



CANCER SUPPORT
COMMUNITY
SAN FRANCISCO
BAY AREA

PROGRAM CALENDAR JULY | AUGUST | 2022

ARE YOU NEW TO CANCER SUPPORT COMMUNITY?

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 Newcomers Meeting via Zoom or in-person.



IN-PERSON, VIRTUAL & HYBRID PROGRAMS

We have re-opened and now have in-person options for some of our programs. Please check our ONLINE calendar for information on which programs are offered in person as well as virtually. For the latest updates, please visit www.cancersupport.net.

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 JULY | 2022

MONDAY

EVERY MONDAY IN JULY

- 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)



JULY 4

CLOSED — Independence Day

JULY 11

- 4 pm **Mindfulness Meditation Series Start**

JULY 18

- 4 pm **Mindfulness Meditation Series**

JULY 25

- 4 pm **Mindfulness Meditation Series**

TUESDAY

EVERY TUESDAY IN JULY

- 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

JULY 5

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

JULY 12

- 1:30 pm Breast Cancer Group (stages 0–2)
- 1:30 pm Breast Cancer Group (stages 3–4)
- 6 pm **Three Steps to Getting the Support You Need (or Supporting Others)**

JULY 19

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5 pm **Five Legal Tips for People Living with Cancer**
- 5:30 pm Jin Shin Jyutsu Self-Help

JULY 26

- 1:30 pm Breast Cancer Group (stages 0–2)
- 1:30 pm Breast Cancer Group (stages 3–4)
- 4 pm Youngish Adult Group
- 6 pm **Jin Shin Jyutsu for Self-Care & Symptom Management**

WEDNESDAY

EVERY WEDNESDAY IN JULY

- 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 Groups (2)

JULY 6

JULY 13

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

JULY 20

- 4 pm Monthly Long-Term Grief & Loss Group

JULY 27

- 5 pm **Community Cook-Along**

PLEASE REGISTER for programs in gold (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.

PROGRAM CALENDAR JULY | 2022

THURSDAY

EVERY THURSDAY IN JULY

- 11 am Mindful Somatic Yoga
- 11:30 am Wake Up From Within Gentle Healing Yoga
- 1 pm Osteo-Pilates
- 5:30 pm Yoga

FRIDAY

EVERY FRIDAY IN JULY

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

SATURDAY

EVERY SATURDAY IN JULY

- 8:30 am Yoga Flow



SHORT-TERM COUNSELING: Counseling is available to members with cancer and their families who may be dealing with issues related to their cancer experience. Counseling is provided by doctoral students under the supervision of a psychologist. To request this service, please call us at (925) 933-0107. Attendance at a Newcomers Meeting and intake is required prior to receiving counseling.

JULY 7

- 9:30 am Qigong
- 11 am A Garden of Books Book Club
- 1 pm Cooking with Chef Chandra
- 6 pm Brain Tumor Group

JULY 14

- 9:30 am Qigong
- 11 am Metastatic Prostate Cancer Group
- 1 pm Cooking with Chef Chandra

JULY 21

- 9:30 am Qigong
- 10:30 am The Spirituality in Your Journey
- 1 pm Compassionate Communication Practice Group
- 1 pm Cooking with Chef Chandra
- 3 pm African Drumming
- 6 pm Directly Facing Death Group

JULY 28

- 11 am Metastatic Prostate Cancer Group
- 1 pm Prostate Cancer Group
- 4 pm Healthy Cooking on a Budget

JULY 1

JULY 8

- 11 am Eating for Healing
- 3 pm Sing Along with Ukles & You

JULY 15

JULY 22



JULY 29

JULY 2

- 10 am Lymphedema Support Group

JULY 9

- 10 am Kids Circle & Teen Talk

JULY 16

- 10:30 am The Future of Radiation Oncology
- 11 am Nutrition & Cancer Treatment
- 1 pm Cancer & Chinese Medicine

JULY 23

- 11 am Sound Healing: Freedom to Shake, Rattle & Roll
- 1 pm Roll, Release, Relax & Restore

JULY 30

- 10 am Eating the Mediterranean Way
- 10:30 am Perfect Health Ayurvedic Lifestyle Workshop Part 4
- 1 pm Mind/Body Mindset When Coping with Cancer

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PROGRAM CALENDAR AUGUST | 2022

MONDAY

EVERY MONDAY IN AUGUST

- 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)

AUGUST 1

- 4 pm Mindfulness Meditation Series

AUGUST 8

- 4 pm Mindfulness Meditation Series

AUGUST 15

- 4 pm Mindfulness Meditation Series

AUGUST 22

- 4 pm Mindfulness Meditation Series

AUGUST 29

- 4 pm Mindfulness Meditation Series End

TUESDAY

EVERY TUESDAY IN AUGUST

- 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

AUGUST 2

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

AUGUST 9

- 1:30 pm Breast Cancer Group (stages 0-2)
- 1:30 pm Breast Cancer Group (stages 3-4)
- 5 pm Trauma Release Exercise (for beginners)

AUGUST 16

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5:30 pm Jin Shin Jyutsu Self-Help
- 6 pm Planning on Peace of Mind

AUGUST 23

- 1:30 pm Breast Cancer Group (stages 0-2)
- 1:30 pm Breast Cancer Group (stages 3-4)
- 4 pm Youngish Adult Group
- 5 pm Feldenkrais Awareness Through Movement

AUGUST 30

- 6 pm Non-Toxic Tips for Healthy Living

WEDNESDAY

EVERY WEDNESDAY IN AUGUST

- 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 Groups (2)

AUGUST 3

- 1 pm Trauma Release Exercise (for returnees)

AUGUST 10

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

AUGUST 17

- 4 pm Monthly Long-Term Grief & Loss Group

AUGUST 24



AUGUST 31

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PROGRAM CALENDAR AUGUST | 2022

THURSDAY

EVERY THURSDAY IN AUGUST

- 11 am Mindful Somatic Yoga
- 11:30 am Wake Up From Within Gentle Healing Yoga
- 1 pm Osteo-Pilates
- 5:30 pm Yoga

AUGUST 4

- 9:30 am Qigong
- 11 am A Garden of Books Book Club
- 1 pm Cooking with Chef Chandra
- 6 pm Brain Tumor Group

AUGUST 11

- 9:30 am Qigong
- 11 am Metastatic Prostate Cancer Group
- 1 pm Compassionate Communication Practice Group
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AUGUST 18

- 9:30 am Qigong
- 10:30 am The Spirituality in Your Journey
- 1 pm Cooking with Chef Chandra
- 3 pm African Drumming
- 6 pm Directly Facing Death Group

AUGUST 25

- 11 am Metastatic Prostate Cancer Group
- 1 pm Prostate Cancer Group
- 4 pm Healthy Cooking on a Budget

FRIDAY

EVERY FRIDAY IN AUGUST

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

AUGUST 5

AUGUST 12

- 3 pm Sing Along with Ukcs & You



AUGUST 19

AUGUST 26

- 11 am Community Cook-Along

SATURDAY

EVERY SATURDAY IN AUGUST

- 8:30 am Yoga Flow

AUGUST 6

- 10 am Lymphedema Support Group
- 11 am Eating for Healing
- 1 pm Carcinoid Neuroendocrine Group
- 1 pm Understanding Grief & Loss

AUGUST 13

- 10 am Kids Circle & Teen Talk
- 10:30 am Hospice 101

AUGUST 20

- 11 am Nutrition for Survivorship
- 1 pm Sound Healing to Transform Your Spirit

AUGUST 27

- 10:30 am Enhancing Your Meditation Practice
- 11 am Urban Zen
- 1 pm Roll, Release, Relax & Restore

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. This session helps you communicate clearly with your medical team, ask critical questions about your options, and help ensure that your treatment decision fits your personal concerns, and priorities. To make an appointment, please email Margaret Stauffer, LMFT, at mstauffer@cancersupport.net.

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SPECIAL PROGRAMS JULY | AUGUST | 2022

JULY

EATING FOR HEALING

Friday: July 8, 11 am

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

KIDS CIRCLE & TEEN TALK

Saturday: July 9, 10 am

With CSC Therapists. For families with school age children (ages 6–18) when a parent has cancer. Each workshop has an activity based group for children where they identify feelings and learn coping skills; a support group for teens; and a group for parents. The workshop ends with lunch and a family activity.

MINDFULNESS MEDITATION SERIES

Mondays: July 11 — August 29, 4 pm

With R Consuelo Inez, certified international mindfulness teacher. Meditation can help you regulate your emotions, reduce stress, cultivate states of well-being, find clarity and improve your immune function among many other benefits. If you are new to meditation or you have been practicing for a while, coming together in community to experience this practice.

THREE STEPS TO GETTING THE SUPPORT YOU NEED (OR SUPPORTING OTHERS)

Tuesday: July 12, 6 pm

With Kim Hamer, author. They say, "if you need anything let me know" but you don't always know what you need, or if you do, you feel silly calling someone and asking them to get you five oranges at 10 pm on a Wednesday night. Learn easier ways to ask for help or support others during this heartwarming presentation.

THE FUTURE OF RADIATION ONCOLOGY

Saturday: July 16, 10:30 am

With Gautam Prasad, MD, PhD, Radiation Oncologist, Epic Care. Historically, radiation has been delivered to cancer patients over the course of several weeks. Techniques like radiosurgery now allow treatments to be performed in five days or less, reducing downtime and minimizing side effects. Learn more about these technologies and how they can be used.

NUTRITION & CANCER TREATMENT

Saturday: July 16, 11 am

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



"Cancer Support Community is an amazing place. I have learned how to live a more healthy life in mind, body, and spirit, and I like being around others who understand what I'm going through."

— CSC member

CANCER & CHINESE MEDICINE

Saturday: July 16, 1 pm

With Shohreh Doustani, MS, LAC. We'll discuss the Chinese view on cancer using acupuncture, herbs, self-massage, support of the immune system, diet and anxiety-reduction techniques in the time of COVID.

FIVE LEGAL TIPS FOR PEOPLE LIVING WITH CANCER

Tuesday: July 19, 5 pm

With Shelly Rosenfeld, Esq., Cancer Legal Resource Center. This workshop will cover legal issues that may stem from a cancer diagnosis, including employment law, insurance options, disability insurance, and laws that protect people affected by cancer.

THE SPIRITUALITY IN YOUR JOURNEY

Thursday: July 21, 10:30 am

With Zenaida Burgos, CSC East County Program Manager. This workshop will provide the tools to structure your own spirituality journey, exploring our own life experiences as spiritual beings.

COMPASSIONATE COMMUNICATION PRACTICE GROUP

Thursday: July 21, 1 pm

With Jared Finkelstein, Bay NVC Trainer. Practice communicating with greater clarity, honesty and compassion and work through communication challenges with support and feedback.

SOUND HEALING: FREEDOM TO SHAKE, RATTLE & ROLL

Saturday: July 23, 11 am

Shake off the blues, find the beat of the drum, let all your cares roll off the shoulders and release! R Consuelo Inez, certified sound healer, will lead us into fun exhilarating moves and then slow it down into a gentle

shamanic journey to allow you to open your heart and connect within your inner truth.

ROLL, RELEASE, RELAX & RESTORE

Saturday: July 23, 1 pm

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

JIN SHIN JYUTSU FOR SELF-CARE & SYMPTOM MANAGEMENT

Tuesday: July 26, 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.

COMMUNITY COOK-ALONG

Wednesday: July 27, 5 pm

With Susie White, Holistic Nutrition Consultant. Join from your home kitchen where together we each will prepare dishes that can provide two meals. A detailed shopping and cooking equipment list will be e-mailed out in advance so we can get cooking together!

HEALTHY COOKING ON A BUDGET

Thursday: July 28, 4 pm

With Linda Carucci, Chef, Cookbook Author. Enjoy seasonal plant-forward recipes imbued with Linda's characteristic tips and professional chef secrets that make cooking fun & enjoyable.

EATING THE MEDITERRANEAN WAY

Saturday: July 30, 10 am

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

PERFECT HEALTH AYURVEDIC LIFESTYLE WORKSHOP PART 4

Saturday: July 30, 10:30 am

With Mirtha Carballo, CYT/Ayurvedic Lifestyle teacher. We'll focus on Ayurvedic routines including creating an optimal daily routine, doshas and the seasons, seasonal routines, detoxification, and restful sleep. Includes basic meditation practices and breathing awareness.

MIND/BODY MINDSET WHEN COPING WITH CANCER

Saturday: July 30, 1 pm

With Edna Castillo, Wellness Life Coach. Understand the power of the Mind-Body Connection and the tools you can apply immediately to help your body heal. Learn how systems in your brain affect physiology, then discover practices you can use to reduce anxiety and increase the restoration of your body.

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.

SPECIAL PROGRAMS JULY | AUGUST | 2022

AUGUST

BALANCING WORK & CANCER

Tuesday: August 2, 5 pm

Working after a cancer diagnosis can come with many unexpected challenges. These challenges include disclosure in the workplace, taking time off from work, or returning to work after treatment. Join Nicole Jarvis, LMSW, Senior Manager of Programs at Cancer and Careers, to learn about some of the ways to manage working during, or after, treatment.

TRAUMA RELEASE EXERCISE

Wednesday: August 3, 1 pm (for returnees)

Tuesday: August 9, 5 pm (for beginners)

With Jenny Schneider, Certified TRE Provider. Our muscles serve as storehouses 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 reaction that triggers a reset of the autonomic nervous system, leaving you feeling calm and relaxed.

EATING FOR HEALING

Saturday: August 6, 11 am

See July 8 program description.

UNDERSTANDING GRIEF & LOSS

Saturday: August 6, 1 pm

With Eve Bazo, LCSW, CSC Therapist Facilitator. Whatever kind of loss you've suffered, there's no right or wrong way to grieve. By understanding the stages & types of grief, you may find alternative ways to cope and manage. We'll introduce concepts and strategies for coping with loss.

COMPASSIONATE COMMUNICATION PRACTICE GROUP

Thursday: August 11, 1 pm

See July 21 program description.

KIDS CIRCLE & TEEN TALK

Saturday: August 13, 10 am

See July 9 program description.

HOSPICE 101

Saturday: August 13, 10:30 am

With Delinda Brown, Community Liaison, Hope Hospice. We'll discuss hospice philosophy and services that are provided. Learn how hospice supports not only patients, but families as well. We'll explain the hospice Medicare benefit, hospice myths and when to consider hospice care.

PLANNING ON PEACE OF MIND

Tuesday: August 16, 6 pm

With Jonathan Thompson, JD. Find out what you need to know about creating the documents that will give you peace of mind, including advance healthcare directives, wills, trusts, HIPAA issues and more.

THE SPIRITUALITY IN YOUR JOURNEY

Thursday: August 18, 10:30 am

See July 21 program description.

NUTRITION FOR SURVIVORSHIP

Saturday: August 20, 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.

SOUND HEALING TO TRANSFORM YOUR SPIRIT

Saturday: August 20, 1 pm

Find a sense of calm and release as the healing sounds of nature inspire a journey through the forest of peace, mountain of stability and the ocean of healing with R. Consuelo Inez, certified sound healer.



FELDENKRAIS AWARENESS THROUGH MOVEMENT

Tuesday: August 23, 5 pm

With Naffie Fishbacher, Guild Certified Feldenkrais Teacher. Is there something about how you move and feel that you would like to change? Perhaps you'd like to stand straighter, be more flexible, or have fewer aches and pains. This workshop provides gentle movement explorations that can help you achieve these goals.

HEALTHY COOKING ON A BUDGET

Thursday: August 25, 4 pm

See July 28 program description.

COMMUNITY COOK-ALONG

Friday: August 26, 11 am

See July 27 program description

ENHANCING YOUR MEDITATION PRACTICE

Saturday: August 27, 10:30 am

With Mirtha Carballo, CYT, Ayurvedic Lifestyle Teacher. We will learn the practical aspects of meditation: how to sit, when to meditate, the experiences to expect and what they mean. At the end, you'll be guided in a group meditation.

URBAN ZEN

Saturday: August 27, 11 am

With Lilia Roman, RYT. Urban Zen uniquely integrates several modalities including Yoga, Aromatherapy, Breath Awareness and Meditation for a deeply relaxing practice.

ROLL, RELEASE, RELAX & RESTORE

Saturday: August 27, 1 pm

See July 23 program description.

NON-TOXIC TIPS FOR HEALTHY LIVING

Tuesday: August 30, 6 pm

With Karen Wang, PhD, MsC. Are you curious about what choices you can make to create a non-toxic healthy home and lifestyle? Learn which harmful chemicals and carcinogens are in commonly used products and how to make safer choices along with simple tips for creating a non-toxic home.

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 using 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

- July: *Station Eleven*, by Emily St. John Mandel
- August: *The Year of Magical Thinking*, by Joan Didion
- September: *The Daughters of Yalta*, by Catherine Grace Katz

AFRICAN DRUMMING

3rd Thursdays: 3 pm

SING ALONG WITH UKES & YOU

2nd Fridays: 3 pm

SING FOR LIFE: On hiatus until September

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.

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 (2 groups)

NETWORKING GROUP TIMES

Brain Tumor Group
 1st Thursday: 6 pm

Breast Cancer Groups
 2nd & 4th Tuesdays: 1:30 pm (Stages 0–2)
 2nd & 4th Tuesdays: 1:30 pm (Stages 3–4)

Carcinoid/Neuroendocrine Group
 Saturday: August 6, 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
 1st Saturday: 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

Youngish Adult Group
 4th Tuesday: 4 pm

ADAPTIVE MOVEMENT & MIND BODY CLASSES

Pilates
 Mondays: 8:30 am

Sunlight Chair Yoga
 Mondays: 10 am

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

QiGong
 Thursdays 9:30 am
 No class last Thursday of the month.

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

THE CSC LEGACY ADVISORY COUNCIL

The CSC Legal Advisory Council offers expert insight and guidance toward life planning. Your thoughtful planning today will benefit cancer patients and their loved ones for years to come. Join the conversation!



I HAVE AN ESTATE PLAN... NOW WHAT?

**Tuesday, July 19
 12–1 PM**

Join Nerisha Soodeehul for a discussion on the do's and don'ts after you have signed your estate planning documents. Nerisha is an attorney focusing on estate planning, trust administration, and probate matters for single and married persons.