<table>
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<th>Mon</th>
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</table>
| 10:00am-11:00am Tai Chi  
11:00am-12:00pm Yoga for Wellness  
1:00pm-2:00pm Head and Neck TEDucation Class  
4:00-6:00pm Expressive Arts Workshop | 1:00-2:30pm Writing at Moores  
2:00-3:30pm Cancer Support Group  
2:00-3:30pm Cancer Caregiver Support | 10:00-12:00pm Grupo Esperanza  
11:00-12:00pm Gentle Zumba  
3:00-4:00pm Preparing For Radiation Therapy Education Class  
6:00-8:00pm Food demonstration: “Proteins.” | 10:00-12:00pm Integrated Meditation Technique Instruction Course  
11:30-1:30pm Food demonstration: “Proteins.”  
6:00-7:30pm Nutrition Seminar | |
| 13  | 14  | 15  | 16  | 17  |
| 10:00am-11:00am Tai Chi  
10:00am-12:00pm American Cancer Society: “Look Good, Feel Better” Event  
11:00am-12:00pm Yoga for Wellness  
4:00-6:00pm Expressive Arts Workshop  
5:00-6:30pm Autologous BMT Patient and Caregiver Class | 1:00-2:30pm Writing at Moores  
6:00-7:30pm Nutrition Seminar  
6:30-8:30pm Brain Tumor Support Group | 11:00-12:00pm Gentle Zumba  
11:30-1:30pm Nutrition Seminar  
3:00-4:00pm Preparing For Radiation Therapy Education Class  
4:00-5:00pm Chemo/Immunotherapy | 10:00-11:30pm Nutrition Seminar | |
| 20  | 21  | 22  | 23  | 24  |
| 10:00am-11:00am Tai Chi  
11:00am-12:00pm Yoga for Wellness  
4:00-6:00pm Expressive Arts Workshop | 1:00-2:30pm Writing at Moores | 11:00-12:00pm Gentle Zumba  
3:00-4:00pm Preparing For Radiation Therapy Education Class | **CLINIC HOLIDAY** | **CLINIC HOLIDAY** |
| 27  | 28  | 29  | 30  | |
| 10:00am-11:00am Tai Chi  
11:00am-12:00pm Yoga for Wellness  
4:00-6:00pm Expressive Arts Workshop  
5:00-6:30pm Allogeneic BMT Patient and Caregiver Class  
5:30-7:00pm Kids Konnected Education and Support Group | 1:00-2:30pm Writing at Moores | 3:00-4:00pm Breast Cancer Support Grp  
4:00-5:00pm Chemo/Immunotherapy | |

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](http://www.cancer.ucsd.edu).
The Moores Cancer Center offers a variety of programs to provide support and education to cancer patients and families in our community. For more information on the services we offer, please visit our website at [www.cancer.ucsd.edu](http://www.cancer.ucsd.edu).

### SUPPORT GROUPS

<table>
<thead>
<tr>
<th>GROUP</th>
<th>DESCRIPTION</th>
<th>LOCATION</th>
<th>DATE/TIME</th>
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<tbody>
<tr>
<td><strong>GENERAL CANCER SUPPORT GROUP</strong></td>
<td>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. <strong>Facilitator:</strong> Monika Lingle, LCSW <strong>Date:</strong> First Tuesday of November/Time: 2:00-3:30pm <strong>Location:</strong> Meditation Room, 1st Floor</td>
<td><strong>CANCER CAREGIVER EDUCATION AND SUPPORT GROUP</strong></td>
<td>Meet other caregivers, receive emotional support, and learn information relevant to the needs of caregivers. <strong>Registration:</strong> Not required <strong>Facilitator:</strong> Helen Tigue <strong>Date:</strong> First Tuesday of November/Time: 2:00-3:30pm <strong>Location:</strong> Room 3106, 3rd Floor</td>
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