



December 2017

SUN	MON	TUE	WED	THU	FRI	SAT
	Free Consultations/Counseling with Social Workers available by appointment. Call 408.402.6611 to schedule an appointment.				1 <i>Breast Group 1:00</i>	2
3	4 <i>Nutrition Monday Healthy Eating - The Basics 12:00 Stay Strong During and After Treatment 2:00 Nutritional Tips for Better Sleep 3:30</i>	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 General Group at the Villages 10:00 Healing Through Art 10:45</i>	8 <i>Collage 10:00</i>	9
10	11 <i>Nutrition Monday Strengthen Digestion/ Improve Elimination 12:00 Stay Strong During and After Treatment 2:00 Strategies for Chemo Brain 3:30</i>	12 <i>General Support 11:30 Mind Body Skills 1:15</i>	13 <i>Yoga AM 8:45 Movement Class 10:30 & 12:00 Meditation 1:15 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	18 <i>No programs SW appts available</i>	19 <i>No programs SW appts available</i>	20 <i>No programs SW appts available</i>	21 <i>No programs SW appts available</i>	22 <i>Closed</i>	23
24/31	25 <i>Closed</i>	26 <i>Closed</i>	27 <i>No programs SW appts available</i>	28 <i>No programs SW appts available</i>	29 <i>No programs SW appts available</i>	30



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 12/22, 12/25 AND 12/26

NOTE: NO PROGRAMS SCHEDULED FROM 12/18-12/29: Counseling Appointments are Still Available

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

**Nutrition Classes -- Mondays, 12:00–1:30 pm
(No Class 12/18 and 12/25)**

12/4 – Healthy Eating – The Basics

12/11 – Strengthen Digestion/Improve Elimination

**Nutrition Tips to Stay Strong During and After Treatment --
Mondays, 2:00–3:00 pm (No Class 12/18 and 12/25)**

**Nutrition Classes -- Mondays, 3:30–4:30 pm
(No Class 12/18 and 12/25)**

12/4 – Nutritional Tips for Better Sleep

12/11 – Strategies for Chemo Brain

Exercise & Movement

**Yoga Class -- Wednesdays and Thursdays, 8:45–10:00 am
(No Class 12/20, 12/21, 12/27, and 12/28)**

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 (No Class 12/20 and 12/27)**

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
(No Class 12/20 and 12/27)**

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

**Finding Balance Exercise Class -- Thursday, Dec. 14,
11:00 am–12:00 pm (No Class 12/28)**

A class about techniques to promote strength and balance.

Mind & Body Skills – Cynthia McDonald, PhD.

Seminar on Better Sleep - Tuesday, Dec. 12, 1:15–2:45 pm
Attend this program to learn techniques to have a deeper and more restorative sleep.

Meditation Class -- Wednesday, Dec. 13, 1:15–2:45 pm
Practice meditation to steady the mind and relax the body.

Support Groups

Caregivers Group -- Wednesday, Dec. 6, 6:00–7:30 pm
Open to adult caregivers (relatives or friends) of cancer patients.

Breast Support Group -- Friday, Dec. 1, 1:00–2:30 pm
Open to breast cancer patients/survivors.

General Support Group -- Tuesday, Dec. 12, 11:30 am–1:00 pm
Open to people diagnosed with all kinds of cancers.

Ovarian Support Group -- Friday, Dec. 15, 12:00–1:30 pm
Open to newly-diagnosed through post-treatment survivors.

**Living and Thriving with Grace -- Thursday, Dec. 14, 12:00–
1:30 pm**
For those dealing with recurrence or metastatic disease.

Collage Art Class -- Friday, Dec. 8, 10:00–11:30 am
Create simple art while having meaningful discussion.

**Healing Through Art Class -- Thursday, Dec. 7,
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.**