



## April 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1 <b>Registration is required!</b>	2 <i>11:30 Nutrition Q &amp; A 1:00 Cancer Fighting Nutrition – Beginner 3:00 Cancer Fighting Nutrition – Intermediate: Tips for Chemo Brain</i>	3	4 <i>8:45 Yoga 10:30 &amp; 12:00 Movement Class 3:00 Qigong @ Breathe Together Studio 6:00 Caregiver Group</i>	5 <i>8:45 Yoga 10:45 Healing Through Art 3:00 Mind-Body Series @ El Camino Hospital</i>	6 <i>1:00 Breast Group</i>	7
8	9 <i>11:30 Nutrition Q &amp; A 1:00 Cancer Fighting Nutrition – Beginner 3:00 Cancer Fighting Nutrition – Intermediate: Spring Clean Your Diet</i>	10 <i>11:30 General Support 1:15 Mind &amp; Body Skills – Guided Imagery for Healing</i>	11 <i>8:45 Yoga 10:30 &amp; 12:00 Movement Class 1:15 Meditation 3:00 Qigong @ Breathe Together Studio</i>	12 <i>8:45 Yoga 11:00 Finding Balance 12:00 Living and Thriving with Grace 3:00 Mind-Body Series @ El Camino Hospital</i>	13 <i>10:00 Collage</i>	14
15	16 <i>11:30 Nutrition Q &amp; A 1:00 Cancer Fighting Nutrition – Beginner 3:00 Cancer Fighting Nutrition – Intermediate: Healing Broths</i>	17	18 <i>8:45 Yoga 10:30 &amp; 12:00 Movement Class 3:00 Qigong @ Breathe Together Studio 3:30 Breast Group 6:00 Caregiver Group</i>	19 <i>8:45 Yoga 10:45 Healing Through Art 3:00 Mind-Body Series @ El Camino Hospital</i>	20 <i>12:00 Ovarian Support Group</i>	21 <i>10:00 Survivorship Seminar at Fremont PAMF</i>
22	23 <i>11:30 Nutrition Q &amp; A 1:00 Cancer Fighting Nutrition – Beginner 3:00 Cancer Fighting Nutrition – Intermediate: Farmer's Market Foods</i>	24 <i>1:15 Mind &amp; Body Skills – Loving-Kindness Meditation 6:00 GI-Colorectal Group</i>	25 <i>8:45 Yoga 10:30 &amp; 12:00 Movement Class 1:15 Meditation 3:00 Qigong @ Breathe Together Studio</i>	26 <i>8:45 Yoga 11:00 Finding Balance 12:00 Living and Thriving with Grace 3:00 Mind-Body Series @ El Camino Hospital</i>	27 <i>10:00 Collage</i>	28
29 <i>2:00 Nutrición y el Cáncer: Crear una cocina curativa</i>	30 <i>11:30 Nutrition Q &amp; A 1:00 Cancer Fighting Nutrition – Beginner 3:00 Cancer Fighting Nutrition – Intermediate: Stronger Bones</i>				Free Consultations/Counseling with Social Workers available by appointment. Call 408.402.6611 to schedule an appointment.	



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**

#### **Nutrition Q & A -- Mondays, 11:30 am–12:30 pm**

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**

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**

Follow-up classes with more advanced nutritional information.

4/02 – Nutritional Tips to Manage Chemo Brain

4/09 – Spring Clean Your Diet

4/16 – Healing Broths

4/23 – Cancer-Fighting Foods in Your Farmers Market

4/30 – Super Foods for Stronger Bones

### **Exercise & Movement**

#### **Yoga -- Wednesdays & Thursdays, 8:45–10:00 am**

Traditional, gentle yoga on the floor for cancer patients.

*Please only register for one Yoga class per week.*

#### **Rosen Movement Class -- Wednesdays, 10:30–11:30 am & 12:00–1:00 pm**

Move to music and increase flexibility using the Rosen Movement Method. *Please only register for one Movement class per week.*

#### **Qi-Gong at New Location starting April 4: Breathe Together Studio - 14107 Winchester Blvd Ste. H, Los Gatos, 95032**

#### **Qi-Gong – Wednesdays, 3:00–4:00 pm at Breathe Together**

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

#### **Finding Balance Exercise Class -- Thursdays, April 12 & 26, 11:00 am–12:00 pm**

A class about techniques to promote strength and balance.

#### **Cancer Survivorship Workshop – Wednesdays, May 2–June 6, 6:00 pm–8:00 pm**

Six-week workshop for people who completed active treatment and want to process the emotions of their cancer experience. Registration required. Participants must be available for all six sessions.

To register, contact Denise Garlick at 669-222-1535 or [denise@cancercarepoint.org](mailto:denise@cancercarepoint.org).

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

#### **Meditation Class -- Wednesdays, April 11 & 25, 1:15–2:45 pm**

Practice meditation to steady the mind and relax the body.

#### **Guided Imagery for Healing -- Tuesday, April 10, 1:15–2:45 pm**

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

#### **Loving-Kindness Meditation to Increase Coping and Relaxation -- Tuesday, April 24, 1:15–2:45 pm**

Build resilience for life's uncertainties by broadening the heart energies through the practice of loving-kindness.

#### **Mind-Body Skills 4-Part Series at El Camino Hospital-Mountain View -- Thursdays, April 5, 12, 19 & 26, 3:00–5:00 pm**

Registration required. Please plan to attend all four classes.

To register and for more information, please contact Denise Garlick at (669) 222-1535 or [denise@cancercarepoint.org](mailto:denise@cancercarepoint.org).

### **Support Groups**

#### **Caregivers Group -- Wednesdays, April 4 & 18, 6:00–7:30 pm**

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

#### **Breast Support Group -- Friday, April 6, 1:00–2:30 pm & Wednesday, April 18, 3:30–5:00 pm**

Open to breast cancer patients/survivors.

#### **General Support Group -- Tuesday, April 10, 11:30 am–1:00 pm**

Open to people diagnosed with all kinds of cancers.

#### **Ovarian Support Group -- Friday, April 20, 12:00–1:30 pm**

Open to newly-diagnosed through post-treatment survivors.

#### **GI-Colorectal Group -- Tuesday, April 24, 6:00–7:30 pm**

Open to anyone impacted by GI-Colorectal cancers.

#### **Living and Thriving with Grace -- Thursdays, April 12 & 26, 12:00–1:30 pm**

For those dealing with recurrence or metastatic disease.

#### **Collage Art Class -- Friday, April 13 & 27, 10:00–11:30 am**

Create simple art while having meaningful discussion.

#### **Healing Through Art Class -- Thursday, April 5 & 19, 10:45 am–12:30 pm**

Combine art, movement and mindfulness.

#### **Domingo 29 de Abril 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. Llame a Cecilia 408-402-6287 para registrarse.

#### **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](mailto:info@cancercarepoint.org).**