

# NOW IN ANTIOCH!



**EAST COUNTY**

## ABOUT US:

Cancer Support Community is a non-profit organization that provides support groups, educational workshops, mind/body programs, social connections and resources to people with cancer and their loved ones. Participation in our programs enhances quality of life and can help people deal as effectively as possible with cancer treatment and survivorship.

**ALL SERVICES ARE PROVIDED  
FREE OF CHARGE**

Learn more about Cancer Support Community by coming to an individual welcome session. Call Zenaida Burgos, East County Program Manager at 925.951.7279 or email [zburgos@cancersupport.net](mailto:zburgos@cancersupport.net).

# WELCOME

## 925.951.7279

**Nosotros hablamos español.**

3505 LONE TREE WAY, SUITE 3, ANTIOCH, CA 94509  
[WWW.CANCERSUPPORT.NET/SERVICES/EASTCOUNTY](http://WWW.CANCERSUPPORT.NET/SERVICES/EASTCOUNTY)

# DECEMBER 2021

## VIRTUAL SPECIAL PROGRAMS

### NOTICE

All of our programs will continue virtually through 2021.

**Register for virtual programs online at  
[www.cancersupport.net](http://www.cancersupport.net)**

If you are new to Cancer Support Community, or for more information, please call Zenaida Burgos at 925.951.7279.

### VACCINATION: THIRD SHOT VS BOOSTERS AND THEIR SIDE EFFECTS

**Saturday, December 4**

10:30 am - 12:30 pm, Online via Zoom

With Kim Rhoads, MD. Learn about the vaccination third shot and the booster along with who needs to take it and the possible side effects. Dr. Rhoads is an associate professor of Epidemiology and Biostatistics at UCSF.

### RETURN TO YOGA & MEDITATION

**Saturday, December 11**

10:30 am - 12:30 pm, Online via Zoom

With Cyndi Lezcano, CYT. Oncology Yoga is evidence-informed and research-based yoga tailored to address the physical and emotional needs left by cancer and its treatments. It is an active practice that matches breath and movement to lessen side effects like bone loss, lymphedema, scar tissue, constipation, neuropathy, fatigue, anxiety and more.

### WEEKLY CANCER SUPPORT GROUP

**Tuesdays**

1 - 3 pm, Online via Zoom

Support groups have been shown to decrease distress and improve quality of life. Adult group members of different ages and with different types of cancer, or those supporting a loved one with cancer, come together each week to get support and learn from each other. Facilitated by Jill Stewart, LMFT.

# DECEMBER 2021

Tuesday	Thursday	Saturday
	2	4
	11:30 am – 12:45 pm Wake Up from Within Gentle Healing Yoga  1 – 2:30 pm Cooking with Chef Chandra	10:30 am – 12:30 pm Vaccination: Third Shot vs. Boosters and Their Side Effects
7	9	11
11:30 am – 12:45 pm Arts from the Heart  1 – 3 pm Cancer Support Group  3 – 4 pm Feel the Rhythm	11:30 am – 12:45 pm Wake Up from Within Gentle Healing Yoga  1 – 2:30 pm Cooking with Chef Chandra	10:30 am – 12:30 pm Return to Yoga & Meditation
14	16	18
11:30 am – 12:45 pm Arts from the Heart  1 – 3 pm Cancer Support Group  3 – 4 pm Feel the Rhythm	11:30 am – 12:45 pm Wake Up from Within Gentle Healing Yoga  1 – 2:30 pm Cooking with Chef Chandra	
21	23	25
11:30 am – 12:45 pm Arts from the Heart  1 – 3 pm Cancer Support Group  3 – 4 pm Feel the Rhythm	11:30 am – 12:45 pm Wake Up from Within Gentle Healing Yoga	<i>Closed for the holidays</i>
28	30	
<i>Closed for the holidays</i>	<i>Closed for the holidays</i>	<i>Closed for the holidays. We will reopen on Monday, January 3. Wishing you health and healing in 2022!</i>

To register go to [www.cancersupport.net](http://www.cancersupport.net).

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## UPCOMING VIRTUAL PROGRAMS

### Arts from the Heart

Unleash your creativity in this experiential class. Get free, get playful, and get messy! With Paula Oesterling, Arts teacher.

### Feel the Rhythm

Learn to feel our emotions through the rhythm of music. Get carried away by the sounds of Latin American music, while dancing Salsa, bachata, etc. With Dawn Sapp.

### Cancer Support Group

For patients and loved ones.  
Facilitator: Jill Stewart, LMFT

### Cooking with Chef Chandra

With Chef Chandra. Explore different plant-based recipes and learn tips and techniques. Healing foods to maintain strength and boost immunity will be discussed. (No class 12/23).

### Wake Up from Within Gentle Healing Yoga

Designed to help improve range of motion, strength, balance, and well-being. Instructor: Mirtha Carballo

### Vaccination: Third Shot vs Boosters and Their Side Effects

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### Return to Yoga & Meditation

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VIRTUALLY THROUGH 2021.**