



CANCER SUPPORT
COMMUNITY
SAN FRANCISCO
BAY AREA

PROGRAM CALENDAR JANUARY | FEBRUARY | 2022

REOPENING UPDATE

Please check our online calendar for information on when programs may be offered in person as well as virtually. For the latest updates, please visit www.cancersupport.net.



ARE YOU NEW TO CSC?

Welcome! We want to connect you with our services as soon as possible.

To access our programs, please call 925.933.0107 to set up a one-on-one Newcomers Meeting via Zoom.

OUR SERVICES

To register for any of our programs, please visit our website at www.cancersupport.net and click on the program calendar.

Full descriptions of all Cancer Support Community programs are accessible in our online calendar.

OUR PROGRAMS

Our programs include:

- Support Groups
- Networking Groups
- Educational Workshops
- Creative Expression Classes
- Nutrition & Cooking Classes
- Children, Teen, Family Programs
- Social Connections
- Adaptive Movement Classes
- Mind/Body Classes

OUR MISSION

We support people facing cancer in our community to become healthier, live longer, and live better.

Our services are provided at no cost through the generosity of individual and private contributions.

PROGRAM CALENDAR JANUARY | 2022

MONDAY

EVERY MONDAY IN JANUARY

- 8:30 am Pilates
- 10 am Sunlight Chair Yoga
- 1 pm American Mah Jong
- 3:45 pm The Healing Power of Writing Series
- 5:30 pm Gentle Restorative Yoga
- 7 pm Weekly Groups (2)

JANUARY 3

- 11:30 am Qigong

JANUARY 10

- 11:30 am Qigong



JANUARY 17

- CSC Closed
- Martin Luther King Jr. Day

JANUARY 24

- 11:30 am Qigong

JANUARY 31

TUESDAY

EVERY TUESDAY IN JANUARY

- 9:30 am Yoga
- 11 am Newly Diagnosed Breast Cancer Group
- 11 am Weekly Groups (3)
- 11:30 am Arts from the Heart
- 1 pm Antioch Cancer Support Grp.
- 1:15 pm Knitting Circle
- 1:30 pm Moving for Life
- 3 pm Feel the Rhythm
- 3:15 pm Gentle Yoga/Urban Zen

JANUARY 4

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5:30 pm Jin Shin Jyutsu Self-Help

JANUARY 11

- 1:30 pm Breast Cancer Group
- 6 pm Hospice 101

JANUARY 18

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5:30 pm Jin Shin Jyutsu Self-Help
- 6 pm Living with Uncertainty

JANUARY 25

- 1:30 pm Breast Cancer Group
- 4 pm Youngish Adult Group
- 5 pm Trauma Release Exercise

WEDNESDAY

EVERY WEDNESDAY IN JANUARY

- 9:15 am Yoga
- 9:30 am Contemplative Practices
- 10:30 am Weekly Groups (4)
- 3 pm Integral Tai Chi Series
- 6 pm Grief & Loss Group



JANUARY 5

- 5 pm Laughter Yoga

JANUARY 12

- 4 pm Colorectal Cancer Group
- 4 pm Lung Cancer Group
- 6 pm Life After Cancer Group

JANUARY 19

- 4 pm Monthly Long-Term Grief & Loss Group
- 6 pm Planning on Peace of Mind

JANUARY 26

- 6 pm Living Well Beyond Cancer

PLEASE REGISTER for programs in purple (workshops or special programs) or black (ongoing classes) by going to www.cancersupport.net or calling (925) 933-0107. Programs in blue require a Zoom Newcomers Meeting and brief interview prior to placement in group. Programs in orange are based in Antioch when in person but open to all via Zoom by registering online at www.cancersupport.net.

PROGRAM CALENDAR JANUARY | 2022

THURSDAY

EVERY THURSDAY IN JANUARY

- 11 am Mindful Somatic Yoga
- 11:30 am **Wake Up From Within
Gentle Healing Yoga**
- 1 pm Osteo-Pilates
- 5:30 pm Yoga
- 6 pm Grief & Loss Group

JANUARY 6

- 11 am A Garden of Books
Book Club
- 1 pm **Cooking with
Chef Chandra**
- 6 pm Brain Tumor Group

JANUARY 13

- 11 am Metastatic Prostate
Cancer Group
- 1 pm **Cooking with Chef Chandra**
- 4 pm Healthy Cooking
on a Budget

JANUARY 20

- 10:30 am **The Spirituality
in Your Journey**
- 1 pm **Cooking with
Chef Chandra**
- 3 pm African Drumming
- 6 pm Directly Facing Death Group

JANUARY 27

- 11 am Metastatic Prostate
Cancer Group
- 1 pm Prostate Cancer Group
- 1 pm Compassionate
Communication Practice
Group

FRIDAY

EVERY FRIDAY IN JANUARY

- 10:30 am Kundalini Chanting
Meditation
- 11 am Kundalini Yoga
- 12:45 pm Yoga Nidra
- 2 pm Tai Chi Chih

JANUARY 7

- 11 am Eating for Healing



JANUARY 14

- 3 pm Sing Along with Ukuleles
& You

JANUARY 21

- 3 pm Introduction to Mindful
Well-Being

JANUARY 28

- 3 pm Mindful Well-Being Series
- 3:30 pm Sing For Life

SATURDAY

EVERY SATURDAY IN JANUARY

- 8:30 am Yoga Flow

JANUARY 1

Closed — New Year's Day

JANUARY 8

- 10 am Lymphedema Support Group
- 10 am Kids Group (6–8 years)
- 10 am Parent Group
- 11 am Kids Group (9–13 years)
- 11 am Teen Group

JANUARY 15

- 10:30 am **Beyond the Mind**
- 11 am Nutrition & Cancer
Treatment
- 1 pm Sound Healing:
The Nature of Rebirth

JANUARY 22

- 10 am Eating the Mediterranean
Way
- 1 pm Roll, Release, Relax
& Restore

JANUARY 29

- 10:30 am **Keeping You and Your Loved
Ones Safe from Elder Abuse**
- 11 am The Healing Power of Greens
- 1 pm Celebrating New Beginnings
by Getting a Good Night's
Sleep

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PROGRAM CALENDAR FEBRUARY | 2022

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- 1 pm American Mah Jong
- 3:45 pm The Healing Power of Writing Series
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- 7 pm Weekly Groups (2)



FEBRUARY 7

- 11:30 am Qigong

FEBRUARY 14

- 11:30 am Qigong

FEBRUARY 21

Closed — Presidents' Day

FEBRUARY 28

TUESDAY

EVERY TUESDAY IN FEBRUARY

- 9:30 am Yoga
- 11 am Newly Diagnosed Breast Cancer Group
- 11 am Weekly Groups (3)
- 11:30 am Arts from the Heart
- 1 pm Antioch Cancer Support Group
- 1:15 pm Knitting Circle
- 1:30 pm Moving for Life
- 3 pm Feel the Rhythm
- 3:15 pm Gentle Yoga/Urban Zen

FEBRUARY 1

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5:30 pm Jin Shin Jyutsu Self-Help
- 6 pm Why Can't I Stay Positive?

FEBRUARY 8

- 1:30 pm Breast Cancer Group
- 6 pm Jin Shin Jyutsu for Self-Care & Symptom Management

FEBRUARY 15

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5:30 pm Jin Shin Jyutsu Self-Help
- 6 pm Readings from 'The Healing Power of Writing' Group

FEBRUARY 22

- 1:30 pm Breast Cancer Group
- 4 pm Youngish Adult Group
- 5 pm Trauma Release Exercise

WEDNESDAY

EVERY WEDNESDAY IN FEBRUARY

- 9:15 am Yoga
- 9:30 am Contemplative Practices
- 10:30 am Weekly Groups (4)
- 3 pm Integral Tai Chi Series
- 6 pm Grief & Loss Group



FEBRUARY 2

- 5 pm Laughter Yoga

FEBRUARY 9

- 4 pm Colorectal Cancer Group
- 4 pm Lung Cancer Group
- 6 pm Life After Cancer Group

FEBRUARY 16

- 4 pm Monthly Long-Term Grief & Loss Group
- 6 pm Meditation or Medication: How Do I Deal With All This Worry?

FEBRUARY 23

- 6 pm The Five Wishes

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EVERY FRIDAY IN FEBRUARY

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Meditation
- 11 am Kundalini Yoga
- 12:45 pm Yoga Nidra
- 2 pm Tai Chi Chih

SATURDAY

EVERY SATURDAY IN FEBRUARY

- 8:30 am Yoga Flow



OPEN TO OPTIONS DECISION SUPPORT: Recently been diagnosed with a new or recurrent cancer? Do you need to make decisions about treatment options? We offer a question listing service to help you prepare for your upcoming oncology visit. The goals of the session are to help you communicate clearly with your medical team, ask critical questions about your options, and help ensure that your treatment decision fits your personal concerns, goals and priorities. To make an appointment, please email our Chief Mission Officer, Margaret Stauffer, LMFT, at mstauffer@cancersupport.net.

FEBRUARY 3

- 11 am A Garden of Books
Book Club
- 1 pm **Cooking with
Chef Chandra**
- 6 pm Brain Tumor Group

FEBRUARY 10

- 11 am Metastatic Prostate
Cancer Group
- 1 pm Compassionate Communi-
cation Practice Group
- 1 pm **Cooking with
Chef Chandra**

FEBRUARY 17

- 10:30 am **The Spirituality
in Your Journey**
- 1 pm **Cooking with Chef Chandra**
- 3 pm African Drumming
- 6 pm Directly Facing Death Group

FEBRUARY 24

- 11 am Metastatic Prostate
Cancer Group
- 1 pm Prostate Cancer Group

FEBRUARY 4

- 3 pm Mindful Well-Being Series

FEBRUARY 11

- 3 pm Sing Along with Ukuleles
& You



FEBRUARY 18

- 3 pm Mindful Well-Being
Series

FEBRUARY 25

- 3 pm Mindful Well-Being
Series End

FEBRUARY 5

- 10 am Lymphedema Support Group
- 11 am Eating for Healing
- 1 pm Carcinoid/Neuroendocrine
Group
- 1 pm Sound Healing: Self-Com-
passion — A True Love Story

FEBRUARY 12

- 10 am Kids Group (6–8 years)
- 10 am Parent Group
- 10:30 am **Medicare Advantage Part D**
- 11 am Kids Group (9–13 years)
- 11 am Teen Group
- 1 pm Integrative Medicine for
Colorectal Cancer

FEBRUARY 19

- 11 am Nutrition for Survivorship
- 1 pm Roll, Release, Relax
& Restore

FEBRUARY 26

- 10 am Healthy Cooking
on a Budget
- 10:30 am **Beyond the Mind**
- 1 pm Soup's On:
Community Cook Along

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SPECIAL PROGRAMS JANUARY | FEBRUARY | 2022

JANUARY

LAUGHTER YOGA

Wednesday: January 5, 5 pm

With Barbara Llamas, MPA, Independence at Home. Do you have enough laughter in your life? Did you know that you can turn laughing into exercise? We will combine laughter with yoga breathing to make exercise fun!

EATING FOR HEALING

Friday: January 7, 11 am

With Susie White, Holistic Nutrition Consultant. Susie will demonstrate easy, healthy, plant-based recipes.

KIDS CIRCLE & TEEN TALK

Saturday: January 8, 10 and 11 am

With CSC Therapists. For families with school age children (ages 6–18) when a parent has cancer. See calendar page for each group time.

HOSPICE 101

Tuesday: January 11, 6 pm

With Michelle Russell, Hope Hospice. Learn the philosophy of hospice, what it is and isn't, what it provides and how it benefits both patient and family. We'll discuss when is the appropriate time to consider hospice, how to approach it with loved ones, and how to obtain hospice services when needed.

HEALTHY COOKING ON A BUDGET

Thursday: January 13, 4 pm

With Linda Carucci, Chef, Cookbook Author. Recipes: Korean-Style Long Life Sweet Potato Noodles with Shiitake Mushrooms and Spinach (GF); Braised Escarole with Garlic and Red Pepper Flakes.

BEYOND THE MIND

Saturday: January 15, 10:30 am

With Mirtha Carballo. 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.

NUTRITION & CANCER TREATMENT

Saturday: January 15, 11 am

With Tinrin Chew, RD, Oncology Dietitian. Learn what to eat during treatment to help you regain and maintain health.

SOUND HEALING — THE NATURE OF REBIRTH

Saturday: January 15, 1 pm

We begin again with the spirit of hope, finding access to dreams, and open our hearts to healing. R Consuelo Inez is a certified sound and music therapist, she will lead you into the realm of renewal.

LIVING WITH UNCERTAINTY

Tuesday: January 18, 6 pm

With Margaret Stauffer, LMFT, CSC Chief Mission Officer. This program focuses on common challenges and worries, mental health and cancer, acknowledging the known and unknown and what's next.



PLANNING ON PEACE OF MIND

Wednesday: January 19, 6 pm

With Jonathan Thompson, JD. Start the New Year by finding out what you need to know about creating the documents that will give you peace of mind, including advanced healthcare directives, wills, trusts, dealing with HIPAA issues and more.

MINDFUL WELLBEING SERIES

Fridays: January 21 thru February 25, 3 pm

With Shell Portner, RN, BSN. Get an introduction to mindfulness practices. We'll also discuss the physiology of stress and how to use mindfulness skills in diverse contexts, including relationships, work, daily self-care and managing physical symptoms. Come to the introductory session January 21 then attend the series. No class February 11.

EATING THE MEDITERRANEAN WAY

Saturday: January 22, 10 am

With Camila Loew, PhD. From Spain, Camila will demonstrate delicious recipes based on the Mediterranean Diet.

ROLL, RELEASE, RELAX & RESTORE

Saturday: January 22, 1 pm

With Maxine Younger, CYT. Using a foam roller, ball or movement, self-myofascial release can alleviate pain, increase flexibility and improve posture.

TRAUMA RELEASE EXERCISE

Tuesday: January 25, 5 pm

With Jenny Schneider, Certified TRE Provider. Our muscles serve as storage houses for emotional memory. TRE safely guides you through a technique of fatiguing muscles that surround the body's emotional center. As the muscles fatigue, they begin to shake, setting off a chain reaction that triggers a reset of the autonomic nervous system, leaving you feeling calm and relaxed.

LIVING WELL BEYOND CANCER

Wednesday: January 26, 6 pm

With Shell Portner, RN. Learn how to make a successful transition from treatment to long-term survivorship. Topics include wellness practices for recovery and risk reduction, managing side effects and coping with emotional changes.

COMPASSIONATE COMMUNICATION PRACTICE GROUP

Thursday: January 27, 1 pm

With Jared Finkelstein, Bay NVC Trainer. Practice communicating with greater clarity, honesty and compassion which shifts relationships and helps you stay in touch with deeper values. Work through communication challenges with support and feedback.

KEEPING YOU & YOUR LOVED ONES SAFE FROM ELDER ABUSE

Saturday: January 29, 10:30 am

With Emily Milstein, Attorney, Contra Costa Legal Services. Learn about the signs and types of elder abuse, how the pandemic may have increased abuse, how to identify perpetrators of the abuse, and how to keep it from happening.

THE HEALING POWER OF GREENS

Saturday: January 29, 11 am

With Shell Portner, RN, BSN. Shell will demonstrate both a smoothie and a sauce made with nutrient-packed herbs and veggies.

CELEBRATING NEW BEGINNINGS BY GETTING A GOOD NIGHT'S SLEEP

Saturday: January 29, 1 pm

With Erika Maslan, LMFT, CSC Therapist Facilitator. Neuroscience tells us that we can change habits and develop and stick to new and improved ones. We will focus on habit changes, including improving sleep, which support health regardless of your individual current circumstances.

TO REGISTER for any of the special programs, please go to the online calendar. Programs in orange are based in Antioch when in person but open to all via Zoom by registering online at www.cancersupport.net.



“Throughout my cancer journey, I’ve learned that all cancer patients want a sense of hope, a sense of being able to have some control over our body, and a sense of dignity. Cancer Support Community provides the tools to give you all of that and so much more.”

— Kimberly, CSC member

FEBRUARY

WHY CAN'T I STAY POSITIVE?

Tuesday: February 1, 6 pm
With Margaret Stauffer, LMFT, CSC Chief Mission Officer. This program explores depression, grief and resilience as they relate to cancer.

LAUGHTER YOGA

Wednesday: February 2, 5 pm
See January 5 program description.

EATING FOR HEALING

Saturday: February 5, 11 am
See January 7 program description.

SOUND HEALING — SELF COMPASSION: A TRUE LOVE STORY

Saturday: February 5, 1 pm
With R Consuelo Inez, Certified Sound Healer. Immerse yourself with a sense of well-being, peace, loving kindness, understanding and joy through music, melodic tunes, heart opening movements and vibrations of unconditional love. You'll be guided on an expedition of self-compassion/self-love healing.

JIN SHIN JYUTSU FOR SELF-CARE & SYMPTOM MANAGEMENT

Tuesday: February 8, 6 pm
With Kathy O'Hare, Certified Asian Body Work Therapist. Learn a style of acupressure that uses gentle touch to hold specific combinations to help the energy meridians flow more smoothly for health and symptom management.

COMPASSIONATE COMMUNICATION PRACTICE GROUP

Thursday: February 10, 1 pm
See January 27 program description.

KIDS CIRCLE & TEEN TALK

Saturday: February 12, 10 and 11 am
See January 8 program description.

MEDICARE ADVANTAGE PART D

Saturday: February 12, 10:30 am
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.

INTEGRATIVE MEDICINE FOR COLORECTAL CANCER

Saturday: February 12, 1 pm
With Dawn Jacobson, MD. Learn about integrative approaches to help manage treatment and side effects of colorectal cancer.

READINGS FROM THE HEALING POWER OF WRITING GROUP

Tuesday: February 15, 6 pm
With Janet Kettelhut, LMFT. Listen in to our readings by the CSC writing group and you can experience members sharing some of their favorite short writings gathered over the years.

MEDITATION OR MEDICATION: HOW DO I DEAL WITH ALL THIS WORRY?

Wednesday: February 16, 6 pm
With Burton Presberg, MD, psychiatrist specializing in treating individuals with cancer and their family members. Approaching lab tests and scans are inevitably stressful. There are a number of tools available to help. Dr. Presberg stresses the importance of exercise and talk therapy, meditation and (when necessary) medication.

NUTRITION FOR SURVIVORSHIP

Saturday: February 19, 11 am
With Tinrin Chew, RD, Oncology Dietitian. Learn what to eat after treatment to help you regain and maintain health, and the importance of incorporating cancer fighting foods in your diet.

ROLL, RELEASE, RELAX & RESTORE

Saturday: February 19, 1 pm
See January 22 program description.

TRAUMA RELEASE EXERCISE

Tuesday: February 22, 5 pm
See January 25 program description.

THE FIVE WISHES

Wednesday: February 23, 6 pm
With Michelle Russell and Melissa Tumaneng Hope Hospice. Learn how to create a living will that helps you express your wishes in areas that matter most.

HEALTHY COOKING ON A BUDGET

Saturday: February 26, 10 am
With Linda Carucci, Chef, Cookbook Author. Recipes: French Onion Soup Gratinée; Oro Blanco and Pink Grapefruit Suprêmes; CaraCara Orange Slices with Cinnamon and Honey.

BEYOND THE MIND

Saturday: February 26, 10:30 am
See January 15 program description.

SOUP'S ON COMMUNITY COOK ALONG

Saturday: February 26, 1 pm
With Susie White, Holistic Nutrition Consultant. Join from your home kitchen where together we each will prepare a steaming pot of immunity-boosting chicken or vegetable soup. A detailed shopping and cooking equipment list will be emailed out in advance so we can get cooking together!

ONGOING PROGRAMS

THE HEALING POWER OF WRITING

Mondays: 3:45 pm
With Janet Kettelhut, LMFT. Experience a non-judgmental, deep sensing and curious approach to writing to strengthen health and build community.

COOKING WITH CHEF CHANDRA

Thursdays: 1 pm
With Chef Chandra Collins. Explore different plant-based recipes and learn tips and techniques. We'll use healing foods to maintain strength and boost immunity. No class last Thursday of the month.

SOCIAL CONNECTIONS

AMERICAN MAH JONG

Mondays: 1 pm

ARTS FROM THE HEART

Tuesdays: 11:30 am

KNITTING CIRCLE

Tuesdays: 1:15 pm

GARDEN OF BOOKS BOOK CLUB

- 1st Thursdays: 11 am
- January: *Last Christmas in Paris*, by Hazel Gaynor
 - February: *Aristotle and Dante Dive Into the Waters of the World*, by Benjamin Alire Sáenz
 - March: *City of Light*, by Lauren Belfer

AFRICAN DRUMMING

3rd Thursdays: 3 pm

SING ALONG WITH UKES & YOU

2nd Fridays: 3 pm

SING FOR LIFE

Friday: January 28, 3:30 pm

TO JOIN any of the support groups listed, please call us so that we can set up a brief introductory meeting and intake. To register for any of the adaptive movement and mind/body classes, please go to the online calendar. Programs in orange are based in Antioch when in person but open to all via Zoom by registering online at www.cancersupport.net

SUPPORT GROUPS

We offer support groups for people with any cancer. **Weekly** groups are available for both patients and caregivers. A specific group for those with newly diagnosed breast cancer meets weekly. **Networking** groups are once or twice a month and are for some specific cancers or topics. Attendance at a Newcomers Meeting and a brief group preparation interview are required.

WEEKLY GROUP TIMES

Monday: 7–9 pm (2 groups)
 Tuesdays: 11 am, Newly Diagnosed Breast Cancer Group
 Tuesdays: 11 am–1 pm (3 groups)
Tuesdays: 1–3 pm (1 group)
 Wednesdays: 10:30 am–12:30 pm (4 groups)
 Wednesdays: 6 pm, Grief & Loss Group
 Thursdays: 6 pm, Grief & Loss Group

NETWORKING GROUP TIMES

Brain Tumor Group
 1st Thursday: 6 pm
Breast Cancer Group
 2nd & 4th Tuesdays: 1:30 pm
Carcinoid/Neuroendocrine Group
 Saturday: February 5, 1 pm
Colorectal Cancer Group
 2nd Wednesday: 4 pm
Directly Facing Death Group
 3rd Thursday: 6 pm
Gynecologic/Ovarian Cancer Group
 1st & 3rd Tuesday: 1:30 pm
Life After Cancer Group
 2nd Wednesday: 6 pm
Lung Cancer Group
 2nd Wednesday: 4 pm
Lymphedema Support Group
 Saturdays: January 8 & February 5, 10 am
Metastatic Prostate Cancer Group
 2nd & 4th Thursdays: 11 am
Monthly Long-Term Grief & Loss Group
 3rd Wednesday: 4 pm
Prostate Cancer Group
 4th Thursday: 1 pm
The Spirituality in Your Journey
 3rd Thursday: 10:30 am

Youngish Adult Group
 4th Tuesday: 4 pm

ADAPTIVE MOVEMENT & MIND BODY CLASSES

Pilates
 Mondays: 8:30 am
Sunlight Chair Yoga
 Mondays: 10 am
QiGong
 Mondays: 11:30 am
 No class last Monday of the month
Gentle Restorative Yoga
 Mondays: 5:30 pm
Yoga
 Tuesdays: 9:30 am
 Wednesdays: 9:15 am
 Thursdays: 5:30 pm
Moving for Life
 Tuesdays: 1:30 pm
Feel the Rhythm
 Tuesdays: 3 pm
Gentle Yoga & Urban Zen
 Tuesdays: 3:15 pm
Jin Shin Jyutsu Self-Help
 1st & 3rd Tuesdays: 5:30 pm
Contemplative Practices
 Wednesdays: 9:30 am
Integral Tai Chi
 Wednesdays: 3 pm
Mindful Somatic Yoga
 Thursdays: 11 am
Wake Up From Within Gentle Healing Yoga
 Thursdays: 11:30 am
Osteo-Pilates
 Thursdays: 1 pm
Kundalini Chanting Meditation
 Fridays: 10:30 am
Kundalini Yoga
 Fridays: 11 am
Yoga Nidra
 Fridays: 12:45 pm
Tai Chi Chih
 Fridays: 2 pm
Yoga Flow
 Saturdays: 8:30 am

Cancer Support Community is grateful for the generosity of many corporations and organizations, including:



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