

SUMMER 2018

advantage



ROPER  **ST. FRANCIS**
HEALTHCARE

YOUR CONNECTION TO *Healthy Living*



A New Phase FOR ADVANTAGE

Roper St. Francis Healthcare is excited to be opening a new wellness opportunity for the broader community this fall: the Waring Senior Center in West Ashley, on the campus of Bon Secours St. Francis Hospital. We already manage the Lowcountry Senior Center on James Island, and those of you who attend the many Advantage programs offered there know how well-used and busy that facility is.

This growth and new facility is great news for current Advantage members and for those age 50 and over in the broader community. The Waring Senior Center will offer new classroom space and a sparkling new facility for our exercise and fitness classes, and it means that Roper St. Francis can expand our ability to offer health and wellbeing classes and opportunities to even more people, which is our Advantage mission. We could not be more pleased.

This new phase for Advantage will mean that we will be merging all current Advantage programs under the umbrella of our senior centers. Roper St. Francis will continue to provide the same diverse educational, fitness and wellness programs to the community, including our popular Let's Do Health series. This includes outreach programs offered in Mount Pleasant, Moncks Corner, Charleston and Summerville, as well as those hosted at our two senior centers.

In addition to expanded new space, another advantage is that you will no longer have to worry about becoming an "Advantage Member" to enjoy the full benefits of our programs. (Those who are already Advantage Gold Members through 2019 can receive partial refunds). Stay tuned for more news about the opening of the Waring Senior Center and look for the same great programs, just under the Lowcountry Senior Center umbrella. We look forward to helping you become and stay your healthiest self! For more information or to learn more about community programming and membership at the Waring Senior Center in West Ashley and the Lowcountry Senior Center on James Island see page 13 or call the Advantage Program at (843) 724-2489.

Let's Do Health

Hernia Help

*Presented by Damon Simpson, MD,
Roper St. Francis Physician Partners
General Surgery*

Have you or someone you've known ever been diagnosed with a hernia? Join Dr. Simpson as he discusses causes, treatments and controversies surrounding hernia mesh.

Roper St. Francis Mount Pleasant Hospital
Medical Office Building, Classroom 1
Tuesday, July 17, 1 – 2 p.m.



Oh My Aching Feet!

*Presented by Jeff Armstrong, DPM,
Roper St. Francis Physician Partners Orthopaedics*

When your feet hurt, you just want it to stop. During this lecture Dr. Armstrong will talk about potential causes of pain, things you can do to feel better and what treatment options are available.

Roper St. Francis Mount Pleasant Hospital
Medical Office Building, Classroom 1
Wednesday, August 29, 11:30 a.m. – 12:30 p.m.



Wound Care: Preventing Infection

*Presented by Mary E. Hanley, DO,
Wound Care & Hyperbaric Medicine*

What starts as a simple wound or sore can quickly develop into something much more serious if not properly cared for. Conditions such as diabetes, hypertension and peripheral vascular disease increase the odds that a wound may not heal properly. Join Dr. Hanley to discuss the proper care of common skin ailments.

Bon Secours St. Francis Hospital
Mall Classroom 1

Wednesday, September 12, 11 a.m. – 12 p.m.

Weight Loss Options

*Presented by Kenneth Mitchell, MD,
Roper St. Francis Physician Partners
Bariatric Surgery*

There are many reasons to want to lose weight, but the most important should be for your health. Our goal is to provide you with the opportunity to take control of and transform your health in order to live a happy, healthy life. Join Dr. Mitchell as he discusses the available surgical and non-surgical options.

Roper St. Francis Mount Pleasant Hospital
Medical Office Building, Classroom 1

Thursday, September 13, 5:30 – 6:30 p.m.

TO REGISTER VISIT www.rsfn.com/advantage
or **CALL** (843) 402-CARE (2273).

*Programs are free (unless otherwise indicated).
Registration for all programs is required.*



Health Screenings

Memory Screening

This free screening is for individuals age 55 and older concerned about their memory and interested in research. Screenings typically take 15-20 minutes. Information from the screening is preliminary and educational in nature (not diagnostic), intended to help facilitate a meaningful discussion between a patient and his/her doctor or other qualified healthcare professional.

Roper St. Francis Mount Pleasant Hospital

Medical Office Building, Classroom 3

Wednesday, August 22, 10 a.m. – 2:30 p.m.

Bon Secours St. Francis Hospital

Mall Classroom 3

Wednesday, September 5, 10 a.m. – 2:30 p.m.

Depression Screening

This free screening is for individuals age 18 and older and interested in research. Screenings typically take 15 – 20 minutes. Information from the screening is preliminary and educational in nature (not diagnostic), intended to help facilitate a meaningful discussion between a patient and his/her doctor or other qualified healthcare professional.

For more information, call (843) 724-2302.

TO REGISTER VISIT www.rsfh.com/advantage
or **CALL (843) 402-CARE (2273).**

*Programs are free (unless otherwise indicated).
Registration for all programs is required.*

Prevention Programs

Did you know there are fun and supportive ways to learn about managing your health?

Our Prevention Programs teach you the skills needed to make positive changes in your health. We offer a range of evidence-based health programs that are proven to produce positive results.

Classes are offered at multiple locations and programs are free or low cost. We will communicate progress back to your doctor. **Call (843) 724-2489 to get started today.**

Fall Prevention Programs

Learn about the many factors that can cause a fall and what you can do to prevent one. Managing the fear of falling, fall-proofing your home and strengthening exercises are a few of the important topics covered in this program.

Matter of Balance

Lowcountry Senior Center

Wednesdays, July 11 – August 29,
2:30 – 4:30 p.m.

Mondays, September 10 – October 29,
10:30 a.m. – 12:30 p.m.

Roper St. Francis Mount Pleasant Hospital

Thursdays, August 30 – October 18,
1 – 3 p.m.

(no class on Oct. 4)

\$10 donation

(appreciated to cover the cost of class materials)

Family Caregiver Programs

Learn strategies to help you better handle the unique challenges faced by family caregivers. Topics include ways to reduce personal stress and how to use community resources.

Powerful Tools for Caregivers

Lowcountry Senior Center

Wednesdays, July 11 – August 29,
2:30 – 4:30 p.m.

Mondays, September 10 – October 29,
10:30 a.m. – 12:30 p.m.

Self-Management Programs

Learn about healthy eating, exercise, managing medications, treatment decisions, emotional well-being, working with your healthcare team and more.

Be Your Own Health Manager

Lowcountry Senior Center

Mondays, July 16 – August 20,
10 a.m. – 12 p.m.

Fridays, September 21 – October 26,
9:30 – 11:30 a.m.

Roper St. Francis Mount Pleasant Hospital

Medical Office Building, Classroom 1
Thursdays, August 30 – October 11

10 a.m. – 12 p.m.

(no class on Oct. 4)

\$15 donation

(appreciated to cover the cost of class materials)

Healthy Living with Diabetes

Lowcountry Senior Center

Tuesdays, September 11 – October 16,
10 a.m. – 12 p.m.





Exercise Classes

EnhanceFitness

EnhanceFitness is a free, low intensity, non-impact class that includes basic aerobic movements and toning exercises, geared for older adults with low endurance and balance limitations. For more information or to register, call (843) 724-2489.

Bee's Landing Recreation Center

Tuesdays, Thursdays, Fridays, 2 – 3 p.m.

Moncks Corner Baptist Church

Mondays, Wednesdays, Fridays, 9 – 10 a.m.

Sit and Fit

Exercising while seated in a chair is good for those with balance issues or a history of falls. For more information or to register, call (843) 402-4571.

Bee's Landing Recreation Center

Tuesdays and Thursdays, 12:45 – 1:45 p.m.

Strength Training with Resistance Bands

This full body strength training class will introduce you to different exercises and resistance bands. For more information or to register, call (843) 402-2273.

Roper St. Francis Cancer Center

Board Room, 1st Floor

Tuesdays, August 21 – September 25

\$30/series

Fridays, July 13 – August 31

\$40/series

Fridays, September 7 – 28

\$20/series

Tai Chi

Join us for this class that will teach you the ancient system of gentle Tai Chi movements. For more information or to register, call (843) 402-2273.

Roper St. Francis Cancer Center

Board Room, 1st Floor

Mondays, September 10 – 24, 10 – 10:45 a.m.

\$15/series

Exercise Classes – Yoga

For your comfort, please bring a yoga mat.

Roper Hospital

Cardiac Wellness & Rehabilitation Center

Yoga for Back Pain

Mondays, July 16 – September 24

4 – 5 p.m.

(no class on Sept. 3)

\$50/series

Yoga Level 2

Tuesdays, August 21 – September 25

4 – 5 p.m.

\$30/series

Yoga Level 1

Thursdays, August 30 – September 27

5:15 – 6:15 p.m.

\$25/series



Roper St. Francis Cancer Center

Board Room, 1st Floor

Gentle Yoga

Thursdays, August 30 – September 27, 10 – 11 a.m.

\$25/series

Yoga for Back Pain

Mondays, July 16 – September 24, 5:30 – 6:30 p.m.

(no class on Sept. 3)

\$50/series

Yoga Level 1

Tuesdays, August 21 – September 25

5:30 – 6:30 p.m.

\$30/series

Yoga Level 2

Wednesdays, August 29 – September 26

5:30 – 6:30 p.m.

\$25/series

Roper St. Francis Mount Pleasant Hospital

Medical Office Building, Classrooms 1 & 2

Yoga Level 1

Mondays, July 16 – September 24

5:30 – 6:30 p.m.

(no class on Sept. 3)

\$50/series

Yoga Level 2

Wednesdays, August 29 – September 26

5:30 – 6:30 p.m.

\$25/series

TO REGISTER VISIT www.rsfh.com/advantage
or **CALL** (843) 402-CARE (2273).

Programs are free (unless otherwise indicated).

Registration for all programs is required.

To learn more about the yoga programs at the Lowcountry Senior Center on James Island and the new Waring Senior Center in West Ashley visit www.lowcountryseniorcenter.org.

Healthy Adults

Diabetes Programs

Diabetes Comprehensive Class

(offered weekly)

- One four-hour session designed for patients who are newly diagnosed, poorly controlled or need comprehensive review
- Covers nutrition, blood glucose monitoring, oral medications, insulin, exercise and complication prevention
- Patient will be scheduled to attend a refresher class as a follow up

Diabetes Refresher Class

(offered monthly)

- One two-hour class designed for patients who have had previous diabetes education who need follow up
- Covers glucose monitoring and individual patient goals

Introductory Carbohydrate Counting Class

(offered twice monthly)

- One two-hour class designed for patients who need help with carbohydrate counting
- Covers portion sizes of carbohydrates, reading food labels and how to add protein and fat portions to meals

Meal Planning Workshop

(offered monthly)

- One two-hour workshop designed to help give people tools for food prepping and meal planning
- Provides guidance for grocery store shopping

Call (843) 402-1099 ext. 2 to learn more about program dates, costs and insurance coverage.



AARP Smart Driver Course

This four-hour classroom refresher course is designed to keep you and others safe on the road.

Roper Hospital – Berkeley

Auditorium

Thursday, July 19, 9 a.m. – 1 p.m.

Roper St. Francis Mount Pleasant Hospital

Medical Office Building, Classroom 3

Thursday, August 16, 9 a.m. – 1 p.m.

\$15 for AARP Members

\$20 for non-members

Please bring a check made payable to AARP or bring exact cash to the class.

TO REGISTER VISIT www.rsfh.com/advantage
or **CALL** (843) 402-CARE (2273).

Programs are free (unless otherwise indicated).

Registration for all programs is required.

Living Well with Cancer

Look Good, Feel Better: Helping Women with Cancer

During cancer treatment, our volunteer beauty professionals are available to help you with:

- Skin care and makeup application
- Tips on wig selection and wig care
- Dry skin and discolored nails
- Scarves, turbans and hats
- Style tips

Roper St. Francis Cancer Center

Board Room, 1st Floor

July 9 or October 8, 2 – 4 p.m.

Registration is required. Call 1 (800) 227-2345 to reserve your spot today.

SASSY Women's Cancer Support Group

Female cancer patients currently in treatment, and those who have completed treatment, are encouraged to attend this upbeat monthly support group that meets the 3rd Monday of each month.

July 16: Intestinal Health with Chad Robinson, MSPAS, PA-C from Charleston GI

August 20: Cancer & Worry – Resources for Insight and Action with Teri Medley

September 17: Create Your Own Angel Masterpiece with Renown Charleston Artist Laura Lloyd Fontaine

October 15: Poetry Expressions with Lisa Brooks

Roper St. Francis Cancer Center

Donna Fielding Cancer Wellness Institute,
3rd Floor

5:30 – 6:30 p.m.

Virginia Meeks Cancer Legal Clinic

Roper St. Francis is partnering with the Charleston School of Law to offer patients and their spouses a FREE legal clinic. Attorneys will explain and assist you if you choose to execute: Health Care Powers of Attorney and Living Wills. Limited 30-minute time slots available; call (843) 402-CARE (2273) to learn more.

Roper St. Francis Cancer Center

Donna Fielding Cancer Wellness Institute,
3rd Floor

Friday, July 20

Friday, October 19



Touch, Caring and Cancer

Join Massage Therapist Joy Nicholson to learn a hands-on approach to caring for your loved one with gentle touch in a kind and effective manner. For comfort please bring two blankets and two pillows to class.

Roper St. Francis Cancer Center

Donna Fielding Cancer Wellness Institute,
3rd Floor

Monday, August 6, 6 – 7:30 p.m.

Cancer Wellness Exercise Program

The program is aimed at helping cancer patients cope with the symptoms of cancer and its treatment and is committed to improving quality of life for cancer patients through exercise intervention, yoga therapy, breathwork and meditation. For more information, call (843) 724-2849.

TO REGISTER VISIT www.rsfn.com/advantage
or CALL (843) 402-CARE (2273).

Programs are free (unless otherwise indicated).

Registration for all programs is required.



Nutrition Workshops

The Roper St. Francis Cancer Center is offering FREE monthly nutrition classes in partnership with Levine Cancer Institute. For more information, call (843) 402-CARE (2273).

Healthy Cooking Club

Use the latest nutrition research to make delicious and quick dishes. New seasonal recipes are demonstrated every month. Whether you are a seasoned cook or new to the kitchen, you will learn fun new ways to eat better.

Thursdays, July 12, August 2 and September 6, 10:30 – 11:30 a.m.

NEW – Hot Topics in Nutrition: Sugar & Cancer

Find accurate, reliable information and the answers you are looking for! The topic changes every few months.

Tuesdays, August 14 or September 11, 10:30 a.m. – 12 p.m.

Breast Cancer Nutrition

There's a lot of confusion about what to eat during and after breast cancer treatment. Learn how to eat healthy during treatment and handle treatment-related symptoms.

Mondays, July 9, August 13 or September 10, 4 – 5 p.m.

Silver Nutrition

From age 30 through your 80s your body changes and so should your diet. Come learn strategies to maximize good health as you move forward.

Thursdays, July 12, August 9 or September 13, 12 – 1 p.m.

9 Nutrition Steps for Cancer Survivors

This class reviews healthy eating for any cancer survivor who has finished treatment. Learn how to apply the latest research to choose the best foods, understand food labels and prepare foods in a healthy way.

Tuesdays, July 17, August 21 or September 18, 10:30 – 11:30 a.m.

Plant-Based Nutrition

Cancer experts encourage everyone to eat more plant foods. This includes fruits, vegetables, whole grains and dried beans. Learn how to enjoy these delicious foods and avoid nutritional pitfalls when choosing a more vegetarian diet.

Thursdays, July 26, August 23 or September 27, 12:30 – 1:30 p.m.

**All classes are free and held at the Roper St. Francis Cancer Center in the Donna Fielding Cancer Wellness Institute, 3rd floor. Registration is required.*

Social Events

New Community Programs Offered Through the Lowcountry Senior Center

For more information about dates and times and to register for programs please visit www.lowcountryseniorcenter.org and click on Classes & Events. You can also call the Lowcountry Senior Center at (843) 990-5555.

Kayak with Charleston Outdoor Adventures

Enjoy a two-hour marsh kayak tour with an experienced local guide. No experience is needed. Registration and payment are required at least one week in advance. Single or tandem kayaks are available.

Thursday, July 19, 9 a.m.

Wednesday, August 29, 5:30 p.m.

\$42 per tour for Members and Guests

\$22 per tour if you bring your own kayak/SUP and life jacket

Dolphin Eco Tour

Board Charleston Outdoor Adventures' Carolina Skiff bay boat and explore the inlets, creeks and marshes behind Folly Beach in search of Atlantic bottlenose dolphins. Registration and payment are required at least one week in advance. Tours depart from Bowens Island, 1871 Bowens Island Road.

Friday, July 27, 11:30 a.m.

Thursday, August 23, 9 a.m.

\$37 per tour for Members

\$42 per tour for Guests

Dill Sanctuary Revolutionary Tour

Located on James Island, the Dill Sanctuary is a cultural treasure featuring four Confederate batteries and numerous archaeological sites. The Dill Sanctuary is not open to the public. Limited space is available and transportation is not provided. Tour meets on-site at 1163 Riverland Drive. Registration and payment deadline is September 6. Payment is non-refundable after September 6.

Wednesday, September 12, 10 a.m. – 12 p.m.

\$16 for Members

\$22 for Guests

Hearts and Soles Walkers

Meet up at different Charleston locations throughout the month for a mile or more walk.

Plantation River Cruise – Murrells Inlet, SC

Enjoy lunch at restaurant Deck 383 while overlooking the Intracoastal Waterway. After lunch we'll walk over to the boat dock and board the Waccamaw Lady for our Plantation River Cruise. We'll enjoy a two-hour guided cruise along the historic Waccamaw River. Along the way you will see rice plantations, trunk gates and other historical landmarks. A local historian narrator will share the history, mystery and legends of the rice plantations.

Price includes: motorcoach transportation and gratuity, one lunch at Deck 383 and one Groucho's boxed dinner for drive home, guided Plantation River cruise and gratuity for narrator. Limited space is available.

Each traveler needs to complete a registration form available at the Lowcountry Senior Center.

Registration and payment deadline is August 8. Payment is non-refundable after August 8.

Tuesday, October 2

9:30 a.m. (Depart Lowcountry Senior Center)

10 a.m. (Depart Ashley Landing Shopping Center)

\$130 for Members, **\$140** for Guests

Estimated return to Ashley Landing Shopping Center is 6:45 p.m. and Lowcountry Senior Center 7 p.m.



Lowcountry Senior Center, James Island



Waring Senior Center, West Ashley
Opening late summer/fall of 2018

Membership Information

There are numerous ways, and many good reasons, to get involved with the Lowcountry Senior Center and Waring Senior Center. Membership at the centers offers you access to more than 300 classes each month to enrich your health and wellbeing. We also welcome volunteers, and offer rewarding opportunities to get involved through volunteering. Either way, we invite you to get to know us and our vibrant community of active seniors.

Become a Member

Members have access to a wide range of programs, including annual special events, travel opportunities, health and wellness educational programs, self-management classes and many more! There are three types of memberships available:

Basic Membership

This annual membership is open to anyone 50 years of age or older. This membership does not include access to the Fitness Center.

Lowcountry Senior Center

\$70 per year for Charleston County residents
\$80 per year for out-of-county residents

Waring Senior Center

\$70 per year for Charleston County residents
\$80 per year for out-of-county residents

Gold Membership

This annual membership is open to anyone 50 years of age or older. This membership includes access to the Fitness Center.

Lowcountry Senior Center

\$105 per year for Charleston County residents
\$115 per year for out-of-county residents

Waring Senior Center

\$125 per year for Charleston County residents
\$135 per year for out-of-county residents

Short-Term Membership

This membership is available to anyone 50 years of age and older. It provides the same benefits as annual membership but for a limited time.

Lowcountry Senior Center

\$15 per month for Basic Membership
\$20 per month for Gold Membership

Waring Senior Center

\$15 per month for Basic Membership
\$20 per month for Gold Membership

PLEASE CONTACT
Lowcountry Senior Center at (843) 990-5555
for more information. Waring Senior Center
scholarships and payment plans available
upon the opening of the center.



Dementia Dialogues

A Five-Part Series by Dr. Macie P. Smith, LBSW, C-SWCM, SW-G

Hosted by the Pastoral Care Department at Bon Secours St. Francis Hospital, this free five-session training course is designed to educate those who care for individuals showing signs associated with Alzheimer's or other related dementias.

Topics include: basic facts you need to know, communication skills, safety issues for everyday living, addressing challenging behavior and creative problem solving.

*Participants will be awarded a Dementia Specialists Certificate. This program is offered at no cost through funding from the SC Department of Health and Human Services. *7.5 continuing education hours are available upon completion of the course.*

Bon Secours St. Francis Hospital

Mall Classroom 1

Thursdays, September 13 – October 11, 9:30 – 11 a.m.

TO REGISTER VISIT www.rsfh.com/advantage
or **CALL** (843) 402-CARE (2273).

*Programs are free (unless otherwise indicated).
Registration for all programs is required.*



Program Locations

Bee's Landing

Recreation Center

1580 Ashley Gardens Blvd.,
West Ashley

Bon Secours St. Francis Hospital

2095 Henry Tecklenburg Dr.,
West Ashley

Lowcountry Senior Center

865 Riverland Dr., James Island

Moncks Corner

Baptist Church
496 East Main St.,
Moncks Corner

Roper Hospital

316 Calhoun St., Charleston

Roper Hospital – Berkeley

730 Stoney Landing Rd.,
Moncks Corner

Roper St. Francis Cancer Center

2085 Henry Tecklenburg Dr.,
West Ashley

Roper St. Francis Mount Pleasant Hospital

3500 Highway 17N,
Mount Pleasant

Waring Senior Center

2001 Henry Tecklenburg Dr.,
West Ashley

TO REGISTER VISIT www.rsfh.com/advantage
or **CALL (843) 402-CARE (2273).**

*Programs are free (unless otherwise indicated).
Registration for all programs is required.*

Support Groups

ALS

Bon Secours St. Francis Hospital
Mall Classroom 4
Third Thursday of each month,
3:30 p.m. Call Gerald Talley,
(803) 851-3366.

Alzheimer's Disease

Bon Secours St. Francis Hospital
First Thursday of each month,
7 p.m. Call Maggie Moody,
(843) 469-7348.

Bariatric

"Keeping It Real" Group
Bon Secours St. Francis Hospital
Mall Classrooms 1 & 2
Third Monday of every month,
5:30 – 7 p.m. Call Bariatric & Metabolic
Services, (843) 958-2590.

Bereavement

"Living With Loss" Groups
Bon Secours St. Francis Hospital
Pastoral Care Conference Room
First Tuesday of each month,
6 – 7:30 p.m. Call Jay Glasgow,
(843) 494-8024.

Breastfeeding

Bon Secours St. Francis Hospital
Mall Classroom 4
Third Friday of each month,
10:15 a.m. – 12:15 p.m. Call Lactation
Office, (843) 402-1356.

Roper St. Francis

Mount Pleasant Hospital
Medical Office Building, Classroom 3
Second Tuesday of each month,
10 – 11:30 a.m. Call Lactation
Office, (843) 606-7343.

Celiac Disease

Bon Secours St. Francis Hospital
For more information call Sara Forbes,
(843) 478-3777.

Family Caregiver

Roper Hospital – Berkeley
First Tuesday of each month,
5:30 – 6:30 p.m.
For more information call the ARK
of SC, (843) 832-2357.

Lung Disease

(COPD, Pulmonary Fibrosis and
Lung Cancer)
Bon Secours St. Francis Hospital
Classroom 4
Second Wednesday of each month,
1 – 2:30 p.m. Call Gayle, (843) 727-2477.

Ostomy

Bon Secours St. Francis Hospital
Mall Classroom 1
July 26 and September 26, 5 – 6 p.m.
Call Faith Singleton, Wound Ostomy
Nurse, (843) 402-1133.

Bon Secours St. Francis Hospital

Mall Classroom 3
Second Tuesday of each month,
12 – 2 p.m. Call Mary Ellen Millhouse,
(843) 708-9917.

Parkinson's Disease

Bon Secours St. Francis Hospital
Second Sunday of each month,
2:30 – 4:30 p.m. Call Marilyn or
Jay Phillips, (843) 482-0254.

Stroke

Roper Rehabilitation Hospital
8th Floor Petit Dining Room, E
elevator. Third Tuesday of each
month, 6 – 7 p.m. Call Katie Hall,
(843) 720-8349.

SASSY Women's Cancer Support Group

Roper St. Francis Cancer Center
Donna Fielding Cancer Wellness
Institute, 3rd floor
Third Monday of each month,
5:30 – 6:30 p.m.

ADVANTAGE CLASS INFORMATION

Registering for Programs: Please register for all programs at least four days in advance or by the deadline. To register, visit our website at www.rsfh.com/advantage or call (843) 402-CARE (2273). **Fees are due at time of registration.**

Refunds and Cancellation Policy: Programs may be cancelled if minimum participation is not met. If a program is cancelled, refunds are issued. Participants may cancel up to one week in advance of the start of a program and receive a refund. Gold memberships are non-refundable.