



May 2018

SUN	MON	TUE	WED	THU	FRI	SAT
Registration is required!		1	2 <i>8:45 Yoga</i> <i>10:30 & 12:00 Movement Class</i> <i>3:00 Qigong @ Breathe</i> <i>6:00 Caregiver Group</i>	3 <i>8:45 Yoga</i> <i>10:45 Healing Through Art</i>	4 <i>1:00 Breast Group</i>	5
6	7 <i>11:30 Nutrition Q & A</i> <i>1:00 Cancer-Fighting Nutrition - Beginner</i> <i>1:00 Look Good Feel Better</i> <i>3:00 Cancer Fighting Nutrition - Intermediate</i>	8 <i>11:30 General Support</i> <i>1:15 Mind & Body Skills - Guided Imagery for Healing</i>	9 <i>8:45 Yoga</i> <i>10:30 & 12:00 Movement Class</i> <i>1:15 Meditation</i> <i>3:00 Qigong @ Breathe</i>	10 <i>8:45 Yoga</i> <i>11:00 Finding Balance</i> <i>12:00 Living and Thriving with Grace</i>	11 <i>10:00 Collage</i>	12
13	14 <i>11:30 Nutrition Q & A</i> <i>1:00 Cancer Fighting Nutrition - Beginner</i> <i>3:00 Cancer Fighting Nutrition - Intermediate</i> <i>6:30 Rebecca Katz Video Course Part 1</i>	15	16 <i>8:45 Yoga</i> <i>10:30 & 12:00 Movement Class</i> <i>3:30 Breast Group</i> <i>3:00 Qigong @ Breathe</i> <i>6:00 Caregiver Group</i>	17 <i>8:45 Yoga</i> <i>10:45 Healing Through Art</i>	18 <i>12:00 Ovarian Support Group</i>	19 <i>1:00 Nutrición y el Cáncer: Súper Alimentos que Combaten el Cáncer</i>
20	21 <i>11:30 Nutrition Q & A</i> <i>1:00 Cancer Fighting Nutrition - Beginner</i> <i>3:00 Cancer Fighting Nutrition - Intermediate</i> <i>6:30 Rebecca Katz Video Course Part 2</i>	22 <i>1:15 Mind & Body Skills - Chakra Meditation</i> <i>6:00 GI-Colorectal Group</i>	23 <i>8:45 Yoga</i> <i>10:30 & 12:00 Movement Class</i> <i>1:15 Meditation</i> <i>3:00 Qigong @ Breathe</i>	24 <i>8:45 Yoga</i> <i>11:00 Finding Balance</i> <i>12:00 Living and Thriving with Grace</i>	25 <i>10:00 Collage</i>	26
27	28 <i>CLOSED</i>	29	30 <i>8:45 Yoga</i> <i>10:30 & 12:00 Movement Class</i> <i>3:00 Qigong @ Breathe</i>	31 <i>8:45 Yoga</i>	Free Consultations/Counseling with Social Workers available by appointment. Call 408.402.6611 to schedule an appointment.	



Cancer CAREpoint

COUNSELING • ASSISTANCE • RESOURCES • EDUCATION

May 2018

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 May 28.

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

Nutrition Q & A -- Mondays, 11:30 am–12:30 pm (No class 5/28)

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 5/28)

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 5/28)

Follow-up classes with more advanced nutritional information.
5/07 – Fat: Friend or Foe?
5/14 – Is Seafood Safe to Eat?
5/21 – Strengthen Digestion, Improve Elimination

Rebecca Katz Cancer-Fighting Kitchen: Two-Part Video Series --

Monday, May 14 & 21, 6:30–8:00 pm

Presenting Rebecca Katz's Cancer-Fighting Kitchen Video Course. Nutritionist, Stephanie Figueira, will be available to answer questions. Please plan to attend both classes to watch the entire two-part course.

Sábado 19 de Mayo de 1:00-3:00 pm – Nutrición y el Cáncer: Súper Alimentos que Combaten el Cáncer

La clase será en la Gardener Downtown Resource Center (2nd floor conference room). Llame a Cecilia 408-402-6287 para registrarse.

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 -- Wednesdays, 3:00–4:00 pm at Breathe Together Yoga (14107 Winchester Blvd., Ste. H, Los Gatos, 95032)

Use stretching, active and passive movements, and form work to unify body, energy and mind. *No registration required, just drop in.*

Finding Balance Exercise Class -- Thursdays, May 10 & 24, 11:00 am–12:00 pm

A class about techniques to promote strength and balance.

Look Good Feel Better – sponsored with the American Cancer Society – Monday, May 7, 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 -- Wednesdays, May 9 & 23, 1:15–2:45 pm

Practice meditation to steady the mind and relax the body.

Guided Imagery for Healing -- Tuesday, May 8, 1:15–2:45 pm

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

Chakra Meditation: Opening and Managing Life Force Energies -- Tuesday, May 22, 1:15–2:45 pm

Support Groups

Caregivers Group -- Wednesdays, May 2 & 16, 6:00–7:30 pm

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

Breast Support Group -- Friday, May 4, 1:00–2:30 pm & Wednesday, May 16, 3:30–5:00 pm

Open to breast cancer patients/survivors.

General Support Group -- Tuesday, May 8, 11:30 am–1:00 pm

Open to people diagnosed with all kinds of cancers.

Ovarian Support Group -- Friday, May 18, 12:00–1:30 pm

Open to newly-diagnosed through post-treatment survivors.

GI-Colorectal Group -- Tuesday, May 22, 6:00–7:30 pm

Open to anyone impacted by GI-Colorectal cancers.

Living and Thriving with Grace -- Thursdays, May 10 & 24, 12:00–1:30 pm

For those dealing with recurrence or metastatic disease.

Collage Art Class -- Friday, May 11 & 25, 10:00–11:30 am

Create simple art while having meaningful discussion.

Healing Through Art Class -- Thursday, May 3 & 17, 10:45 am–12:30 pm

Combine art, movement and mindfulness.

Cancer Survivorship Workshop at El Camino Hospital – Wednesdays, June 20-August 1, 6:00-8:00 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.

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.