



November 2017

SUN	MON	TUE	WED	THU	FRI	SAT
Registration is required!			1 <i>Yoga AM 8:45</i> <i>Movement Class 10:30 & 12:00</i> <i>Qigong 3:30</i> <i>Caregiver Group 6:00</i> <i>Survivorship ECH 6:00</i>	2 <i>Yoga AM 8:45</i> <i>General Group at the Villages 10:00</i> <i>Healing Through Art 10:45</i>	3 <i>Collage 10:00</i> <i>Breast Group 1:00</i>	4
	5	6 <i>Nutrition Monday</i> <i>Nutritional Toolkit 12:00</i> <i>Stay Strong During and After Treatment 2:00</i> <i>Cancer-Fighting Foods @ Fall Farmers Mkt 3:30</i>	7 <i>Survivorship 6:00</i>	8 <i>Yoga AM 8:45</i> <i>Movement Class 10:30 & 12:00</i> <i>Meditation 1:15</i> <i>Qigong 3:30</i> <i>Survivorship ECH 6:00</i>	9 <i>Yoga AM 8:45</i> <i>Finding Balance 11:00</i> <i>Living and Thriving with Grace 12:00</i>	10
12	13 <i>Nutrition Monday</i> <i>Nutritional Toolkit 12:00</i> <i>Stay Strong During and After Treatment 2:00</i> <i>Healthy Holiday Eating 3:30</i> <i>Look Good Feel Better 1:00</i>	14 <i>General Support 11:30</i> <i>Guided Imagery for Practicing Self-Care 1:15</i>	15 <i>Yoga AM 8:45</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>Survivorship ECH 6:00</i>	16 <i>Yoga AM 8:45</i> <i>Healing Through Art 10:45</i>	17 <i>Collage 10:00</i> <i>Ovarian Support Group 12:00</i>	18
19 <i>Nutrición y el Cáncer: Crear una cocina curativa 2:00</i>	20 <i>Nutrition Monday</i> <i>Nutritional Toolkit 12:00</i> <i>Stay Strong During and After Treatment 2:00</i> <i>Slow Cooker Meals 3:30</i>	21	22 <i>Yoga AM 8:45</i> <i>Movement Class 10:30 & 12:00</i> <i>Qigong 3:30</i>	23 CLOSED	24 CLOSED	25
26	27 <i>No Nutrition Classes</i>	28 <i>Self-Reiki for Peace and Healing 1:15</i> <i>GI-Colorectal Group 6:00</i>	29 <i>Yoga AM 8:45</i> <i>Movement Class 10:30 & 12:00</i> <i>Qigong 3:30</i>	30 <i>Yoga AM 8:45</i> <i>Finding Balance 11:00</i> <i>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 11/23 AND 11/24

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

Mondays, 12:00–1:30 pm (No class 11/27)

11/6 – Nutritional Toolkit: Cancer-Fighting Diet – The Basics

11/13 – Nutritional Toolkit: Healing Kitchen

11/20 – Nutritional Toolkit: Simple Anti-Cancer Meals

Nutrition Tips to Stay Strong During and After Treatment --
Mondays, 2:00–3:00 pm (No class 11/27)

Nutrition Classes -- Mondays, 3:30–4:30 pm
(No class 11/27)

11/6 – Cancer-Fighting Foods at the Fall Farmer's Market

11/13 – Healthy Holiday Eating – 5 Ways to Kick the Sugar Habit

11/20 – Time-Saving Slow Cooker Meals

Exercise & Movement

Yoga Class -- Wednesdays and Thursdays, 8:45–10:00 am
(No class 11/23)

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, Nov. 9 and 30
11:00 am–12:00 pm

A class about techniques to promote strength and balance.

Domingo 19 de Noviembre de 2:00-4:00 pm – Nutrición y el
Cáncer: Crear una concina curativa

La clase será en la Parroquia Nuestra Señora de Guadalupe en el McDonnell Hall. Llama Cecilia 408-402-6287 para registrarse.

Look Good Feel Better – sponsored with the American Cancer Society -- Monday, November 13, 1:00-3:00pm

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 -- Wednesday, Nov. 8, 1:15–2:45 pm

Practice meditation to steady the mind and relax the body.

Tending the Garden of Your Life: Guided Imagery for Practicing Self-Care -- Tuesday, Nov. 14, 1:15–2:45 pm

Learn to use the mind-body connection to care for oneself.

Self-Reiki for Peace and Healing -- Tuesday, Nov. 28,
1:15–2:45 pm

Learn how to use the universal life force energy of Reiki to heal.

Support Groups

Caregivers Groups -- Wednesdays, Nov. 1 and 15,
6:00–7:30 pm

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

Breast Support Groups -- Friday, Nov. 3, 1:00–2:30 pm and
Wednesday, Nov. 15, 3:30–5:00 pm

Open to breast cancer patients/survivors.

General Support Group -- Tuesday, Nov. 14,
11:30 am–1:00 pm

Open to people diagnosed with all kinds of cancers.

Ovarian Support Group -- Friday, Nov. 17, 12:00–1:30 pm
Open to newly-diagnosed through post-treatment survivors.

GI-Colorectal Group -- Tuesday, Nov. 28, 6:00–7:30 pm
Open to anyone impacted by GI-Colorectal cancers.

Living and Thriving with Grace -- Thursdays, Nov. 9 and 30,
12:00–1:30 pm

For those dealing with recurrence or metastatic disease.

Collage Art Class -- Friday, Nov. 3 and 17, 10:00–11:30 am
Create simple art while having meaningful discussion.

Healing Through Art Class -- Thursday, Nov. 2 and 16,
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.