



July 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1 Registration is required!	2 <i>11:30 Nutrition Q & A 1:00 Cancer Fighting Nutrition – Beginner 3:00 Cancer Fighting Nutrition – Intermediate: Beans</i>	3 <i>No Programs Today</i>	4 <i>Office Closed Today</i>	5 <i>8:45 Yoga AM 10:45 Healing Through Art</i>	6 <i>1:00 Breast Group</i>	7
8	9 <i>11:30 Nutrition Q & A 1:00 Cancer Fighting Nutrition – Beginner 3:00 Cancer Fighting Nutrition – Intermediate: Balance Blood Sugar/ Beat Sugar Cravings</i>	10 <i>11:30 General Support 1:15 Mind & Body Skills – Using EFT (Tapping) to Manage Anxiety</i>	11 <i>8:45 Yoga AM 10:30 & 12:00 Movement Class 1:15 Meditation 3:00 Qigong @ Breathe 6:30 Survivorship Nutrition</i>	12 <i>8:45 Yoga AM 11:00 Finding Balance</i>	13 <i>10:00 Collage</i>	14
15 <i>2:00 Nutrición y el Cáncer: Alimentos que combaten el cáncer</i>	16 <i>11:30 Nutrition Q & A 1:00 Cancer Fighting Nutrition – Beginner 3:00 Cancer Fighting Nutrition – Intermediate: Supplements Do's & Don'ts</i>	17	18 <i>8:45 Yoga AM 10:30 & 12:00 Movement Class 3:30 Breast Group 3:00 Qigong @ Breathe 6:00 Caregiver Group 6:30 Survivorship Nutrition</i>	19 <i>8:45 Yoga AM 10:45 Healing Through Art</i>	20	21
22	23 <i>11:30 Nutrition Q & A 1:00 Cancer Fighting Nutrition – Beginner 3:00 Cancer Fighting Nutrition – Intermediate: Strengthen Immunity</i>	24 <i>1:15 Mind & Body Skills – Using Imagery for Self-Acceptance 6:00 GI-Colorectal Group</i>	25 <i>8:45 Yoga AM 10:30 & 12:00 Movement Class 1:15 Meditation 3:00 Qigong @ Breathe</i>	26 <i>8:45 Yoga AM 11:00 Finding Balance</i>	27 <i>10:00 Collage</i>	28
29	30 <i>No Nutrition Today 6:00 Lymphedema Seminar</i>	31			Free Consultations/Counseling with Social Workers available by appointment. Call 408.402.6611 to schedule an appointment.	



Registration required: info@cancercarepoint.org or call (408) 402-6611

Note: All programs start promptly. Latecomers may be disappointed.

- **ALL PROGRAMS AND SERVICES ARE PROVIDED WITHOUT COST** to cancer patients, survivors, families, and caregivers. Donations are welcome.
- **FREE Counseling Support** – By Appointment Only
- **FREE WIG BANK** – By Appointment Only – Call for help with cancer-related hair loss.

NOTE: We are closed Wednesday, July 4.

Nutrition – Nancy Birang, BS, MT (ASCP), NC

Nutrition Q & A -- Mondays, 11:30am–12:30pm (No class 7/30)
Bring your questions and concerns. Nutritionist, Nancy Birang, will provide you with information and answers.

Cancer Fighting Nutrition – Beginner Level -- Mondays, 1:00–2:30pm (No class 7/30)

Beginner class on the basics of using food to sustain and heal you before, during and after cancer treatment.

Cancer Fighting Nutrition – Intermediate Level -- Mondays, 3:00–4:30pm (No class 7/30)

Follow-up classes with more advanced nutritional information.
7/02 – Beans: The Undervalued Super Food
7/09 – Balance Blood Sugar/Beat Sugar Cravings
7/16 – Supplement Do's & Don'ts
7/23 – Strengthen Immunity

Domingo 15 de Julio de 2:00-4:00pm – Nutrición y el Cáncer: Alimentos que combaten el cáncer

La clase será en la Parroquia Nuestra Señora de Guadalupe en el McDonnell Hall. Llame a Cecilia 408-402-6287 para registrarse.

Exercise & Movement

Yoga -- Wednesdays & Thursdays, 8:45–10:00am (No class 7/4)
Traditional, gentle yoga on the floor for cancer patients.
Please only register for one Yoga class per week.

Rosen Movement Class -- Wednesdays, 10:30–11:30am & 12:00–1:00pm (No class 7/4)

Move to music and increase flexibility using the Rosen Movement Method. *Please only register for one Movement class per week.*

Qigong -- Wednesdays, 3:00–4:00pm at Breathe Together Yoga {14107 Winchester Blvd., Ste.H, Los Gatos, 95032} (No class 7/4)
Use stretching, active and passive movements, and form work to unify body, energy and mind.

Finding Balance Exercise Class -- Thursdays, July 12 & 26, 11:00am–12:00pm

A class about techniques to promote strength and balance.

Cancer Survivorship Workshop – Tuesdays, August 21–Sept. 25, 11:00am–1:00pm

Six-week workshop for people who completed active treatment and want to process the emotions of their cancer experience. Registration required. Participants must be available for all six sessions. To register, contact Denise Garlick at 669-222-1535 or denise@cancercarepoint.org.

Lymphedema Seminar: Prevention and Management for All Cancers – Monday, July 30, 6:00–7:30pm

What is the lymphatic system and how does it work? Join Daya Fisch, MS, CMT to learn about prevention and treatment.

Mind & Body Skills – Cynthia McDonald, Ph.D.

Meditation Class -- Wednesdays, July 11 & 25, 1:15–2:45pm
Practice meditation to steady the mind and relax the body.

Using EFT (Tapping) to Manage Anxiety -- Tuesday, July 10, 1:15–2:45pm

Learn how gently tapping energy meridians can help you manage anxiety.

Using Imagery to Resolve Inner Conflict and Cultivate Self-Acceptance -- Tuesday, July 24, 1:15–2:45pm

Learn to use the mind-body connection to address conflict and bring about self-acceptance.

Mind-Body Skills 4-Part Series for Survivors – Thursdays, August 2–August 23, 6:00–8:00pm

Registration required. Please plan to attend all four classes. To register and for more information, please contact Denise at 669-222-1535 or denise@cancercarepoint.org.

Support Groups

Caregivers Support Group -- Wednesdays, July 18, 6:00–7:30pm (No group 7/4)

Open to adult caregivers (relatives or friends) of cancer patients.

Breast Support Group -- Friday, July 6, 1:00–2:30pm & Wednesday, July 18, 3:30–5:00pm

Open to breast cancer patients/survivors.

General Support Group -- Tuesday, July 10, 11:30am–1:00pm
Open to people diagnosed with all kinds of cancers.

Ovarian Support Group – No Ovarian Support Group in July
Open to newly-diagnosed through post-treatment survivors.

GI-Colorectal Support Group -- Tuesday, July 24, 6:00–7:30pm
Open to anyone impacted by GI-Colorectal cancers.

Living and Thriving with Grace – No Living and Thriving in July
For those dealing with recurrence or metastatic disease.

Collage Art Class -- Friday, July 13 & 27, 10:00–11:30am
Create simple art while having meaningful discussion.

Healing Through Art Class -- Thursday, July 5 & 19, 10:45am–12:30pm
Combine art, movement and mindfulness.

Services by Appointment:

Counseling, Therapeutic Massage, Nutrition Consultations, Energy Work/Healing Touch, Guided Imagery Consultations

Call or email for more information: 408.402.6611, info@cancercarepoint.org.