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<td>🎉<strong>HAPPY NEW YEAR!!</strong>🎉</td>
<td><strong>CLINIC HOLIDAY</strong></td>
<td>11:00am-12:00pm Gentle Zumba 3:00pm-4:00pm Preparing For Radiation Therapy Education Class 4:00pm-5:30pm CLL Education Group</td>
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<td>10:00am-11:00am Tai Chi 11:00am-12:00pm Yoga for Wellness 4:00pm-6:00pm Expressive Arts Workshop 5:00pm-6:30pm Autologous BMT Patient and Caregiver Class</td>
<td>11:30am-1:00pm Nutrition Seminar 2:30pm-4:00pm Advance Directives Workshop 6:30pm-8:30pm Brain Tumor Support Group</td>
<td>10:00am-12:00pm Grupo Esperanza 11:00am-12:00pm Gentle Zumba 12:00pm-1:30pm Nutrition Seminar 3:00-4:00pm Preparing For Radiation Therapy Education Class 4:00-5:00pm Chemo-Immunotherapy Education Class</td>
<td>10:00am-12:00pm Integrated Meditation Technique Instruction Course 10:00am-12:00pm Food demonstration: “Fighting Cancer in the Kitchen.” 2:00pm-4:00pm Food demonstration: “Fighting Cancer in the Kitchen.”</td>
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<td><strong>CLINIC HOLIDAY</strong></td>
<td>11:30am-1:00pm Nutrition Seminar 2:00pm-3:30pm Cancer Support Group 2:00pm-3:30pm Cancer Caregiver Support Group</td>
<td>2:00pm-3:00pm Breast Cancer Support Group 6:00pm-8:00pm Food demonstration: “Cooking for Calorie Control.”</td>
<td>10:00am-11:30pm Nutrition Seminar: “Move More” 11:30am-1:30pm Food demonstration: “Cooking for Calorie Control.”</td>
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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 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.

**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 the month
**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 the month
**Time:** 2:00-3:30pm
**Location:** Room 3106, 3rd Floor

**BREAST CANCER SUPPORT GROUP**
Support group for women going through breast cancer treatment.
**Date:** Wednesday January 17th
**Time:** 2:00-3:00pm
**Location:** Goldberg auditorium, 2nd Floor, Moores Cancer Center Follow signage.
This group will include gentle movement, please wear comfortable clothes.
**Facilitator:** Laurie Knight, LCSW
**Registration:** No Fee.
To register: Please call (858)657-8784 and leave your name, and medical record number.

**GROUP ESPERANZA**
Todas las pláticas son en español. También 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:** January 10th
**Hora:** 10:00am - 12:00pm
**Ubicación:** Room 3109, Moores Cancer Center 3rd 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 CONNECTED 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.

**ADVANCE DIRECTIVES WORKSHOP**
For Patients, Families, Healthcare Professional and the Public...
**Date:** January 9th
**Time:** 2:30pm-4:00pm
**Location:** Comer Commons, 2nd Floor
**Registration:** Required. Please visit http://hssevents.ucsd.edu Walk ins Welcome!
**For questions Contact:** Sherwin Esfahani ssesfahani@ucsd.edu or Cassia 858-657-6727

**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

**EXPRESSIVE ARTS WORKSHOP**
A) INTRODUCTION AND COLLAGE MAGIC
**Date:** January 8th
**Time:** 4:00-6:00pm
B) HOPE MADE VISIBLE
8 week series starts on January 22nd through March 19th
Traditionally flags have been used as symbolic means to promote peace, compassion, healing, strength and wisdom. You will be guided to use various mixed media techniques to create flags as symbolic representation of your cancer experience. People affected by cancer have been answering our call from around the world to join in making flags as living journals of hope, sharing dreams, victories, losses and concerns.
**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, for-body-mind-spirit class for cancer 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
**Registration:** 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.

**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:** January 10th
**Location:** Room 3106
**Date:** January 24th
**Location:** Second floor, Comer Commons

**AUTOLOGOUS BMT PATIENT AND CAREGIVER CLASS**
**Registration is required.** Please call (858) 822-6600.
**Date:** January 8th
**Time:** 5:00-6:30pm
**Location:** Comer Commons, 2nd Floor

**ALLOGENEIC BMT PATIENT AND CAREGIVER CLASS**
**Registration is required.** Please call (858) 822-6600.
**Date:** January 22nd
**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
**Time:** 3:00 - 4:00pm
**Location:** Radiation Oncology Conference Room 1411

**NUTRITION SEMINAR**
This seminar provides an opportunity to learn evidence based nutrition information and obtain accurate information from nutrition professionals. Different topics offered.
Jan. 9th: Eating Through Treatment
Jan 10th: Decoding Nutrition Myths
Jan 16th: Fighting Cancer with Food and Physical Activity
Jan 18th: NEW: Move More
Jan 22nd: Fighting Cancer with Food and Physical Activity
**Registration is required.** Please sign up at healthyeating.ucsd.edu

**HEALTHY EATING**

**Special Events**

**ADVANCE DIRECTIVES WORKSHOP**
For Patients, Families, Healthcare Professional and the Public...
**Date:** January 9th
**Time:** 2:30pm-4:00pm
**Location:** Comer Commons, 2nd Floor
**Registration:** Required. Please visit http://hssevents.ucsd.edu Walk ins Welcome!
**For questions Contact:** Sherwin Esfahani ssesfahani@ucsd.edu or Cassia 858-657-6727

**MIND/BODY WORKSHOPS**

**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:** January 10th
**Location:** Room 3106

**AUTOLOGOUS BMT PATIENT AND CAREGIVER CLASS**
**Registration is required.** Please call (858) 822-6600.
**Date:** January 8th
**Time:** 5:00-6:30pm
**Location:** Comer Commons, 2nd Floor

**ALLOGENEIC BMT PATIENT AND CAREGIVER CLASS**
**Registration is required.** Please call (858) 822-6600.
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**Location:** Comer Commons, 2nd Floor

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**Registration is required.** Please sign up at healthyeating.ucsd.edu

**HEALTHY EATING**

**FOOD DEMONSTRATION**
Learn how to nourish and heal the body from the time of diagnosis, through treatment and as a cancer survivor.
Two different classes this month
Jan 11th: 10:00am and 4:00pm: Fighting Cancer in the Kitchen
Jan 17th 6:00pm: Counting for Calorie Control
Jan 18th 11:30am: Counting for Calorie Control
**Facilitator:** Christine Zoumas, MS, RD
**Location:** Room 2007, 2nd Floor
**Registration is required.** Please sign up at healthyeating.ucsd.edu Or call (858) 822-2237