing the physical, mental, emotional, and spiritual dimensions of healing. Programs include cancer-specific and general nutrition, yoga and other stress reduction, one-day holistic retreats for patients, creative expression, and talks by great thinkers and experts in cancer and wellness.

One major highlight will be the first session of what is to become a series on [Navigating Cancer](#) with Carole O'Toole, who serves as Smith Center's Director of Integrative Navigation, coaching patients and training others to be Cancer Navigators. She will facilitate the new group series based off of the holistic navigation model she developed in 1996. In this first session of the series, entitled "**Charting Your Journey**," O'Toole will provide integrative resources for self-navigation and care to newly diagnosed patients, individuals in the early stages of treatment, and caregivers. "Opportunities for healing present very differently for each person, but feeding the spirit is essential in living well with cancer. Accessing these opportunities can be enhanced through journaling, seeking moments of solitude, and finding joy along the way," says O'Toole.

Smith Center will also offer a four-part [Yoga & Group Support](#) series for people with cancer, to begin in February 2013. Each class begins with one hour of gentle yoga, followed by one hour of therapeutic group support. "Yoga & Group Support" is led experienced yoga instructor Corrin Bennett, and Ted Billings, a seasoned therapist who leads many of Smith Center's Weeklong Cancer Retreats. This combination of activities has been shown to be particularly useful for some people in breaking through anxiety, fear, and stress, when other therapies can't. The two-hour program begins with an hour of yoga-based stretching, deep breathing, and movement that puts participants in a relaxed and aware state which enables

them to begin to heal.

For those interested in nutrition, a highlight will be “**Eating for a Lifetime: Cooking for People with Cancer**” with oncology nurse and expert chef and culinary translator Laura Pole. Therapeutic creative expression classes include “**Miniature Shrines to Love & Humanity,**” and **SoulCollage® Studio: New Beginnings, New Possibilities.**” Young Adult Cancer Survivors at Smith Center (YACS) will host “**Round-Table Discussion**” with renowned speaker **Julia Rowland**, who heads the Office of Survivorship at the National Cancer Institute.

Smith Center will continue to offer informative talks and programs in 2013, such as a discussion, “**Advances in Breast Cancer Research**” in January 2013, and “**Dimensions of Healing With Cancer: Our Philosophy Based on 17 Years of Weeklong Cancer Retreats**” with Shanti Norris, Co-Founder and Executive Director of Smith Center, in March 2013. Smith Center also looks forward to hosting “**Opening to Life: The Pursuit of Authenticity**” a talk by author and self-awareness teacher **Robert Rabb**in, in March 2013.

Most of Smith Center’s programs are designed for those affected by cancer, but many are open to the community, and especially to caregivers and healthcare professionals.

Smith Center is committed to making all of its programs affordable and accessible to anyone who may benefit from them. Many classes are offered free of charge or at low cost and scholarship assistance is also available.

For a current schedule of Smith Center programs and classes, or to learn more about the organization, visit www.smithcenter.org or call 202.483.8600.

About Smith Center for Healing and the Arts

Founded in 1996, Smith Center for Healing and the Arts is a 501(c)3 nonprofit organization located in the heart of Washington, DC. Smith Center offers a variety of educational and creative resources and programs to enhance health and wholeness, with a special focus on serving those affected by cancer. Programs focus on cultivating each person’s innate ability to heal, helping participants explore and maintain hope—even in the face of life’s greatest challenges. Now in its 16th year of service, Smith Center (formerly known as Smith Farm Center) has expanded its program offerings to serve more than 10,000 people each year in the DC community through weeklong Cancer Retreats, classes and workshops, community outreach events, Hospital-Based Artist-In-Residence programs, Integrative Patient Navigation Services. Smith Center also operates the **Joan Hisaoka Healing Arts Gallery**, a space dedicated to showcasing art that serves to educate, enlighten, empower, and cultivate healing.