




Mon	Tue	Wed	Thu	Fri
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4 10:00am-11:00am Tai Chi 11:00am-12:00pm Yoga for Wellness 1:00pm-2:00pm Head and Neck Education Class 4:00-6:00pm Expressive Arts Workshop 5:00-6:00pm Autologous BMT Patient and Caregiver Class	5 11:30-1:30 Nutrition Seminar 2:00-3:30pm Cancer Support Group 2:00-3:30pm Cancer Caregiver Support Group	6 11:00-12:00pm Gentle Zumba 12:30-2:00pm Nutrition Seminar 3:00-4:00pm Preparing For Radiation Therapy Education Class 4:00-5:30pm CLL Education Group 6:00-8:00pm Food demonstration: "Easy, Quick, Healthy and Delicious."	7 10:00-12:00pm Integrated Meditation Technique Instruction Course 11:30-1:30pm Food demonstration: "Easy, Quick, Healthy and Delicious."	8
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Patient and Family Resource Center Phone: (858) 822-6152, 1st Floor
Please visit our center for books and brochures to help you learn about your cancer diagnosis, treatment types, side effects, clinical trials, nutrition and coping. We also offer various comfort items such as lap blankets, pillows, hats and wigs. **We're always looking for volunteers too!**

Please see the reverse side for additional information on our support groups, therapeutic groups, mind/body workshops and healthy eating classes. Additional information can be found online at www.cancer.ucsd.edu.

SUPPORT GROUPS

GENERAL CANCER SUPPORT GROUP

Life is messy and cancer is hard. Our group is a time for patients to come together for emotional support and to share coping strategies.

Facilitator: Monika Lingle, LCSW

Date: First and Third Tuesday of December/**Time:** 2:00- 3:30pm

Location: Meditation Room, 1st Floor

CANCER CAREGIVER EDUCATION AND SUPPORT GROUP

Meet other caregivers, receive emotional support, and learn information relevant to the needs of caregivers.

Registration: Not required **Facilitator:** Helen Tigue

Date: First and Third Tuesday of December/**Time:** 2:00-3:30pm

Location: Room 3106, 3rd Floor

BREAST CANCER SUPPORT GROUP

NO GROUP THE MONTH OF DECEMBER

GRUPO ESPERANZA

Todas las pláticas son en español. Tambien ofrecemos sesiones de relajación y le asistimos a expresar por escrito temas de interés.

Registro: Preferido. Por favor llame (858) 822-6201.

Facilitadora: Sara Fainstein

Fecha: December 13th/**Horario:** 10:00am- 12:00pm

Ubicación: **Room 3109**, Moores Cancer Center 3er Piso

BRAIN TUMOR SUPPORT GROUP

Open to patients, family members and caregivers.

Registration: Not required.

Date: 2nd Tuesday of each month / **Time:** 6:30-8:30pm

Location: Comer Commons, 2nd Floor

KIDS KONECTED EDUCATION AND SUPPORT GROUP

When a cancer touches a parent you know, it can be challenging to know what you can do to help. This group provides the support, education, community and understanding to children who have a parent with cancer or have a parent that has died from cancer.

Registration: Not required / **Facilitator:** Kiefer Rich, LMFT

Date: Fourth Monday of every month/ **Time:** 5:30pm-6:45pm (Kids Group)

7:00pm-8:15pm (Teens group) **Location:** Meet in the Lobby.

HEALTHY EATING

NUTRITION SEMINAR

This seminar provides an opportunity to learn evidence based nutrition information and obtain accurate information from nutrition professionals. Different topics offered.

Dec 5th: Fighting Cancer with Food and Physical Activity

Dec 6th: Decoding Nutrition Myths

Dec 12th: Eating Through Treatment

Dec. 14th: Food Safety for Cancer Survivors

Registration is required. Please sign up at healthyating.ucsd.edu

COOKING DEMONSTRATION

Learn how to nourish and heal the body from the time of diagnosis, through treatment and as a cancer survivor.

December Topic: Easy, Quick, Healthy and Delicious

Dates: Dec 6th/12th: at 6:00pm/Dec 7th/13th: at 11:30am

Facilitator: Christine Zoumas, MS, RD

Location: Room 2007, 2nd Floor **Registration is required.**

Please sign up at healthyating.ucsd.edu Or call (858) 822-2237

MIND/BODY WORKSHOPS *

EXPRESSIVE ARTS WORKSHOP

IN YOUR SHOES: There is an old saying : “You cant really understand another person’s experience until you’ve walked a mile in their shoes.” So lets come together and decorate a pair of shoes with a variety of techniques, materials and inspirations. Bring a pair of shoes to decorate & transform. A 6 week series starts on November 13th through December 18th

Registration is required. Attendance to all sessions is recommended to enjoy the full process and its benefits.

Dates: Mondays./**Time:** 4:00-6:00pm/ **Location:** Room 2250*

Facilitator: Alessandra Colfi, PhD

Registration is required Please call (858) 735-5708 or email alessandra@alessandracolfi.com

ZUMBA® GENTLE DANCE FITNESS CLASS FOR CANCER RECOVERY & PREVENTION

Playful, easy, good-for-body-mind-spirit class for patients caregivers, adapted to each participants abilities and limitations Wear socks, sneakers & bring your water. Drop-ins welcome.

Dates: Most Wednesdays/ **Time:** 11:00 - 12:00pm

Location: Goldberg Auditorium Foyer

Facilitator: Alessandra Colfi, PhD, Zumba Instructor

*Please email alessandra@alessandracolfi.com or call (858) 735-5708

YOGA FOR WELLNESS

Yoga class for cancer patients, survivors and family members. Modified to individual abilities. Bring or borrow a mat or sit in a chair. Wear comfortable clothing (room is chilly– bring a sweater).

Dates: Mondays/ **Time:** 11:00am-12:00pm

Location: Goldberg Auditorium Foyer **Registration:** Not required.

TAI CHI

Gentle, moving meditation, calms the mind, strengthens the body and energized the spirit. **FREE for patients, caregivers and families** Wear socks, sneakers & bring your water. Drop-ins welcome.

Dates: Mondays/**Time:** 10:00am-11:00am

Facilitator: Dan Halpain, Holistic Health Practitioner and Certified Asian Bodywork Therapist **Location:** Goldberg Auditorium Foyer

INTEGRATED AMRITA MEDITATION TECHNIQUE INSTRUCTIONAL COURSE

Powerful way to reconnect with our inner self. It brings about a natural integration of body, mind and spirit. Open to patients, family members, caregivers and staff.

Facilitator: Christina Jones, HHP, CMT, RYT

Date: 2nd Thursday of each month / **Time:** 10:00-12:00pm

Location: Goldberg Auditorium and Foyer

Registration Preferred: Please call 619-246-6339 and leave your name, email and phone number

***Classes may cancel occasionally for unforeseen university business. We encourage you to call prior to confirm if class is being held (858) 246-0223**

TREATMENT EDUCATION CLASSES

CHEMO-IMMUNOTHERAPY EDUCATION CLASS

For patients who are/will be receiving chemo-immune therapy.

Registration: Not required.

Dates: TBD/**Time:** 4:00-5:00pm

Location: Comer Commons on the second floor

AUTOLOGOUS BMT PATIENT AND CAREGIVER CLASS

Registration is required. Please call (858) 822-6600.

Date: December 4th/**Time:** 5:00-6:30pm

Location: **Conference Room 3106**

ALLOGENEIC BMT PATIENT AND CAREGIVER CLASS

Registration is required. Please call (858) 822-6600.

Date: December 11th /**Time:** 5:00-6:30pm

Location: Comer Commons, 2nd Floor

PREPARING FOR RADIATION THERAPY CLASS

Recommended for patients and families preparing for radiation therapy.

Registration is required. Register at the Radiation Oncology front desk or call (858) 822-6040.

Dates: Most Wednesdays in December/**Time:** 3:00 - 4:00pm

Location: Radiation Oncology Conference Room 1411

CLL EDUCATION GROUP

For patients with chronic lymphocytic leukemia.

Registration: Not required. **Facilitator:** Sheila Hoff

Date: December 6th/**Time:** 4:00pm-5:30 pm

Location: Comer Commons, 2nd floor

HEAD AND NECK EDUCATIONAL CLASS

Recommended for patients and families preparing for treatment.

Dates: Every First Monday of the month/**Time:** 1:00-2:00pm

Location: Room #3079

Registration: Not required

SPECIAL EVENTS

MOORES CANCER CENTER (MCC) TOURS

Designed to help patients and their families better navigate our facilities and services.

Dates: TBD/**Time:** 11:00—11:45 am

Location: Meet in the Patient & Family Resource Center

WRITING AT MOORES

New Series Starts February 2018. Please call to Register and secure your spot!

Dates: Mondays /**Time:** 1:00-2:30pm

To Register: Please call (858) 246-0223 or go to

<http://health.ucsd.edu/cancersupport>