### January 2019

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong></td>
<td><strong>CLINIC HOLIDAY</strong></td>
<td><strong>2</strong></td>
<td><strong>3</strong></td>
<td><strong>4</strong></td>
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<tr>
<td>10:00am-11:00am Tai Chi</td>
<td>11:00am-12:00pm Yoga for Wellness</td>
<td>11:00-12:30pm Head and Neck Support Group</td>
<td><strong>10:00am-12:00pm</strong></td>
<td><strong>10:00am-12:00pm</strong></td>
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<tr>
<td>1:00pm-2:00pm Head and Neck Education Class</td>
<td>6:00pm-7:00pm Gentle Zumba</td>
<td><strong>Integrated Meditation Technique Instruction Course</strong></td>
<td><strong>Integrated Meditation Technique Instruction Course</strong></td>
<td><strong>10:00am-12:00pm</strong></td>
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<td><strong>8</strong></td>
<td><strong>12:00pm-1:30pm Nutrition Seminar: “Achieving a Healthy Weight.”</strong></td>
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<tr>
<td>12:00pm-1:30pm Nutrition Seminar: “Achieving a Healthy Weight.”</td>
<td>10:00am-12:00pm Grupo Esperanza</td>
<td>10:00am-12:30pm Head/Neck Support Group</td>
<td>10:00am-12:00pm Integrated Meditation Technique Instruction Course</td>
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<tr>
<td>6:30pm-8:30pm Brain Tumor Support Group</td>
<td>11:00-12:30pm Head/Neck Support Group</td>
<td>2:30-3:30pm Preparing For Radiation Therapy Education Class</td>
<td>12:00-1:30pm “Calorie Control in the Kitchen.”</td>
<td><strong>Integrated Meditation Technique Instruction Course</strong></td>
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<tr>
<td>10:00am-11:00am Tai Chi</td>
<td>2:00pm-3:30pm Cancer Caregiver Support Group</td>
<td>2:00-3:30pm Breast Cancer Support Group</td>
<td>12:00-1:30pm “Fighting Cancer in the Kitchen.”</td>
<td><strong>2001</strong></td>
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<tr>
<td>11:00am-12:00pm Yoga for Wellness</td>
<td>NOTE: NO GENERAL SUPPORT GROUP TODAY</td>
<td>2:30-3:30pm Preparing For Radiation Therapy Education Class</td>
<td>6:00pm-8:00pm Young Adult Cancer Support Group</td>
<td><strong>2001</strong></td>
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<tr>
<td>4:00pm-6:00pm Expressive Arts Workshop</td>
<td>2:30-3:30pm Breast Cancer Support Group</td>
<td>6:00-7:00pm Gentle Zumba</td>
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<td><strong>2001</strong></td>
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<tr>
<td>5:00pm-6:30pm Autologous BMT Patient and Caregiver Class</td>
<td>6:00pm-7:00pm Gentle Zumba</td>
<td>6:00pm-7:30pm Nutrition Seminar: “Preparing for the Journey.”</td>
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<td><strong>21</strong> <strong>CLINIC HOLIDAY</strong></td>
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<td><strong>2001</strong></td>
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<td>4:00-5:00pm Chemo/Immunotherapy Education Class</td>
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<tr>
<td>5:30pm-8:30pm Kids Konnected Support Group</td>
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<td>6:00pm-7:30pm Nutrition Seminar: Preparing For Radiation Therapy Education Class</td>
<td><strong>2001</strong></td>
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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](http://www.cancer.ucsd.edu).
## SUPPORT GROUPS

### GENERAL CANCER SUPPORT GROUP
#### NO SUPPORT GROUP MONTH OF NOVEMBER

**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/Third Tuesday of the month  **Time:** 2:00-3:30pm  **Location:** Room 306G, 3rd Floor

**BREAST CANCER SUPPORT GROUP**
Special guest facilitator will be leading the group in a specialized progressive relaxation exercise designed specifically for Breast Cancer patients. No experience necessary. Participants will be lying on blankets on the floor. Comfortable clothing recommended.
**Date:** Wednesday, January 16th  **Time:** 2:00-3:30pm  **Location:** Fourth Monday of every month, 2nd Floor, Moores Cancer Center Follow signage.  **Facilitator:** Laurie Knight, LCSW
**Registration:** No Fee. Please call to register: Please call (858) 249-316 and leave your name, and medical record number.

**GROUP ESPERANZA**
Para pacientes de todo tipo de Cancer. Todas las pláticas son en español.
**Registro:** Preferido. Por favor llame (858) 822-6201.
**Facilitadora:** Sara Fainstein
**Fecha:** January 3th  **Horario:** 10:00am-12:00pm
**Ubicación:** Room 300G, Moores Cancer Center 3er Piso

**BRAIN TUMOR SUPPORT GROUP**
Open to patients, family members and caregivers.
**Date:** 2nd Tuesday of each month  **Time:** 6:30-8:30pm  **Location:** Comer Commons and Floor  **Registration:** Not required.

**HEAD AND NECK SUPPORT GROUP**
Designed for patients facing Head and Neck cancer
**Registration:** Not required  **Facilitator:** Liza Blumenfeld
**Date:** First Wednesday of the month  **Time:** 11:00-12:30pm  **Location:** Room 3079, 3rd Floor

**YOUNG ADULT CANCER SUPPORT GROUP**
Open to patients AGES 18-35. Different topics to be discussed.
**Facilitator:** Mandy Schlichtholz  **Date:** Third Thursday of the month  **Time:** 6:00-8:00pm  **Location:** Comer Commons and Floor  **Registration:** Not required.

**KIDS KONNECTED EDUCATION AND SUPPORT GROUP**
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-8:30pm (Teens Group)  **Location:** Meet in the Lobby

### MIND/BODY WORKSHOPS *

**EXPRESSIVE ARTS WORKSHOP**
January 14th: Introduction: Collage Magic to start the New Year.
January 28, through March 25: 3D Art Explorations—8 weeks series. We’ll use safe, non-toxic clay, Papier Mache, molds, paint, and a wide variety of decorative items to explore and create three-dimensional models, masks, and abstract forms. The process of manipulating clay is well known to nurture, relax, and offer healing opportunities. All are welcome! No previous art experience necessary.
**Dates:** Mondays in January / Time: 4:00-6:00pm  **Location:** Room 2290  **Facilitator:** Alessandra Colffi, PhD.
**Attendance to all sessions of a series is recommended to enjoy the full process and its benefits.**
**Registration is required:** Please call (888) 735-5708 or email: Alessandra@AlessandraColffi.com

**ZUMBA® GE N TLE DANCE FITNESS CLASS FOR CANCER RECOVERY & PREVENTION**
Playful, easy, good-for-body-mind-spirit class for patients caregivers, adapted to each participant's abilities and limitations Wear socks, sneakers & bring your water. Drop-ins welcome.  **Dates:** Most Wednesdays/  **Time:** 6:00-7:00pm  **Location:** Goldberg Auditorium Foyer  **Facilitator:** Alessandra Colffi, PhD.  **Email:** alessandra@alessandracolffi.com or call (888) 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:** Most 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 and caregivers.**
Wear socks, sneakers & bring your water. Drop-ins welcome.
**Dates:** Most Mondays/  **Time:** 10:00am-11:00am  **Location:** Goldberg Auditorium Foyer

**INTEGRATED AMRITA MEDITATION TECHNIQUE**
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

### TREATMENT EDUCATION CLASSES

**CHEMO-IMMUNOTHERAPY EDUCATION CLASS**
For patients who are/will be receiving chemo-immune therapy.
**Registration:** Not required.  **Time:** 4:00pm-5:00pm  **Dates:** 2nd/4th Wednesday in January  **Location:** Second floor, Comer Commons

**AUTOLOGOUS BMT PATIENT AND CAREGIVER CLASS**
**NO Registration required.**
**Date:** January 14th  **Time:** 5:00-6:30pm  **Location:** Comer Commons  **ALLOGENEIC BMT PATIENT AND CAREGIVER CLASS**
**NO Registration is required.**
**Date:** January 28th  **Time:** 5:00-6:30pm  **Location:** Comer Commons, 2nd Floor

**PREPARING FOR RADIATION THERAPY CLASS**
Recommended for patients preparing for radiation therapy.
**Registration:** Not required  **Date:** February 9th  **Location:** Register at the Radiation Oncology front desk or call (858) 822-640.
**Dates:** Most Wednesdays/  **Time:** 3:00 - 4:30pm  **Location:** Radiation Oncology Conference Room 141  **HEAD AND NECK EDUCATION CLASS:**
Recommended for patients and families preparing for treatment.
**Registration:** Not required  **Location:** Room 3079, 3rd Floor  **Date:** First Monday of the month  **Time:** 10:00-11:00 pm

### NUTRITION SEMINAR
This seminar provides an opportunity to learn evidence based nutrition support and information for patients, caregivers and survivors through all phases of cancer. A great opportunity to obtain accurate information from nutrition professionals.
**January 8th** “Achieving a Healthy Weight.”
**January 16th** “Preparing for the Journey.”
**January 24th** “Move More.”
**Registration is suggested.** Please sign up at healthyeating.ucsd.edu

### FOOD DEMONSTRATION
Learn how to nourish and heal the body from the time of diagnosis, through treatment and as a cancer survivor.
**January 9th/10th** “Calorie Control in the Kitchen.”
**January 17th** “Fighting Cancer in the Kitchen.”
**Facilitator:** Christine Zoumas, MS, RD  **Location:** Room 2237  **Registration is required.** Please sign up at healthyeating.ucsd.edu
**Or call (858) 822-2377.**  **“See front of the calendar/website for times/locations**

### SPECIAL EVENT COMING IN FEBRUARY

**TOGETHER AGAINST CANCER: A COUPLES WORKSHOP**
Strengthen your relationship, increase immune response, deepen your connection, end conflict and silence learn to communicate clearly.
**Date:** February 9th Time: 9:00am-1:00pm
**Facilitator:** Wanda Garner MS, MA. Certified EFT Supervisor and Therapist  **Location:** Jacobs Medical Center at UC San Diego Health  **Registration is required.** Please sign up at www.holdmetightevents.com or by calling 858-381-0468

### HEALING FOODS PROGRAM

*Classes may cancel occasionally for unforeseen university business. We encourage you to call prior to confirm if class is being held (866) 246-0223*