



July 2017

SUN	MON	TUE	WED	THU	FRI	SAT
Registration is required!	3 Closed	4 Closed	5 <i>Movement Class 10:30 & 12:00</i> <i>Qigong 3:30</i> <i>Caregiver Group 6:00</i>	6 <i>Yoga AM 8:45</i> <i>Healing Through Art 10:45</i>	7 <i>Breast Group 1:00</i>	8
9	10 <i>Nutrition Monday</i> <i>Five to Thrive 12:00</i> <i>Stay Strong During and After Treatment 2:00</i> <i>Cancer Fighting Salads for Dinner 3:30</i>	11 <i>General Support 11:30</i> <i>Self-Hypnosis Seminar 1:15</i> <i>Survivorship 6:00</i> <i>Stanford</i>	12 <i>Movement Class 10:30 & 12:00</i> <i>Meditation 1:15</i> <i>Qigong 3:30</i>	13 <i>Yoga AM 8:45</i> <i>Living and Thriving with Grace 12:00</i>	14 <i>Collage 10:00</i>	15
16	17 <i>Nutrition Monday</i> <i>Five to Thrive 12:00</i> <i>Stay Strong During and After Treatment 2:00</i> <i>Nutritional Tips for Chemo-Brain 3:30</i>	18 <i>Survivorship 6:00</i> <i>Stanford</i>	19 <i>Men's Breakfast 8:00</i> <i>Movement Class 10:30 & 12:00</i> <i>Qigong 3:30</i> <i>Breast Group 3:30</i> <i>Caregiver Group 6:00</i> <i>Aromatherapy Seminar 6:00</i>	20 <i>Yoga AM 8:45</i> <i>Healing Through Art 10:45</i>	21 <i>Ovarian Support Group 12:00</i>	22
23	24 <i>Nutrition Monday</i> <i>Five to Thrive 12:00</i> <i>Stay Strong During and After Treatment 2:00</i> <i>Soy: Myths and Facts 3:30</i>	25 <i>Strategies for Better Sleep 1:15</i> <i>GI-Colorectal Group 6:00</i> <i>Survivorship 6:00</i> <i>Stanford</i>	26 <i>Movement Class 10:30 & 12:00</i> <i>Meditation 1:15</i> <i>Qigong 3:30</i>	27 <i>Yoga AM 8:45</i> <i>Finding Balance 11:00</i> <i>Living and Thriving with Grace 12:00</i>	28 <i>Collage 10:00</i>	29
30	31 <i>Nutrition Monday</i> <i>Five to Thrive 12:00</i> <i>Stay Strong During and After Treatment 2:00</i> <i>Healing Teas 3:30</i>				Free Consultations/Counseling with Social Workers available by appointment. Call 408.402.6611 to schedule an appointment.	



Cancer CAREpoint

COUNSELING • ASSISTANCE • RESOURCES • EDUCATION

July 2017

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: WE ARE CLOSED ON 7/3 AND 7/4

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

Five to Thrive -- Five Healing Nutrition Strategies

Mondays, 12:00–1:30 pm (No class 7/3)

7/10 – Manage Fear and Anxiety, Get Better Sleep

7/17 – Cancer Healing Diet – The Basics

7/24 – Strengthen Digestion, Improve Elimination

7/31 – Balance Blood Sugar

**Nutrition Tips to Stay Strong During and After Treatment,
2:00–3:00 pm**

Nutrition Classes -- Mondays, 3:30–4:30 pm (No class 7/3)

7/10 – Cancer Fighting Salads for Dinner

7/17 – Nutritional Tips for Chemo Brain

7/24 – Soy: Myths and Facts

7/31 – Healing Teas

Exercise & Movement

**CLASS ADDED!!!! Rosen Movement Class -- Wednesdays,
10:30–11:30 am and 12:00 – 1:00 pm**

Move to music and increase flexibility using the Rosen Movement Method. Please just register for one class a day.

Qigong -- Wednesdays, 3:30 – 4:30 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 on the floor for cancer patients.

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

A class about techniques to promote strength and balance.

Aromatherapy Seminar -- Wednesday, July 19

6:00 to 7:30 pm

Come and learn how using wonderfully fragrant essential oils can help you manage your mind and your body.

Mind & Body Skills – Cynthia McDonald, PhD.

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

Practice meditation to steady the mind and relax the body.

Self-Hypnosis Seminar -- Tuesday, July 11, 1:15–2:45 pm

An opportunity to learn about using self-hypnosis for rapid reduction of tension and anxiety.

**Men's Breakfast: Stress Reduction Techniques -- Wednesday,
July 19, 8:00–9:00 am**

Open to all men diagnosed with cancer. Join us for breakfast to learn straight-forward ways to reduce stress.

Strategies for Better Sleep -- Tuesday, July 25, 1:15–2:45 pm

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

Support Groups

Caregivers Groups -- Wednesdays, June 5 and 19

6:00–7:30 pm

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

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

Open to breast cancer patients/survivors.

General Support Group -- Tuesday, July 11, 11:30 am–1:00 pm

Open to people diagnosed with all kinds of cancers.

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

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

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

Open to anyone impacted by GI-Colorectal cancers.

**Living and Thriving with Grace -- Thursdays, July 13 and 27,
12:00–1:30 pm**

For those dealing with recurrence or metastatic disease.

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

Create simple art while having meaningful discussion.

Healing Through Art Class -- Thursday, July 6 and 20,

10:45 am–12:30 pm

Combine art, movement and mindfulness.

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.**