

## 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

**925.933.0107**

Nosotros hablamos español.

# VIRTUAL SPECIAL PROGRAMS

## AUGUST/AGOSTO 2024

### NOTICE

We provide in-person and virtual programs. 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](http://cancersupport.net)**

**If you are new to Cancer Support Community, please call 925.933.0107.**

### COOKING WITH CHEF CHANDRA: IMMERSION CLASS

**Tuesday, August 13th, 12:30 am - 2:30 pm, Special Hybrid.**

With Chef Chandra Collins. This class is part 2 of 2 for Sauces of the World series. These classes will explore the diverse and delicious world of sauces, with green sauces being the focus during this session. Participants will learn how to make and utilize these sauces in their cooking. A light lunch to be served. (Hybrid from Walnut Creek site)

### CONSCIOUS BREATHING (PRANAYAMA) AND YOGA POSES (MUDRA-BHANDAS) FOR OVERALL WELL BEING- Part 2

**Saturday, August 17th, 10:30 am - 12:30 pm, Virtual**

With Mirtha Carballo. We will explore the ancient practices of pranayama. You will learn preparatory breathing practices, resonance breathing and yoga poses mudras/bandhas to bring energy and vitality, achieving a balance of the nervous system, and overall physical-mental and emotional well-being. This session is part 2 of this workshop.

### WEEKLY CANCER SUPPORT GROUP

**Tuesdays**

**1:30-3:30 pm, Hybrid (in-person and virtual option)**

Requires an Intake Before Joining. Please call 925-933-0107

With Robin Scooler, LMFT. Support groups have been shown to decrease distress and improve the 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.

TUESDAY	THURSDAY	SATURDAY
	8/1	8/3
	8/6	8/8
<b>12:30 pm - 2:30 pm</b> Cooking with Chef Chandra  <b>1:30 - 3:30 pm</b> Cancer Support Group	<b>10 am - 11:30 am</b> Pranayama-Conscious Breathing  <b>12:30 - 2 pm</b> Lunch Bunch  <b>2 - 3 pm</b> Tai Chi Chih	
8/13	8/15	8/17
<b>12:30 pm - 2:30 pm</b> Cooking with Chef Chandra- Immersion Class  <b>1:30 - 3:30 pm</b> Cancer Support Group	<b>10 am - 11:30 am</b> Pranayama-Conscious Breathing  <b>12:30 - 2 pm</b> Lunch Bunch  <b>2 - 3 pm</b> Tai Chi Chih	<b>10:30am - 12:30pm</b> Conscious Breathing (Pranayama) and Yoga Poses (Mudra-Bhandas) for Overall Well-Being - Part 2
8/20	8/22	8/24
<b>12:30 pm - 2:30 pm</b> Cooking with Chef Chandra  <b>1:30 - 3:30 pm</b> Cancer Support Group	<b>10 am - 11:30 am</b> Pranayama-Conscious Breathing  <b>12:30 - 2 pm</b> Lunch Bunch  <b>2 - 3 pm</b> Tai Chi Chih	
8/27	8/29	8/31
<b>1:30 - 3:30 pm</b> Cancer Support Group		

### Cancer Support Group

With Robin Scooler, LMFT. For patients and loved ones. Hybrid (In-person and virtual option).

Requires an Intake before joining  
Please call 925-933-0107.

### 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. (Virtual)

### Lunch Bunch

Connect with others affected by cancer and enjoy a healthy meal. (In-person)

### Tai Chi Chih

Twenty easy, gentle movements for calmness, balance and self-healing. Instructor: Eddie Roberts. Hybrid (In-person and virtual option).

### Pranayama-Conscious Breathing

With Mirtha Carballo, Breath is the Vital Force of Life. You will learn simple and effective Breathing techniques to expand energy and vitality, achieving a balance of the nervous system and physical-mental, emotional and spiritual well-being. It's a course combined with Basic Meditation and slow Hatha Yoga. (Virtual)

### Cooking With Chef Chandra: Immersion Class

With Chef Chandra Collins. This class is part 2 of 2 for Sauces of the World series. These classes will explore the diverse and delicious world of sauces, with green sauces being the focus during this session. Participants will learn how to make and utilize these sauces in their cooking. A light lunch to be served. (Hybrid from Walnut Creek site)

### Conscious Breathing (Pranayama) and Yoga Poses (Mudra-Bhandas) for Overall Well-Being- Part 1

Saturday, August 17th, 10:30 am - 12:30 pm, Virtual With Mirtha Carballo. We will explore the ancient practices of pranayama. You will learn preparatory breathing practices, resonance breathing and yoga poses mudras/bandhas to bring energy and vitality, achieving a balance of the nervous system, and overall physical-mental and emotional well-being. This is a 2-part workshop.