



St. Tammany Cancer Center
A Campus of Ochsner Medical Center



Support Services

July 2026

985-249-2383

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chair Yoga 10 a.m. (Studio Room YMCA)	2 Meditation 9:30 a.m. (Library Room YMCA)	3 Fourth of July Holiday
6 Tai Chi 8 a.m. (Studio Room YMCA) Music, Relaxation and Imagery 11 a.m. (Library Room YMCA)	7 Breast Cancer Support Group 11 a.m. (Library Room YMCA)	8 Chair Yoga 10 a.m. (Studio Room YMCA)	9 Meditation 9:30 a.m. (Library Room YMCA)	10 Yoga 11 a.m. (Studio Room YMCA)
13 Tai Chi 8 a.m. (Studio Room YMCA)	14 Art Therapy 10 a.m. (Library Room YMCA)	15 Chair Yoga 10 a.m. (Studio Room YMCA)	16 Meditation 9:30 a.m. (Library Room YMCA)	17
20 Tai Chi 8 a.m. (Studio Room YMCA) Music Heals 11 a.m. (Library Room YMCA)	21	22 Chair Yoga 10 a.m. (Studio Room YMCA)	23 Meditation 9:30 a.m. (Library Room YMCA)	24 Yoga 11 a.m. (Studio Room YMCA)
27 Tai Chi 8 a.m. (Studio Room YMCA)	28	29 Chair Yoga 10 a.m. (Studio Room YMCA)	30 Meditation 9:30 a.m. (Library Room YMCA)	31 Yoga 11 a.m. (Studio Room YMCA)

Tai Chi: Healing in Motion

Mondays at 8 a.m. in the Studio Room at the YMCA

The art of Tai Chi will help you learn to use the power of movement to boost your immune system, find strengths, and meet the challenges a significant illness brings. Tai Chi Classes are led by our Tai Chi instructor; Erlinda R. Nye. The low-impact exercise in this class involves gentle, slow, deliberate, flowing, and graceful movements in coordination with the breath. Tai chi practice reduces stress, increases flexibility and muscle strength, improves balance, and promotes serenity. Participants may start at any time. The free class is open to any individuals with a cancer diagnosis, their caregivers, and the health professionals who care for them. To register or for more information please call 985-249-2383.

Music and Relaxation Therapy

First and Third Monday of the month at 11 a.m. in the Library Room at the YMCA

Music Therapy groups are lead by Jennifer Bobeck MMT, MT-BC, LPC, NCC. Learn basic and easy relaxation techniques and how music therapy along with guided imagery can help decrease feelings of anxiety, tension, and pain. This can be helpful for patients and caregivers during treatment and beyond. Participants may start at any time. The free class is open to any individuals with a cancer diagnosis & their caregiver. To register or for more information please call 985-249-2383.

Art Therapy

Second Tuesday of the month at 10 a.m. in the Library Room at the YMCA

Our art therapy classes are led by a local artist and social worker Madalyn (Maddy) Goff. Creating art during cancer treatment can be therapeutic and healing. This group class will allow cancer patients to create art as a way to become self-aware and express complicated emotions. Art Therapy is an effective way to cope with cancer symptoms, stress, and difficult experiences. The free class is open to any individuals with a cancer diagnosis & their caregiver. To register or for more information please call 985-249-2383.

Group Support Session

First Tuesday of the Month at 11 a.m. in the Library Room at the YMCA

Our breast cancer support group is led by Melinda Breaux, LPC to offer guidance to adapt, survive and thrive with where you are in your treatment journey. Participants may start at any time. The free sessions are open to individuals with a cancer diagnosis, their caregivers, and the health professionals who care for them. To register or for more information please call 985-249-2383.

Mindful Meditation

Thursdays at 9:30 a.m. in the Library Room at the YMCA

Our meditation classes are led by our instructor Melinda Breaux who will introduce various techniques. Learn to use the power of your mind to find strengths, make the best of treatments, and meet the challenges cancer can bring through meditation. Participants may start at any time. The class is open to any individual with a cancer diagnosis, their caregivers and the health professionals who care for them. To register or for more information please call 985-249-2383.

Healing Yoga

Wednesdays at 10 a.m. and Fridays at 11 a.m. in the Studio Room at the YMCA

Yoga is an ancient practice that involves physical poses, concentration, and deep breathing. can promote endurance, strength, calmness, flexibility, and well-being. Our Yoga Classes are led by Erlinda Nye, our Experienced Registered Yoga Instructor. The overall philosophy of yoga is about connecting the mind, body, and spirit. Participants may start at any time. The free class is open to any individuals with a cancer diagnosis, their caregivers, and the health professionals who care for them. To register or for more information please call 985-249-2383.

YMCA Address

**71256 Francis Road
Covington, LA 70433**