

MISSION

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

SERVICES

To register for any of our programs, please visit **cancersupport.net** and click **Services > Calendar**

EXPERTISE

Our **licensed and certified** professionals provide **evidence-based** therapies to **complement medical** treatment.

WELCOME

925.951.7279

Nosotros hablamos español.

VIRTUAL SPECIAL PROGRAMS

MAY/MAYO 2023

NOTICE

Programs are offered using a hybrid format. You can attend in person at our center or from home via zoom. **For the latest updates, and to register for programs please visit cancersupport.net**

**If you are new to Cancer Support Community, please call
Zenaida Burgos at 925.951.7279.**

LA ESPIRITUALIDAD EN TU CAMINO (EN ESPAÑOL)

Jueves, Mayo 18

10:30 am - 11:30 am, Hybrid (in-person and virtual option)

Con Zenaida Burgos, Gerente de Programas de CSC. Exploraremos nuestras propias experiencias de vida como seres espirituales. El taller proporcionará las herramientas para estructurar su propio viaje de espiritualidad. *Talleres Híbridos (en-opción presencial y virtual).*

SENIORS & DEPRESSION

Saturday, May 20

10:30 am - 12:30 pm, Hybrid (in-person and virtual option)

With Michelle Walters and Kimberly Fitzgerald, Vitas Hospice. Learn practical tips on how to help an aging loved one or yourself when depressed.

YOGA TO SUPPORT IMMUNITY PART I

Saturday, May 27

10:30 am - 12:30 pm, Hybrid (in-person and virtual option)

With Dana Chloe Morgan, Yoga Therapist. This class will teach you to realign your body to be pain-free and access deep breathing to strengthen your lungs with this holistic, potent and heart-filled practice into wellness. Appropriate for all levels.

WEEKLY CANCER SUPPORT GROUP

Tuesdays

1:00-3:00 pm, Hybrid (in-person and virtual option)

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.

GRUPO DE APOYO

Martes, Mayo 9 y 23

10:00 am, Grupo Híbrido (en-opción presencial y virtual).

Es un lugar para que la gente comparta información, reciba instrucción y se reúna con otros que saben cómo es enfrentar el cáncer. Las personas con cáncer, los supervivientes y los miembros de la familia son bienvenidos. Con Zenaida Burgos, CSC Staff.

TUESDAY	THURSDAY	SATURDAY
5/2	5/4	5/6
11 am - 1pm Cooking with Chef Chandra 1 - 3 pm Cancer Support Group	11:30 am - 12:45 pm Gentle Healing Yoga 1 - 2 pm Lunch Bunch 2 - 3 pm Tai Chi Chih	
5/9	5/11	5/13
10 - 11:30 am Grupo de Apoyo (En Español) 11 am - 1pm Cooking with Chef Chandra 1 - 3 pm Cancer Support Group	11:30 am - 12:45 pm Gentle Healing Yoga 1 - 2 pm Lunch Bunch 2 - 3 pm Tai Chi Chih	
5/16	5/18	5/20
11 am - 1pm Cooking with Chef Chandra 1 - 3 pm Cancer Support Group	10:30 am - 11:30 am La Espiritualidad en Tu Camino 11:30 am - 12:45 pm Gentle Healing Yoga 1 - 2 pm Lunch Bunch 2 - 3 pm Tai Chi Chih	10:30 am - 12:30 pm Seniors & Depression
5/23	5/25	5/27
10 - 11:30 am Grupo de Apoyo (En Español) 11 am - 1pm Cooking with Chef Chandra 1 - 3 pm Cancer Support Group	11:30 am - 12:45 pm Gentle Healing Yoga 1 - 2 pm Lunch Bunch 2 - 3 pm Tai Chi Chih	10:30 am - 12:30 pm Yoga to Support Immunity Part 1
5/30		
1 - 3 pm Cancer Support Group		

Cancer Support Group: For patients and loved ones. *Hybrid (in-person and virtual option).*

Grupo de Apoyo (en Español): Para pacientes y seres queridos. Grupo Híbrido (en-opción presencial y virtual)

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 5/30 *Hybrid (in-person and virtual option).*

Gentle Healing Yoga

Designed to help improve range of motion, strength, balance, and well-being. Instructor: Dana Chloe Morgan, Certified Yoga Teacher. *Hybrid (in-person and virtual option).*

Tai Chi Chih

Twenty easy, gentle movements for calmness, balance and self-healing. Instructor: Eddie Roberts.

La Espiritualidad en Tu Camino (en Español)

Con Zenaida Burgos, Gerente de Programas de CSC. Exploraremos nuestras propias experiencias de vida como seres espirituales. El taller proporcionará las herramientas para estructurar su propio viaje de espiritualidad. *Talleres Híbridos (en-opción presencial y virtual).*

Seniors & Depression

With Michelle Walters and Kimberly Fitzgerald, Vitas Hospice. Learn practical tips on how to help an aging loved one or yourself when depressed.

Yoga to Support Immunity Part 1

With Dana Chloe Morgan, Yoga Therapist. This class will teach you to realign your body to be pain-free and access deep breathing to strengthen your lungs with this holistic, potent and heart-filled practice into wellness. Appropriate for all levels.

Lunch Bunch: Connect with others affected by cancer and enjoy a healthy meal.

cancersupport.net | 925.951.7279

EAST COUNTY

MISSION

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

SERVICES

To register for any of our programs, please visit **cancersupport.net** and click **Services > Calendar**

EXPERTISE

Our **licensed and certified** professionals provide **evidence-based** therapies to **complement medical** treatment.

WELCOME

925.951.7279

Nosotros hablamos español.



NOTICE

You can attend in person at our center.

For the latest updates, please visit cancersupport.net

If you are new to Cancer Support Community or would like to register for this event, please call Zenaida Burgos at 925.951.7279.

Antioch: Lunch Bunch

Every Thursday,

1:00 pm - 2:00 pm, In-person

Connect with others affected by cancer and enjoy a healthy meal.

