



April 2017

SUN	MON	TUE	WED	THU	FRI	SAT
Registration is required!	3 <i>Nutrition Monday The Basics 12:00 What to Eat on the Cancer Journey 2:00 Super Foods to Boost Immunity 3:30</i>	4	5 <i>Movement Class 10:30 Qigong 12:00 Yoga 4:30 Caregiver Group 6:00</i>	6 <i>Yoga AM 8:45 Healing Through Art 10:45</i>	7 <i>Breast Group 1:00</i>	8
	9	10 <i>Nutrition Monday Healing Kitchen 12:00 What to Eat on the Cancer Journey 2:00 Dirty Dozen/Clean Fifteen 3:30</i>	11 <i>General Support Group 11:30 Seminar on Using Imagery to Promote Healing 1:15</i>	12 <i>Movement Class 10:30 Qigong 12:00 Meditation 1:15 Yoga 4:30</i>	13 <i>Yoga AM 8:45 Living and Thriving with Grace 12:00</i>	14 <i>Collage 10:00</i>
16	17 <i>Nutrition Monday Simple Anti-Cancer Meals 12:00 What to Eat on the Cancer Journey 2:00 Healthy Eating on a Budget 3:30</i>	18	19 <i>Movement Class 10:30 Qigong 12:00 Breast Group 3:30 Yoga 4:30 Caregiver Group 6:00</i>	20 <i>Yoga AM 8:45 Healing Through Art 10:45</i>	21 <i>Ovarian Support Group 12:00</i>	22
23	24 <i>Nutrition Monday Cancer Fighting Foods 12:00 What to Eat on the Cancer Journey 2:00 Cancer Fighting Foods in the Farmers Market 3:30</i>	25 <i>How to Use Imagery for Pain Management 1:15 GI-Colorectal Group 6:00</i>	26 <i>Movement Class 10:30 Qigong 12:00 Meditation 1:15 Yoga 4:30 General Support Group 6:00</i>	27 <i>Yoga AM 8:45 Finding Balance 11:00 Living and Thriving with Grace 12:00</i>	28 <i>Collage 10:00</i>	29
30					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) Stephanie Figuera, NC

Building a Cancer Fighting Nutritional Tool Kit -- Mondays, 12:00–1:30 pm

Learn the basics about eating to beat cancer.

4/3 - The Basics

4/10 - The Healing Kitchen

4/17 - Simple Anti-Cancer Meals

4/24 - Cancer Fighting Foods

Nutrition Matters - What to Eat on the Cancer Journey -- Mondays, 2:00–3:00 pm

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

4/3 – Super Foods to Boost Immunity

4/10 - Organic or Not? Dirty Dozen and Clean Fifteen

4/17 - Healthy Eating on a Budget

4/24 - Cancer Fighting Foods in Your Farmers Market

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 **on the floor**).

Finding Balance Exercise Class -- Thursday, April 27, 11:00 am–12:00 pm

A class about techniques to promote strength and balance.

Mind & Body Skills – Cynthia McDonald, PhD.

GUIDED IMAGERY CLASSES at El Camino Hospital-Mountain View -- Wednesdays, April 5, 12, 19 and 26, 6:00–8:00 pm

Registration required. To register and for more information, please contact Denise Garlick at (408) 402-6611 or

denise@cancercarepoint.org.

Meditation Class -- Wednesdays, April 12 and 26, 1:15–2:45 pm

Practice meditation to steady the mind and relax the body.

Seminar on Using Imagery to Promote Healing -- Tuesday, April 11, 1:15–2:45 pm

Join Dr. Cynthia McDonald to learn about how to use the mind-body connection to help healing.

The Mind-Body Connection for Pain Management -- Tuesday, April 25, 1:15–2:45 pm

Learn to use the power of your mind to manage your pain.

Support Groups

Caregivers Groups -- Wednesdays, April 5 and 19, 6:00–7:30 pm

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

Breast Support Groups -- Friday, April 7, 1:00–2:30 pm and Wednesday, April 19, 3:30–5:00 pm

Open to breast cancer patients/survivors.

General Support Group -- Tuesday, April 11, 11:30 am– 1:00 pm and Wednesday, April 26, 6:00–7:30 pm

Open to people diagnosed with all kinds of cancers.

Ovarian Support Group -- Friday, April 21, 12:00–1:30 pm

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

GI-Colorectal Group -- Tuesday, April 25, 6:00–7:30 pm

Open to anyone impacted by GI-Colorectal cancers.

Living and Thriving with Grace -- Thursday, April 13 and 27 12:00–1:30 pm

For those dealing with recurrence or metastatic disease.

Collage Art Class -- Friday, April 14 and 28, 10:00–11:30 am

Create simple art while having meaningful discussion.

Healing Through Art Class -- Thursday, April 6 and 20 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.**