

Calendar of Free Events

July•August•September 2017

Arcadia Community Center

365 Campus Drive
Arcadia, CA 91007

Mandarin Cancer Patient Support Group
Second Wednesday of the Month
2:30 pm – 4:00 pm
普通話/國語癌症患者支持小組
每個月第二個星期三, 從下午 2:30 到 4:00

English Cancer Patient Support Group
Second Tuesday of the Month
11:30 am – 1:00 pm
沒有預先登記要求

No pre-registration required for Arcadia Groups

Educational Opportunities

Tension Release Exercise (TRE®)

Thursdays, 5:00 – 6:00 pm

Seven simple exercises that unlock the body's natural mechanism to release deeply held stress. Individuals with physical limitations and varying abilities can be accommodated and benefit from the practice.

Self-Hypnosis for Stress Relief & Pain Management

Monday, July 10, 6:30 – 8:00 pm

Tuesday, August 15, 3:00 – 4:30 pm

Carmela Tunzi of Mind Flow Hypnosis will present a fun and informative talk about the benefits of self-hypnosis to help manage treatment symptoms, reduce stress, and manage pain. Learn valuable skills that you can use on a daily basis for patients and family members alike.

Planificación Patrimonial

Sábado, 15 de Julio, 10:30 am – 12:00 pm

Tina Segura, abogada del Centro De Recursos Legales De Cancer, va presentar sobre Planificación Patrimonial. La presentación incluye información sobre Testamentos, fideicomisos, directivas avanzadas y poderes notarial para las finanzas.

Frankly Speaking About Cancer: Clinical Trials

Tuesday, July 18, 6:30 – 8:00 pm

Clinical trials have led to major advances in the field of oncology today by validating the benefits of new and improved cancer treatments – this workshop will highlight the importance of research and how clinical trials work. Not every person will be on a clinical trial or needs to be on one, but should be aware that a clinical trial may be a treatment option. Join Kathleen Kelly, RN, BSN, OCN from City of Hope for an informative discussion.

Department of Labor EBSA and Social Security Administration & Covered California

Monday, July 17, 3:00 – 4:30 pm

Representatives from the Department of Labor, Social Security Administration, and Covered California will provide information and education focusing on federal health benefit laws including ERISA, COBRA, HIPAA, as well as qualification for Social Security benefits including SSDI and SSI. Learn about health insurance options for the uninsured.

Complementary and Natural Therapies

Thursdays: Jul 20, Aug 17, & Sep 21

5:30 – 6:45 pm

Join Dr. Robert Chu, L.Ac and learn how acupuncture, nutrition, and exercise can be integrated with standard medical protocols to help reduce side effects of treatment and improve overall health and vitality.

Bead Weaving

Monday, July 31, 1:00 – 5:00 pm

Come and learn the technique of bead weaving, the art of creating jewelry using a needle and thread, from Mary Holley. Bring your reading glasses and some patience to create a beautiful piece of jewelry. **Class size is limited, so sign up early!**

Quiet the Mind Meditation - 4 Week Series

Wednesdays, August 2, 9, 16, & 23

1:30 – 2:30 pm

Join Emily Gonzales, Chopra Center™ Certified Instructor to learn techniques for quieting the mind and shifting to a calm and balanced state of well-being. Learn tools to develop your own personal meditation practice.



Our Mission

The mission of Cancer Support Community is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

Educational Opportunities

Please call 626-796-1083 to register.

Become a Member

Orientation Meetings:

Every Tuesday 11 am

Every Thursday 6 pm

Learn about CSC services which include educational seminars, stress reduction classes and support groups.

No appointment is necessary to attend an orientation meeting.

Cancer Support Community Staff

Executive Director
Meg Symes

Director of Development
Patricia Ostiller, JD, CFRE

Program Director
Laura Wending, MA, LMFT

Program Coordinator
Rachel Koonse, MA

Event Coordinator
Danielle Gay

Office Manager
Jennifer Estrada

Database Manager
Julie Dungca

Educational Opportunities

Medical Perspectives on Resiliency

Monday, August 21, 6:30 – 8:00 pm
Join Dr. Arash Asher, MD to review strategies to optimize resiliency and well-being. This will incorporate themes of logotherapy (meaning-centered therapy), perspective management, mindfulness, humor, and gratitude.

The Law: End of Life Option Act

Monday, August 28, 6:30 – 8:00 pm
The American public consistently supports medical aid in dying by large majorities in independent national and state surveys. Karen Morin Green, RN, member of Compassion & Choices, will present the various choices for end-of-life and also the basic steps and requirements for utilizing the new California law.

Lymphedema Management

Tuesday, August 29, 6:30 – 8:00 pm
Join Tammy Uliantzeff, Physical Therapist and Lymphedema Specialist at Huntington Hospital, to learn why it happens and the standard of care for the treatment and management of this common surgical side effect.

Look Good, Feel Better

Tuesday, September 12, 10:00 am - 12:30 pm
Women in active cancer treatment learn to mitigate the appearance-related side effects of chemotherapy and radiation demonstrated by a licensed cosmetologist sponsored by the ACS. **Pre-registration required.**

Frankly Speaking About Cancer: Treatments & Side Effects

Tuesday, September 12, 6:30 – 8:00 pm
Today more than 13 million Americans are cancer survivors, many of whom regularly receive a range of cancer-related treatments. Join Michelle Hubert, Nurse Practitioner, UCLA Oncology to learn about ways to help manage the physical and psychological effects of cancer treatment.

Beading Basics – An instructional class for beginners, but veterans are always welcome!

Monday, September 18, 1:00 – 5:00 pm
Beading is an ancient art and a healing process which can help one cope with all kinds of stress and treatment. This is a basic workshop where you can learn the creative art of making beaded necklaces with Licia Ramos. Materials will be provided and loaner tools are available for use. **Class size is limited so please pre-register.**

MRI for Prostate Cancer

Tuesday, September 26, 6:30 – 8:00 pm
Studies have found that regular PSA screenings, combined with prostate MRI and physical exams, reduces or eliminates the number of benign biopsies performed on patients. Join Dr. Robert Princenthal to learn how Multiparametric MRI of the Prostate improves staging and provides doctors with some of the most accurate information available to advise men on the most appropriate treatments for patients.

Healthy Lifestyle

Walking for Wellness

(at the Pasadena Rose Bowl)
Mondays & Fridays, 6:00 pm
Holly (626)296-3449 - CALL TO RSVP
Wednesdays, 6:00 pm
Vicki (626)905-1691 - CALL TO RSVP

Zumba Sentao®

Mondays 11:00 am - 12:00 pm
Adrienne Aguirre, Licensed Zumba Instructor

Guided Meditation

Mondays, 1:00-2:00 pm
Dr. Shirley Cox, PsyD

Feldenkrais

Mondays, 2:00-3:00 pm
Andrew Heffernan, GCFP

Pilates

Tuesdays, 12:00-1:00 pm
Kelly Etter, Certified Pilates Instructor

Dynamic Strength Training

Tuesdays, 5:30-6:15 pm
Brandon Flowers and Rick Caputo, Certified Fitness Trainers

Yoga

Mondays, 3:30-4:30 pm (Yin Yoga)
Veronica Lockett, Certified Yoga Instructor
Thursdays, 2:30-3:30 pm (Restorative)
Hannah Kapp, Yoga Therapist YTRX
Saturdays, 10:00-11:30 am (Gentle)
Arlene Vidor, Certified Yoga Instructor
Saturdays, Yoga En Espanol, 2:00-3:00 pm
Lluvia Higuera, Certified Yoga Instructor

MHI Fitness

Wednesdays, 11:00 am - 12:00 pm
Ken Cervera, Certified L4 Trainer

Foto Fun with your Smart Phone

Wednesdays, 2:00-3:00 pm
Catherine Bicknell

Focus on Fun: Photography

Wednesdays, 3:00-5:00 pm
Catherine Bicknell

Tai Chi

Wednesdays, 5:00-6:00 pm
John DiLullo

Journaling

Wednesdays, 11:00 am - 1:00 pm
Thursdays, 11:00 am-1:00 pm
Teri Poet

Watercolor Painting

Thursdays, 9:00 am - 12:00 pm
Richard Gutschow

Qi Gong

Thursdays, 12:30-1:30 pm
Robert Chu, L.Ac

Mindfulness For Health

Thursdays, 1:30-2:30 pm
Sylvia Holmes, Jo Anne Kindler, and Louise Wannier

TRE® (Tension Release Exercises)

Thursdays, 5:00-6:00 pm
Paula Cohen, Certified TRE Provider

Special Programs

Return to Wellness - An eight-week recovery program for women who have recently completed treatment for breast cancer

Tuesdays and Thursdays,
September 19-November 9
5:30 - 7:30 pm

This program provides yoga, strength training, survivorship education, and emotional support for women who currently have no evidence of disease and have completed active treatment (surgery, chemotherapy and/or radiation therapy) between 6 weeks and up to 24 months ago. **Pre-registration and physician's consent required.** Call Laura at (626)796-1083 for more info.

27th Anniversary Party

Honoring our Volunteers

Saturday, August 26

5:30 – 8:30 pm

Join with CSCP members and volunteers past and present to celebrate life. Bring the family and a dish to share. Please sign up so we know how many tables and chairs we need. Desserts and drinks will be provided by NCL Pasadena.

An Evening of Music

Tuesday, September 19


6:30 – 8:00 pm

Bring the family and join students from Los Angeles College of Music for an evening of musical entertainment. Individual artists, duos, and groups will perform various styles of classic and contemporary music.

Love and Laughter with Jason Love

Tuesday, July 11 and August 22
6:30 – 8:30 pm

Join professional comedian, Jason Love and a couple of his closest friends, for laughter, food, and joy in the CSCP Community Room! An evening of family friendly comedy for all CSCP members. Appetizers will be provided by the CSCP Social Activities Committee and NCL Pasadena.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Cancer Support Community Pasadena cares about the health of its employees, volunteers, its members, and the community. It is CSC's policy to follow the protocol of the Centers for Disease Control which states that people with influenza-like illness should remain at home until at least 24 hours after they are free of fever</p>	<p>(100 degrees F) or signs of fever without the use of fever-reducing medications. Employees or volunteers who report to work ill will be sent home in accordance with this policy and the CDC health guidelines. Symptoms include fever, cough, runny or stuffy nose, body aches, headache, chills, unusual fatigue, diarrhea or vomiting.</p>				<p>1 10 :00-11:30^{am} Gentle Yoga 12-2^{pm} Grupo Fuerza Y Esperanza 2-3^{pm} Yoga En Espanol</p>
<p>3 11^{am}-12^{pm} Zumba 1-2^{pm} Guided Meditation 2-3^{pm} Feldenkrais 3:30-4:30^{pm} Yin Yoga 11:00^{am} Support Groups 6:30^{pm} Bereavement</p>	<p>CLOSED for Independence Day</p> 	<p>5 11^{am}-1^{pm} Journaling 2-3^{pm} Foto Fun 3-5^{pm} Photography 5-6^{pm} Tai Chi 6^{pm} Support Groups Children's Corner</p>	<p>6 9^{am}-12^{pm} Watercolor 11^{am}-1^{pm} Journaling 12:30-1:30^{pm} Qi Gong 1:30-2:30^{pm} Mindfulness 2:30-3:30^{pm} Yoga 5-6^{pm} TRE ® 6-8^{pm} Orientation 11:30^{am} Lunch Bunch 7:00^{pm} Support Groups</p>	<p>CLOSED</p>	<p>8 10 :00-11:30^{am} Gentle Yoga 12-2^{pm} Grupo Fuerza Y Esperanza 2-3^{pm} Yoga En Espanol</p>
<p>10 11^{am}-12^{pm} Zumba 1-2^{pm} Guided Meditation 2-3^{pm} Feldenkrais 3:30-4:30^{pm} Yin Yoga 6:30-8^{pm} Self-Hypnosis 11:00^{am} Support Groups 6:30^{pm} Bereavement</p>	<p>11 11^{am}-1^{pm} Orientation 11:30^{am}-1^{pm} Arcadia English Group 12-1^{pm} Pilates 5:30-6:15^{pm} Dynamic Strength Training 6:30-8:30^{pm} Love and Laughter</p>	<p>12 11^{am}-1^{pm} Journaling 2-3^{pm} Foto Fun 2:30-4^{pm} Arcadia Mandarin Group 3-5^{pm} Photograph 5-6^{pm} Tai Chi 6^{pm} Support Groups Children's Corner</p>	<p>13 9^{am}-12^{pm} Watercolor 11^{am}-1^{pm} Journaling 12:30-1:30^{pm} Qi Gong 1:30-2:30^{pm} Mindfulness 2:30-3:30^{pm} Yoga 5-6^{pm} TRE ® 6-8^{pm} Orientation 11:30^{am} Lunch Bunch 7:00^{pm} Support Groups</p>	<p>CLOSED</p>	<p>15 10 :00-11:30^{am} Gentle Yoga 10:30^{am}-12^{pm} Planificación Patrimonial 12-2^{pm} Grupo Fuerza Y Esperanza 2-3^{pm} Yoga En Espanol</p>
<p>17 11^{am}-12^{pm} Zumba 1-2^{pm} Guided Meditation 2-3^{pm} Feldenkrais 3-4:30^{pm} Dept of Labor, SSA, & Covered CA 3:30-4:30^{pm} Yin Yoga 11:00^{am} Support Groups 6:30^{pm} Bereavement</p>	<p>18 11^{am}-1^{pm} Orientation 12-1^{pm} Pilates 5:30-6:15^{pm} Dynamic Strength Training 6:30-8^{pm} FSA Clinical Trials</p>	<p>19 11^{am}-1^{pm} Journaling 2-3^{pm} Foto Fun 3-5^{pm} Photography 6^{pm} Support Groups Children's Corner</p>	<p>20 9^{am}-12^{pm} Watercolor 11^{am}-1^{pm} Journaling 12:30-1:30^{pm} Qi Gong 1:30-2:30^{pm} Mindfulness 2:30-3:30^{pm} Yoga 5-6^{pm} TRE ® 5:30-6:45^{pm} Dr. Chu 6-8^{pm} Orientation 11:30^{am} Lunch Bunch 7:00^{pm} Support Groups</p>	<p>CLOSED</p>	<p>22 10 :00-11:30^{am} Gentle Yoga 12-2^{pm} Grupo Fuerza Y Esperanza 2-3^{pm} Yoga En Espanol</p>
<p>24 11^{am}-12^{pm} Zumba 1-2^{pm} Guided Meditation 2-3^{pm} Feldenkrais 3:30-4:30^{pm} Yin Yoga 11:00^{am} Support Groups 6:00^{pm} Survivorship 6:30^{pm} Bereavement</p>	<p>25 11^{am}-1^{pm} Orientation 12-1^{pm} Pilates 5:30-6:15^{pm} Dynamic Strength Training</p>	<p>26 11^{am}-1^{pm} Journaling 2-3^{pm} Foto Fun 3-5^{pm} Photography 6^{pm} Support Groups Children's Corner</p>	<p>27 9^{am}-12^{pm} Watercolor 11^{am}-1^{pm} Journaling 12:30-1:30^{pm} Qi Gong 1:30-2:30^{pm} Mindfulness 2:30-3:30^{pm} Yoga 5-6^{pm} TRE ® 6-8^{pm} Orientation 11:30^{am} Lunch Bunch 7:00^{pm} Support Groups</p>	<p>CLOSED</p>	<p>29 10 :00-11:30^{am} Gentle Yoga 12-2^{pm} Grupo Fuerza Y Esperanza 2-3^{pm} Yoga En Espanol</p>

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31 July 11 ^{am} -12 ^{pm} Zumba 1-2 ^{pm} Guided Meditation 1-5 ^{pm} Beadweaving 2-3 ^{pm} Feldenkrais 3:30-4:30 ^{pm} Yin Yoga 11:00 ^{am} Support Groups 6:30 ^{pm} Bereavement	1 11 ^{am} -1 ^{pm} Orientation 12-1 ^{pm} Pilates 5:30-6:15 ^{pm} Dynamic Strength Training	2 11 ^{am} -12 ^{pm} Fitness 11 ^{am} -1 ^{pm} Journaling 1:30-2:30 ^{pm} Meditation 2-3 ^{pm} Foto Fun 3-5 ^{pm} Photography 6 ^{pm} Support Groups Children's Corner	3 9 ^{am} -12 ^{pm} Watercolor 10:30 ^{am} -12 ^{pm} Journaling 12-1:30 ^{pm} Journaling 12:30-1:30 ^{pm} Qi Gong 1:30-2:30 ^{pm} Mindfulness 2:30-3:30 ^{pm} Yoga 5-6 ^{pm} TRE ® 6-8 ^{pm} Orientation 11:30 ^{am} Lunch Bunch 7:00 ^{pm} Support Groups	CLOSED	5 10 :00-11:30 ^{am} Gentle Yoga 12-2 ^{pm} Grupo Fuerza Y Esperanza 2-3 ^{pm} Yoga En Espanol
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21 11 ^{am} -12 ^{pm} Zumba 1-2 ^{pm} Guided Meditation 2-3 ^{pm} Feldenkrais 3:30-4:30 ^{pm} Yin Yoga 6:30-8 ^{pm} Medical Perspectives on Resiliency 11:00 ^{am} Support Groups 6:30 ^{pm} Bereavement	22 11 ^{am} -1 ^{pm} Orientation 12-1 ^{pm} Pilates 5:30-6:15 ^{pm} Dynamic Strength Training 6:30-8:30 ^{pm} Love and Laughter	23 11 ^{am} -12 ^{pm} Fitness 11 ^{am} -1 ^{pm} Journaling 1:30-2:30 ^{pm} Meditation 2-3 ^{pm} Foto Fun 3-5 ^{pm} Photography 5-6 ^{pm} Tai Chi 6 ^{pm} Support Groups Children's Corner	24 9 ^{am} -12 ^{pm} Watercolor 11 ^{am} -1 ^{pm} Journaling 12:30-1:30 ^{pm} Qi Gong 1:30-2:30 ^{pm} Mindfulness 2:30-3:30 ^{pm} Yoga 5-6 ^{pm} TRE ® 6-8 ^{pm} Orientation 11:30 ^{am} Lunch Bunch 7:00 ^{pm} Support Groups	CLOSED	26 10 :00-11:30 ^{am} Gentle Yoga 12-2 ^{pm} Grupo Fuerza Y Esperanza 2-3 ^{pm} Yoga En Espanol 5:30-8:30 ^{pm} 27th Anniversary Party
28 11 ^{am} -12 ^{pm} Zumba 1-2 ^{pm} Guided Meditation 2-3 ^{pm} Feldenkrais 3:30-4:30 ^{pm} Yin Yoga 6:30-8 ^{pm} The Law: End of Life Option Act 11:00 ^{am} Support Groups 6:00 ^{pm} Survivorship 6:30 ^{pm} Bereavement	29 11 ^{am} -1 ^{pm} Orientation 12-1 ^{pm} Pilates 5:30-6:15 ^{pm} Dynamic Strength Training 6:30-8 ^{pm} Lymphedema Management	30 11 ^{am} -12 ^{pm} Fitness 11 ^{am} -1 ^{pm} Journaling 2-3 ^{pm} Foto Fun 3-5 ^{pm} Photography 5-6 ^{pm} Tai Chi 6 ^{pm} Support Groups Children's Corner	31 9 ^{am} -12 ^{pm} Watercolor 11 ^{am} -1 ^{pm} Journaling 12:30-1:30 ^{pm} Qi Gong 1:30-2:30 ^{pm} Mindfulness 2:30-3:30 ^{pm} Yoga 5-6 ^{pm} TRE ® 6-8 ^{pm} Orientation 11:30 ^{am} Lunch Bunch 7:00 ^{pm} Support Groups		

September 2017



76 East Del Mar Boulevard, 2nd Floor
Pasadena, California 91105

www.csccpasadena.org
626.796.1083

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CSC Helpline English & Spanish (888)793-9355</p> <p>facebook. </p>				CLOSED	<p>2</p> <p>10 :00-11:30^{am} Gentle Yoga</p> <p>12-2^{pm} Grupo Fuerza Y Esperanza</p> <p>2-3^{pm} Yoga En Espanol</p>
<p>CLOSED for Labor Day</p> <p>HAPPY LABOR DAY</p>	<p>5</p> <p>11^{am}-1^{pm} Orientation</p> <p>12-1^{pm} Pilates</p>	<p>6</p> <p>11^{am}-12^{pm} Fitness</p> <p>11^{am}-1^{pm} Journaling</p> <p>2-3^{pm} Foto Fun</p> <p>3-5^{pm} Photography</p> <p>5-6^{pm} Tai Chi</p> <p>6^{pm} Support Groups Children's Corner</p>	<p>7</p> <p>9^{am}-12^{pm} Watercolor</p> <p>11^{am}-1^{pm} Journaling</p> <p>12:30-1:30^{pm} Qi Gong</p> <p>1:30-2:30^{pm} Mindfulness</p> <p>2:30-3:30^{pm} Yoga</p> <p>5-6^{pm} TRE ®</p> <p>6-8^{pm} Orientation</p> <p>11:30^{am} Lunch Bunch</p> <p>7:00^{pm} Support Groups</p>	CLOSED	<p>9</p> <p>10 :00-11:30^{am} Gentle Yoga</p> <p>12-2^{pm} Grupo Fuerza Y Esperanza</p> <p>2-3^{pm} Yoga En Espanol</p>
<p>11</p> <p>11^{am}-12^{pm} Zumba</p> <p>1-2^{pm} Guided Meditation</p> <p>2-3^{pm} Feldenkrais</p> <p>3:30-4:30^{pm} Yin Yoga</p> <p>11:00^{am} Support Groups</p> <p>6:30^{pm} Bereavement</p>	<p>12</p> <p>10^{am}-12:30^{pm} Look Good, Feel Better 11^{am}-1^{pm} Orientation</p> <p>11:30^{am}-1^{pm} Arcadia English Group</p> <p>12-1^{pm} Pilates</p> <p>5:30-6:15^{pm} Dynamic Strength Training</p> <p>6:30-8^{pm} Treatments & Side Effects</p>	<p>13</p> <p>11^{am}-12^{pm} Fitness</p> <p>11^{am}-1^{pm} Journaling</p> <p>2-3^{pm} Foto Fun</p> <p>2:30-4^{pm} Arcadia Mandarin Group</p> <p>3-5^{pm} Photograph</p> <p>5-6^{pm} Tai Chi</p> <p>6^{pm} Support Groups Children's Corner</p>	<p>14</p> <p>9^{am}-12^{pm} Watercolor</p> <p>11^{am}-1^{pm} Journaling</p> <p>12:30-1:30^{pm} Qi Gong</p> <p>1:30-2:30^{pm} Mindfulness</p> <p>2:30-3:30^{pm} Yoga</p> <p>5-6^{pm} TRE ®</p> <p>6-8^{pm} Orientation</p> <p>11:30^{am} Lunch Bunch</p> <p>7:00^{pm} Support Groups</p>	CLOSED	<p>16</p> <p>10 :00-11:30^{am} Gentle Yoga</p> <p>12-2^{pm} Grupo Fuerza Y Esperanza</p> <p>2-3^{pm} Yoga En Espanol</p>
<p>18</p> <p>11^{am}-12^{pm} Zumba</p> <p>1-2^{pm} Guided Meditation</p> <p>1-5^{pm} Beading Basics</p> <p>2-3^{pm} Feldenkrais</p> <p>3:30-4:30^{pm} Yin Yoga</p> <p>11:00^{am} Support Groups</p> <p>6:30^{pm} Bereavement</p>	<p>19</p> <p>11^{am}-1^{pm} Orientation</p> <p>12-1^{pm} Pilates</p> <p>5:30-6:15^{pm} Dynamic Strength Training</p> <p>6:30-8^{pm} An Evening of Music</p>	<p>20</p> <p>11^{am}-12^{pm} Fitness</p> <p>11^{am}-1^{pm} Journaling</p> <p>2-3^{pm} Foto Fun</p> <p>3-5^{pm} Photography</p> <p>5-6^{pm} Tai Chi</p> <p>6^{pm} Support Groups Children's Corner</p>	<p>21</p> <p>9^{am}-12^{pm} Watercolor</p> <p>11^{am}-1^{pm} Journaling</p> <p>12:30-1:30^{pm} Qi Gong</p> <p>1:30-2:30^{pm} Mindfulness</p> <p>2:30-3:30^{pm} Yoga</p> <p>5-6^{pm} TRE ®</p> <p>5:30-6:45^{pm} Dr. Chu</p> <p>6-8^{pm} Orientation</p> <p>11:30^{am} Lunch Bunch</p> <p>7:00^{pm} Support Groups</p>	CLOSED	<p>23</p> <p>10 :00-11:30^{am} Gentle Yoga</p> <p>12-2^{pm} Grupo Fuerza Y Esperanza</p> <p>2-3^{pm} Yoga En Espanol</p>
<p>25</p> <p>11^{am}-12^{pm} Zumba</p> <p>1-2^{pm} Guided Meditation</p> <p>2-3^{pm} Feldenkrais</p> <p>3:30-4:30^{pm} Yin Yoga</p> <p>11:00^{am} Support Groups</p> <p>6:00^{pm} Survivorship</p> <p>6:30^{pm} Bereavement</p>	<p>26</p> <p>11^{am}-1^{pm} Orientation</p> <p>12-1^{pm} Pilates</p> <p>5:30-6:15^{pm} Dynamic Strength Training</p> <p>6:30-8^{pm} MRI for Prostate Cancer</p>	<p>27</p> <p>11^{am}-12^{pm} Fitness</p> <p>11^{am}-1^{pm} Journaling</p> <p>2-3^{pm} Foto Fun</p> <p>3-5^{pm} Photography</p> <p>5-6^{pm} Tai Chi</p> <p>6^{pm} Support Groups Children's Corner</p>	<p>28</p> <p>9^{am}-12^{pm} Watercolor</p> <p>11^{am}-1^{pm} Journaling</p> <p>12:30-1:30^{pm} Qi Gong</p> <p>1:30-2:30^{pm} Mindfulness</p> <p>2:30-3:30^{pm} Yoga</p> <p>5-6^{pm} TRE ®</p> <p>6-8^{pm} Orientation</p> <p>11:30^{am} Lunch Bunch</p> <p>7:00^{pm} Support Groups</p>	CLOSED	<p>30</p> <p>10 :00-11:30^{am} Gentle Yoga</p> <p>12-2^{pm} Grupo Fuerza Y Esperanza</p> <p>2-3^{pm} Yoga En Espanol</p>

BLUE = Support Groups; RED = Special Programs; GREEN = Healthy Lifestyle; PURPLE = Ages 5-17

Calendar of Free Events

July•August•September 2017

Weekly Support Groups

Those wishing to participate in a weekly support group must attend an orientation meeting and have a brief interview prior to being assigned to a support group.

- Mondays:** 11am–12:30 pm
(2) Patient Groups
6:30–8:00 pm
Bereavement Group*
- Wednesdays:** 6:00–7:30 pm
(2) Patient Groups
6:00–7:30 pm
Family & Friends Group
- Thursdays:** 11:30 am - 1:00 pm
Lunch Bunch Breast Cancer Group
7:00–8:30 pm
Patient Group
7:00–8:30 pm
Family & Friends Group

*This group is for those who have lost a loved one to cancer. Orientation not required. Call for interview.

Children's Corner

Wednesdays, 6-7:30 pm

For children and teens, ages 5 to 17 who have a parent or other loved one with, or recently deceased from, cancer.

Registration required;
Call Laura Wending at 626-796-1083.

Networking Groups

The following groups do not require reservations or attendance at an orientation meeting:

Grupo Fuerza Y Esperanza

Todos los Sábados 12-2pm

Grupo de apoyo semanal para pacientes y sus familiares.

Survivorship Group

4th Monday of each month, 6-7:30 pm

This group is for people who have completed treatment and wish to discuss issues and concerns regarding survivorship.

Thank you to our Benefactors Society:

2017 Founding Benefactors

Anonymous
Ellen and Harvey Knell
Terri and Jerry Kohl
Julie and Scott Nesbit



Wealth
Management



2017 Patrons

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