

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.

WELCOME

925.951.7279

Nosotros hablamos español.

3505 LONE TREE WAY, SUITE 3, ANTIOCH, CA 94509
WWW.CANCERSUPPORT.NET/SERVICES/EASTCOUNTY

NOVEMBER 2021
VIRTUAL SPECIAL PROGRAMS

NOTICE

All of our programs will continue virtually through 2021.

**Register for virtual programs online at
www.cancersupport.net**

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

RETURN TO YOGA & MEDITATION

Saturday, November 6

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.

**THE GOOD, THE BAD, & THE UGLY: CANCER, NUTRITION,
& EATING FOR LIFE**

Saturday, November 13

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

With Dr. Nicola Ally, Epic Care. Discover ways to change fat consumption to achieve a healthier outcome during and after cancer. Learn about: the Good – unsaturated fats, vegetables and sh oils; The Bad – saturated fats; and the Ugly – transfat.

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.

NOVEMBER 2021

Tuesday	Thursday	Saturday
2	4	6
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
9	11	13
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 The Good, The Bad, & The Ugly: Cancer, Nutrition & Eating for Life
16	18	20
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	
23	25	27
11:30 am – 12:45 pm Arts from the Heart 1 – 3 pm Cancer Support Group 3 – 4 pm Feel the Rhythm	<i>Closed for the Thanksgiving Holiday</i>	<i>Closed for the Thanksgiving Holiday</i>
30		
11:30 am – 12:45 pm Arts from the Heart 1 – 3 pm Cancer Support Group 3 – 4 pm Feel the Rhythm		

To register go to 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.

Wake Up from Within Gentle Healing Yoga

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

Return to Yoga & Meditation

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.

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