



September 2017

SUN	MON	TUE	WED	THU	FRI	SAT
Registration is required!					1 <i>Breast Group 1:00</i>	2
3	CLOSED	5	6 <i>Yoga AM 8:45 Movement Class 10:30 & 12:00 Qigong 3:30 Caregiver Group 6:00</i>	7 <i>Yoga AM 8:45 Healing Through Art 10:45</i>	8 <i>Collage 10:00</i>	9
10	<i>Nutrition Monday Five to Thrive 12:00 Stay Strong During and After Treatment 2:00 Guidelines for Eating Seafood 3:30</i>	12 <i>General Support 11:30</i>	13 <i>Yoga AM 8:45 Movement Class 10:30 & 12:00 Qigong 3:30</i>	14 <i>Yoga AM 8:45 Finding Balance 11:00 Living and Thriving with Grace 12:00</i>	15 <i>Ovarian Support Group 12:00</i>	16
17	<i>Nutrition Monday Five to Thrive 12:00 Stay Strong During and After Treatment 2:00 Healing Broth 3:30</i>	19 <i>Men's Breakfast 8:00</i>	20 <i>Yoga AM 8:45 Movement Class 10:30 & 12:00 Qigong 3:30 Breast Group 3:30 Caregiver Group 6:00</i>	21 <i>Yoga AM 8:45 Healing Through Art 10:45</i>	22 <i>Collage 10:00</i>	23
24	<i>Nutrition Monday Five to Thrive 12:00 Stay Strong During and After Treatment 2:00 Healing Mushrooms 3:30</i>	26 <i>GI-Colorectal Group 6:00</i>	27 <i>Yoga AM 8:45 Movement Class 10:30 & 12:00 Meditation 1:15 Qigong 3:30</i>	28 <i>Yoga AM 8:45 Finding Balance 11:00 Living and Thriving with Grace 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: WE ARE CLOSED ON MONDAY – 9/4

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

Five to Thrive -- Five Healing Nutrition Strategies --

Mondays, 12:00–1:30 pm (No class 9/4)

9/11 – Strengthen Digestion, Improve Elimination

9/18 – Blood Sugar and Cancer

9/25 – Boost and Balance Immune System

Nutrition Tips to Stay Strong During and After Treatment --
Mondays, 2:00–3:00 pm (No class 9/4)

Nutrition Classes -- **Mondays, 3:30–4:30 pm (No class 9/4)**

9/11 – Guidelines for Eating Seafood

9/18 – Make Your Own Healing Broth

9/25 – Healing Mushrooms

Exercise & Movement

NEW DAY ADDED! **Yoga Class** -- **Wednesdays and Thursdays,
8:45–10:00 am**

Traditional, gentle yoga on the floor for cancer patients. Please only register for Wednesday or Thursday, not both.

Rosen Movement Classes -- **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.

Qigong -- **Wednesdays, 3:30–4:30 pm**

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

NOW TWICE A MONTH! **Finding Balance Exercise Class** --
**Thursdays, Sept. 14 and 28
11:00 am–12:00 pm**

A class about techniques to promote strength and balance.

Men's Breakfast, **Tuesday, September 19 8:00 to 9:00 am**
"Jump start your exercise program: the importance of exercise for cancer patients." Gentlemen, please join us for breakfast and a presentation by Leanne Dougherty who is an instructor at the Living Well, Living Strong program.

Mind & Body Skills – Cynthia McDonald, PhD.

Meditation Class -- **Wednesday, Sept. 27, 1:15–2:45 pm**

Practice meditation to steady the mind and relax the body.

Support Groups

Caregivers Groups -- **Wednesdays, Sept. 6 and 20,
6:00–7:30 pm**

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

Breast Support Groups -- **Friday, Sept. 1, 1:00–2:30 pm and
Wednesday, Sept. 20, 3:30–5:00 pm**

Open to breast cancer patients/survivors.

General Support Group -- **Tuesday, Sept. 12,
11:30 am–1:00 pm**

Open to people diagnosed with all kinds of cancers.

Ovarian Support Group -- **Friday, Sept. 15, 12:00–1:30 pm**

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

GI-Colorectal Group -- **Tuesday, Sept. 26, 6:00–7:30 pm**

Open to anyone impacted by GI-Colorectal cancers.

Living and Thriving with Grace -- **Thursdays, Sept. 14 and 28,
12:00–1:30 pm**

For those dealing with recurrence or metastatic disease.

Collage Art Class -- **Friday, Sept. 8 and 22, 10:00–11:30 am**

Create simple art while having meaningful discussion.

Healing Through Art Class -- **Thursday, Sept. 7 and 21,
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.**