



January 2018

SUN	MON	TUE	WED	THU	FRI	SAT
Registration is required!	1 <i>Closed</i>	2	3 <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>	4 <i>Yoga AM 8:45</i> <i>General Group at the Villages 10:00</i> <i>Healing Through Art 10:45</i>	5 <i>Breast Group 1:00</i>	6
	7	8 <i>11:30 Nutrition Q & A</i> <i>1:00 Cancer Fighting Nutrition - Beginner</i> <i>3:00 Cancer Fighting Nutrition - Intermediate: Tips to Build Energy</i>	9 <i>General Support 11:30</i> <i>Mind/Body Skills - Self-Reiki for Peace and Healing 1:15</i>	10 <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>Survivor Nutrition 6:30</i>	11 <i>Yoga AM 8:45</i> <i>Finding Balance 11:00</i> <i>Living and Thriving with Grace 12:00</i>	12 <i>Collage 10:00</i>
14	15 <i>Closed</i>	16	17 <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>Survivor Nutrition 6:30</i>	18 <i>Yoga AM 8:45</i> <i>Healing Through Art 10:45</i>	19 <i>Ovarian Support Group 12:00</i>	20
21	22 <i>11:30 Nutrition Q & A</i> <i>1:00 Cancer Fighting Nutrition - Beginner</i> <i>3:00 Cancer Fighting Nutrition - Intermediate: Healing Mushrooms</i>	23 <i>Men's Breakfast 8:00</i> <i>Mind/Body Skills-Pain Management 1:15</i> <i>GI-Colorectal Group 6:00</i>	24 <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>Survivor Nutrition 6:30</i>	25 <i>Yoga AM 8:45</i> <i>Finding Balance 11:00</i> <i>Living and Thriving with Grace 12:00</i>	26 <i>Collage 10:00</i>	27
28	29 <i>11:30 Nutrition Q & A</i> <i>1:00 Cancer Fighting Nutrition - Beginner</i> <i>3:00 Cancer Fighting Nutrition - Intermediate: Beans</i>	30	31 <i>Yoga AM 8:45</i> <i>Movement Class 10:30 & 12:00</i> <i>Qigong 3:30</i> <i>Survivor Nutrition 6:30</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 1/15

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

**Nutrition Q & A -- Mondays, 11:30 am–12:30 pm
(No class 1/15)**

Bring your questions and concerns. Nutritionist, Nancy Birang, will provide you with information and answers.

**Cancer Fighting Nutrition – Beginner Level --
Mondays, 1:00–2:30 pm (No class 1/15)**

Beginner class on the basics of using food to sustain and heal you before, during and after cancer treatment. Topics: staying hydrated and nourished, cancer fighting foods, remove depleting foods, reduce the impact of treatment side effects and improve your appetite and energy.

**Cancer Fighting Nutrition – Intermediate Level --
Mondays, 3:00–4:30 pm (No class 1/15)**

Follow-up classes with more advanced nutritional information.
1/8 – Tips to Build Energy and Stamina
1/22 – Add Healing Mushrooms to Your Cancer Fighting Plan
1/29 – Beans: The Undervalued Super Food

**Survivorship: Eating for Health: Four-Part Nutrition Series --
Wednesdays, January 10, 17, 24 and 31 6:30–8:00 pm**

Survivors join Nancy Birang, BS, MT (ASCP), NC, to learn how to make changes in their lives through nutrition. Plan to attend all four evenings.

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, Jan. 11 and 25
11:00 am–12:00 pm**

A class about techniques to promote strength and balance.

Mind & Body Skills – Cynthia McDonald, PhD.

Meditation Class -- Wednesdays, Jan 10 and 24, 1:15–2:45 pm
Practice meditation to steady the mind and relax the body.

**Self-Reiki for Peace and Healing -- Tuesday, January 9,
1:15–2:45 pm**

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

**Men's Breakfast - Strategies for Better Sleep -- Tuesday,
January 23, 8:00 to 9:00 am**

Open to all men diagnosed with cancer. Join us for breakfast for a discussion with Dr. Cynthia McDonald, PhD., on how to improve the quality of your sleep.

**Mind-Body Connection for Pain Management -- Tuesday,
January 23, 1:15–2:45 pm**

Learn about using the power of your mind to manage your pain.

Support Groups

**Caregivers Groups -- Wednesdays, January 3 and 17,
6:00–7:30 pm**

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

**Breast Support Groups -- Friday, January 5, 1:00–2:30 pm and
Wednesday, Jan 17, 3:30–5:00 pm**

Open to breast cancer patients/survivors.

**General Support Group -- Tuesday, January 9,
11:30 am–1:00 pm**

Open to people diagnosed with all kinds of cancers.

Ovarian Support Group -- Friday, January 19, 12:00–1:30 pm
Open to newly-diagnosed through post-treatment survivors.

GI-Colorectal Group -- Tuesday, January 23, 6:00–7:30 pm
Open to anyone impacted by GI-Colorectal cancers.

**Living and Thriving with Grace -- Thursdays, January 11 and
25, 12:00–1:30 pm**

For those dealing with recurrence or metastatic disease.

Collage Art Class -- Friday, January 12 and 26, 10:00–11:30 am
Create simple art while having meaningful discussion.

**Healing Through Art Class -- Thursday, January 4 and 18,
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.**