

# NOW IN ANTIOCH!



CANCER SUPPORT  
**COMMUNITY**  
SAN FRANCISCO  
BAY AREA

**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)

# FEBRUARY 2022

## VIRTUAL SPECIAL PROGRAMS

### NOTICE

Please go to our website for updates regarding our reopening plans.

**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.

### MEDICARE ADVANTAGE PART D

#### Saturday, February 12

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

With Leah McIntosh, HICAP Medicare Counseling Program.

Learn about the Medicare Advantage program and the difference from Medicare. Find out how to enroll along with the Supplemental Plans.

### THE SPIRITUALITY IN YOUR JOURNEY

#### Thursday, February 17

10:30 am - 11:30 am, Online via Zoom

With Zenaida Burgos, CSC Program Manager. We will explore our own life experiences as spiritual beings. The workshop will provide the tools to structure your own spirituality journey.

### BEYOND THE MIND

#### Saturday, February 26

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

With Mirtha Carballo, Certified Yoga Instructor/Ayurvedic Lifestyle Teacher. Learn a powerful stress-busting breath and primordial sound meditation practice which can quickly calm anxiety, release stress, balance the nervous system, lower blood pressure, improve sleep, boost the immune system and increase tranquility.

### 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.

# FEBRUARY 2022

Tuesday	Thursday	Saturday
1	3	5
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	
8	10	12
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 Medicare Advantage Part D
15	17	19
11:30 am – 12:45 pm Arts from the Heart  1 – 3 pm Cancer Support Group  3 – 4 pm Feel the Rhythm	10:30 am – 11:30 am The Spirituality in Your Journey  11:30 am – 12:45 pm Wake Up from Within Gentle Healing Yoga  1 – 2:30 pm Cooking with Chef Chandra	
22	24	26
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	10:30 am – 12:30 pm Beyond the Mind

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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 2/24.

### Wake Up from Within Gentle Healing Yoga

Designed to help improve range of motion, strength, balance, and well-being.  
Instructor: Mirtha Carballo, Certified Yoga Instructor/Ayurvedic Lifestyle Teacher.

### Medicare Advantage Part D

With Leah McIntosh, HICAP Medicare Counseling Program. Learn about the Medicare Advantage program and the difference from Medicare. Find out how to enroll along with the Supplemental Plans.

### The Spirituality in Your Journey

With Zenaida Burgos, CSC Program Manager. We will explore our own life experiences as spiritual beings. The workshop will provide the tools to structure your own spirituality journey.

### Beyond the Mind

With Mirtha Carballo, Certified Yoga Instructor/Ayurvedic Lifestyle Teacher. Learn a powerful stress-busting breath and primordial sound meditation practice which can quickly calm anxiety, release stress, balance the nervous system, lower blood pressure, improve sleep, boost the immune system and increase tranquility.

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regarding our reopening plans.**