



March 2017

SUN	MON	TUE	WED	THU	FRI	SAT
Registration is required!			1 <i>Movement Class 10:30</i> <i>Qigong 12:00</i> <i>Yoga 4:30</i> <i>Caregiver Group 6:00</i>	2 <i>Yoga AM 8:45</i> <i>Healing Through Art 10:45</i>	3 <i>Breast Group 1:00</i>	4
	5	6 <i>Nutrition Monday</i> <i>Nutritional Tool Kit 12:00</i> <i>What to Eat on the Cancer Journey 2:00</i> <i>Balance Blood Sugar 3:30</i>	7	8 <i>Movement Class 10:30</i> <i>Qigong 12:00</i> <i>Meditation 1:15</i> <i>Yoga 4:30</i> <i>Men's Support Group 6:00</i>	9 <i>Yoga AM 8:45</i> <i>Finding Balance 11:00</i> <i>Living and Thriving with Grace 12:00</i>	10 <i>Collage 10:00</i>
12	13 <i>Nutrition Monday</i> <i>Better Breakfasts 3:30</i>	14 <i>General Support Group 11:30</i> <i>Strategies for Better Sleep Seminar 1:15</i>	15 <i>Movement Class 10:30</i> <i>Qigong 12:00</i> <i>Breast Group 3:30</i> <i>Yoga 4:30</i> <i>Caregiver Group 6:00</i>	16 <i>Yoga AM 8:45</i> <i>Healing Through Art 10:45</i>	17 <i>Ovarian Support Group 12:00</i>	18
19	20 <i>Nutrition Monday</i> <i>Nutritional Tool Kit 12:00</i> <i>What to Eat on the Cancer Journey 2:00</i> <i>Strengthen Digestion/Improve Elimination 3:30</i>	21	22 <i>Movement Class 10:30</i> <i>Qigong 12:00</i> <i>Meditation 1:15</i> <i>Yoga 4:30</i> <i>General Support Group 6:00</i>	23 <i>Yoga AM 8:45</i> <i>Living and Thriving with Grace 12:00</i>	24 <i>Collage 10:00</i>	25
26	27 <i>Nutrition Monday</i> <i>Nutritional Tool Kit 12:00</i> <i>What to Eat on the Cancer Journey 2:00</i> <i>Nutrition to Manage Anxiety 3:30</i>	28 <i>Using EFT (Tapping) to Manage Fear and Anxiety 1:15</i> <i>GI-Colo-Rectal Group 6:00</i>	29 <i>Movement Class 10:30</i> <i>Qigong 12:00</i> <i>Yoga 4:30</i>	30 <i>Yoga AM 8:45</i> <i>Conversational Guided Imagery 6:00</i>	31	Free Consultations /Counseling with Social Workers available by appointment. Call 408.402.6611 to schedule an appointment.



Registration required: info@cancercarepoint.org or call (408) 402-6611

Note: All programs start promptly. Latecomers may be disappointed.

- **ALL PROGRAMS AND SERVICES ARE PROVIDED WITHOUT COST** to cancer patients, survivors, families, and caregivers. Donations are welcome.
- **FREE Counseling Support** – By Appointment Only
- **FREE WIG BANK** – By Appointment Only – Call for help with cancer-related hair loss.

Nutrition – Nancy Birang, BS, MT (ASCP)

Building a Cancer Fighting Nutritional Tool Kit -- Mondays 12:00–1:30 pm (no class 3/13)

Learn the basics about eating to beat cancer.

3/6 - The Basics – Where to Start

3/20 – Creating a Healing Kitchen

3/27 – Cancer Fighting Foods

Nutrition Matters – What to Eat on the Cancer Journey -- Mondays, 2:00–3:00 pm (no class 3/13)

Nutrition Classes -- Mondays, 3:30–4:30 pm

3/6 - Balance Blood Sugar/Manage Diabetes and Prediabetes

3/13 - Better Breakfast

3/20 – Strengthen Digestion/Improve Elimination

3/27 – Nutritional Strategies to Manage Anxiety

Exercise & Movement

Rosen Movement Class -- Wednesdays, 10:30–11:30 am

Move to music and increase flexibility using the Rosen Movement Method.

Qigong -- Wednesdays, 12:00–1:00 pm

Use stretching, active and passive movements, and form work to unify body, energy and mind.

Yoga classes -- Wednesdays, 4:30–5:30 pm, Thursdays, 8:45–10:00 am

Traditional, gentle yoga, designed for cancer patients. **For all fitness levels.** (Thursday sessions are on the floor).

Finding Balance Exercise Class -- Thursday, March 9, 11:00 am–12:00 pm

A class about techniques to promote strength and balance.

Mind & Body Skills – Cynthia McDonald, PhD.

Meditation Class -- Wednesday, March 8 and 22, 1:15–2:45 pm

Practice meditation to steady the mind and relax the body.

Strategies for Better Sleep Seminar -- Tuesday, March 14, 1:15–2:45 pm

Learn to improve the quality and quantity of your restorative sleep.

Using EFT (Tapping) to Manage Fear and Anxiety -- Tuesday, March 28, 1:15–2:45 pm

Learn how gently tapping energy meridians can help you manage anxiety.

Conversational Guided Imagery Seminar – Thursday, March 30, 6:00–8:00pm

Bring a friend/spouse/partner or caregiver and learn how you can help each other relax by learning a simple and effective tool.

Support Groups

Caregivers Groups -- Wednesday, March 1 and 15, 6:00–7:30 pm

Open to adult caregivers (relatives or friends) of cancer patients.

Breast Support Groups -- Friday, March 3, 1:00–2:30 pm and Wednesday, March 15, 3:30–5:00 pm

Open to breast cancer patients/survivors.

General Support Group -- Tuesday, March 14, 11:30 am–1:00 pm and Wednesday, March 22, 6:00–7:30 pm

Open to people diagnosed with all kinds of cancers.

Men's Support Group -- Wednesday, March 8, 6:00–7:30pm

Open to men with all kinds of cancers.

Ovarian Support Group -- Friday, March 17, 12:00–1:30 pm

Open to newly-diagnosed through post-treatment survivors of ovarian cancer.

GI-Colo-Rectal Group -- Tuesday, March 28, 6:00–7:30 pm

Open to anyone impacted by GI-Colo-Rectal cancers.

Living and Thriving with Grace -- Thursday March 9 and 23, 12:00–1:30 pm

For those dealing with recurrence or metastatic disease.

Collage Art Class -- Friday, March 10 and 24, 10:00–11:30 am

Creating simple art while having meaningful discussion.

Healing Through Art Class -- Thursday, March 2 and 16, 10:45 am–12:30 pm

Combine art, movement and mindfulness. No experience required.

Services by Appointment:

Counseling, Therapeutic Massage, Nutrition Consultations, Energy Work/Healing Touch, Guided Imagery Consultations

Call or email for more information: 408.402.6611, info@cancercarepoint.org.