





Registration required: [info@cancercarepoint.org](mailto: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), NC Stephanie Figueroa, NC**

**Mondays, 12:00–1:30 pm**

- 10/2 – Five to Thrive: Better Sleep, Manage Anxiety
- 10/9 – Nutritional Toolkit: Cancer-Fighting Diet –The Basics
- 10/16 – Nutritional Toolkit: Healing Kitchen
- 10/23 – Nutritional Toolkit: Simple Anti-Cancer Meals
- 10/30 – Nutritional Toolkit: Cancer-Fighting Foods

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

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

- 10/2 – Dirty Dozen, Clean Fifteen: Organic vs. Not Organic
- 10/9 – Stronger Bones
- 10/16 – Better Breakfasts
- 10/23 – Build Energy and Stamina
- 10/30 – Strengthen Immunity

### **Exercise & Movement**

**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 per week.

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

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

**Finding Balance Exercise Class -- Thursdays, Oct. 12 and 26 11:00 am–12:00 pm**

A class about techniques to promote strength and balance.

**How Do I Talk to My Child About Cancer? -- Tuesday, Oct. 3, 12:00–1:30 pm**

How to discuss cancer from diagnosis and throughout the journey.

**My Breasts, My Choices -- Monday, Oct. 30, 6:30–8:00 pm**

Learn about breast reconstruction and alternatives to breast reconstruction, so you can make informed decisions. Get information to help you choose what best fits you.

### **Mind & Body Skills – Cynthia McDonald, PhD.**

**Meditation Class -- Wednesdays, Oct. 11 and 25, 1:15–2:45 pm**  
Practice meditation to steady the mind and relax the body.

**Using EFT (Tapping) to Manage Anxiety -- Tuesday, Oct. 10, 1:15–2:45 pm**

Learn to use energy meridians to help manage anxiety.

**Seminar on Using Imagery to Promote Healing -- Tuesday, Oct. 24, 1:15–2:45 pm**

Learn about how to use the mind-body connection to help healing.

### **Support Groups**

**Caregivers Groups -- Wednesdays, Oct. 4 and 18, 6:00–7:30 pm**

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

**Breast Support Groups -- Friday, Oct. 6, 1:00–2:30 pm and Wednesday, Oct. 18, 3:30–5:00 pm**

Open to breast cancer patients/survivors.

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**Ovarian Support Group -- Friday, Oct. 20, 12:00–1:30 pm** Open to newly-diagnosed through post-treatment survivors.

**GI-Colorectal Group -- Tuesday, Oct. 24, 6:00–7:30 pm**

Open to anyone impacted by GI-Colorectal cancers.

**Living and Thriving with Grace -- Thursdays, Oct. 12 and 26, 12:00–1:30 pm**

For those dealing with recurrence or metastatic disease.

**Collage Art Class -- Friday, Oct. 13 and 27, 10:00–11:30 am**

Create simple art while having meaningful discussion.

**Healing Through Art Class -- Thursday, Oct. 5 and 19, 10:45 am–12:30 pm**

Combine art, movement and mindfulness.

**Family CARE -- Saturday, October 28, 9:00 am–1:00 pm**

Join us for a program for the whole family about how to facilitate healthy communication when a parent is diagnosed with cancer. Separate groups for parents and children. Appropriate for ages 5 – 17. Breakfast is provided.

### **Services by Appointment:**

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

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