



May 2017

SUN	MON	TUE	WED	THU	FRI	SAT
Registration is required!	1 <i>Nutrition Monday The Basics 12:00 What to Eat on the Cancer Journey 2:00 Make Your Own Healing Smoothie 3:30</i>	2	3 <i>Movement Class 10:30 Qigong 12:00 Caregiver Group 6:00</i>	4 <i>Yoga AM 8:45 Healing Through Art 10:45</i>	5 <i>Breast Group 1:00</i>	6
	7	8 <i>No Nutrition Today Look Good Feel Better 1:00</i>	9 <i>General Support Group 11:30 Using Mind-Body Skills to Manage Anxiety 1:15</i>	10 <i>Movement Class 10:30 Qigong 12:00 Meditation 1:15</i>	11 <i>Yoga AM 8:45 Living and Thriving with Grace 12:00</i>	12 <i>Collage 10:00</i>
14	15 <i>Nutrition Monday Healing Kitchen 12:00 What to Eat on the Cancer Journey 2:00 Beans - Undervalued Super Food 3:30</i>	16	17 <i>Movement Class 10:30 Qigong 12:00 Breast Group 3:30 Caregiver Group 6:00</i>	18 <i>Yoga AM 8:45 Healing Through Art 10:45</i>	19 <i>Ovarian Support Group 12:00</i>	20
21	22 <i>Nutrition Monday Anti-Cancer Meals 12:00 What to Eat on the Cancer Journey 2:00 Super Foods for Healthy Bones 3:30</i>	23 <i>GI-Colorectal Group 6:00</i>	24 <i>Movement Class 10:30 Qigong 12:00 Meditation 1:15 General Support Group 6:00</i>	25 <i>Yoga AM 8:45 Finding Balance 11:00 Living and Thriving with Grace 12:00</i>	26 <i>Collage 10:00</i>	27
28	29 <i>CLOSED</i>	30	31 <i>Movement Class 10:30 Qigong 12:00</i>	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.

NOTE: Closed 5/29/17

Nutrition – Nancy Birang, BS, MT (ASCP) Stephanie Figuera, NC

Building a Cancer Fighting Nutritional Tool Kit -- Mondays, 12:00–1:30 pm (No class 5/8 and 5/29)

Learn the basics about eating to beat cancer.

5/1 – The Basics

5/15 – Healing Kitchen

5/22 – Simple Anti-Cancer Meals

Nutrition Matters - What to Eat on the Cancer Journey -- Mondays, 2:00–3:00 pm (No class 5/8 and 5/29)

Nutrition Classes -- Mondays, 3:30–4:30 pm (No class 5/8 and 5/29)

5/1 – Make Your Own Healing Smoothie

5/15 – Beans – The Undervalued Super Food

5/22 – Super Foods for Healthy Bones

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 -- Thursdays, 8:45–10:00 am

Traditional, gentle yoga done on the floor, designed for cancer patients.

Finding Balance Exercise Class -- Thursday, May 25, 11:00 am–12:00 pm

A class about techniques to promote strength and balance.

Look Good Feel Better – sponsored with the American Cancer Society, Monday May 8th 1:00 – 3:00 pm

Volunteer beauty professionals lead a small group through hands-on experiences to learn about make-up, skin and nail care and ways to deal with hair loss. To register call 1-800-227-2345

Mind & Body Skills – Cynthia McDonald, PhD.

Meditation Class -- Wednesdays, May 10 and 24, 1:15–2:45 pm

Practice meditation to steady the mind and relax the body.

Using Mind-Body Skills to Manage Anxiety -- Tuesday, May 9, 1:15–2:45 pm

Join Dr. Cynthia McDonald to learn about how to use the mind-body connection to better manage anxiety.

Support Groups

Caregivers Groups -- Wednesdays, May 3 and 17, 6:00–7:30 pm

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

Breast Support Groups -- Friday, May 5, 1:00–2:30 pm and Wednesday, May 17, 3:30–5:00 pm

Open to breast cancer patients/survivors.

General Support Group -- Tuesday, May 9, 11:30 am– 1:00 pm and Wednesday, May 24, 6:00–7:30 pm

Open to people diagnosed with all kinds of cancers.

Ovarian Support Group -- Friday, May 19, 12:00–1:30 pm

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

GI-Colorectal Group -- Tuesday, May 23, 6:00–7:30 pm

Open to anyone impacted by GI-Colorectal cancers.

Living and Thriving with Grace -- Thursday, May 11 and 25, 12:00–1:30 pm

For those dealing with recurrence or metastatic disease.

Collage Art Class -- Friday, May 12 and 26, 10:00–11:30 am

Create simple art while having meaningful discussion.

Healing Through Art Class -- Thursday, May 4 and 18 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.**