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<td>10:00am-11:00am Tai Chi&lt;br&gt;11:00am-12:00pm Yoga for Wellness&lt;br&gt;1:00pm-2:00pm Head and Neck Education Class&lt;br&gt;4:00pm-6:00pm Expressive Arts</td>
<td>12:00pm-1:30pm Nutrition Seminar: “Healthy Behaviors for Weight Loss.”&lt;br&gt;2:00pm-3:30pm Cancer Caregiver Support Group&lt;br&gt;NOTE: NO GENERAL SUPPORT GROUP TODAY</td>
<td>11:00-12:30pm Head and Neck Support Group&lt;br&gt;2:30-3:30pm Preparing For Radiation Therapy Education Class&lt;br&gt;4:00-5:00pm Chemo/Immunotherapy Education Class&lt;br&gt;6:00pm-7:00pm Gentle Zumba&lt;br&gt;6:00pm-7:30pm “Eating the rainbow.”</td>
<td>12:00pm-1:30pm “Eating the Rainbow.”&lt;br&gt;6:00pm-8:00pm Young Adult Cancer Support Group</td>
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<td>10:00am-11:00am Tai Chi&lt;br&gt;11:00am-12:00pm Yoga for Wellness&lt;br&gt;1:00-2:30pm Writing at Moores&lt;br&gt;4:00pm-6:00pm Expressive Arts&lt;br&gt;5:00pm-6:30pm Autologous BMT Patient and Caregiver Class</td>
<td>6:30pm-8:30pm Brain Tumor Support Group</td>
<td>10:00am-12:00pm Grupo Esperanza&lt;br&gt;2:30-3:30pm Preparing For Radiation Therapy Education Class&lt;br&gt;6:00pm-7:00pm Gentle Zumba&lt;br&gt;6:00pm-7:30pm Nutrition Seminar: “Decoding Nutrition Myths.”</td>
<td>10:00am-12:00pm Integrated Meditation Technique Instruction Course&lt;br&gt;12:00pm-1:30pm “Knife Skills-Food Demonstration.”</td>
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<td>CLINIC HOLIDAY&lt;br&gt;PRESENTS DAY</td>
<td>2:00pm-3:30pm Cancer Caregiver Support Group&lt;br&gt;NOTE: NO GENERAL SUPPORT GROUP TODAY</td>
<td>2:30-3:30pm Preparing For Radiation Therapy Education Class&lt;br&gt;6:00-7:00pm Gentle Zumba</td>
<td>12:00pm-1:30pm Nutrition Seminar: “Fighting Cancer with Food and Physical Activity.”</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 items such as lap blankets, pillows, hats and wigs. **We’re always looking for volunteers too!**
The Moors 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
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 3066, 3rd Floor

BREAST CANCER SUPPORT GROUP
NO GROUP THIS MONTH

GRUPO ESPERANZA
Para pacientes de todo tipo de Cancer.
Registro: Preferido. Por favor llame (858) 822-6201.
Facilitador: Sara F. Ribless
Fecha: February 13th / Horario: 10:00 am - 12:00 pm
Ubicacion: Room 3009, 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: Thursday February 7th / Time: 6:00-8:00pm
Location: Comer Commons and Floor Registration: Not required.

KIDS CONNECTED 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-8:15pm(Teens Group) Location: Meet in the Lobby

WRITING AT MOORES
8-week series for people with, or recovering from, any type of cancer. Attendance to all sessions is encouraged but not mandatory
Facilitator: Kadie Winters, MD Dates: Mondays in February Time: 1:00-2:30pm / Location: Room 2250, 2nd Floor
Registration: Please email Writingatmoore@gmail.com or call 858-246-223 to reserve your seat.

EXPRESSIVE ARTS WORKSHOP
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 February / Time: 4:00-6:00pm
Location: Room 2250 Facilitator: Alessandra Colfi, PhD.
*Attendance to all sessions of a series is recommended to enjoy the full process and its benefits
Registration is required: Please call (858) 735-5708 or email: Alessandra@AlessandraColfi.com

ZUMBA® GENTLE DANCE FITNESS CLASS FOR CANCER RECOVERY & PREVENTION
Playful, earth-based-for-body-mind-spirit class for patients, caregivers, adapted to each participates 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 Colfi, PhD
*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: 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.
Wear socks, sneakers & bring your water. Drop-ins welcome.
Dates: Most Mondays / Time: 10:00am-11:00am
Location: Goldberg Auditorium Foyer
Facilitator: Dan Halpain, Holistic Health Practitioner and Certified Asian Bodywork Therapist
Registration: Not required.

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.

INSTRUCTIONAL COURSE
Location: Goldberg Auditorium and Foyer
Registration Required: 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) 246-0323

MIND/BODY WORKSHOPS *

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

PREPARING FOR RADIATION THERAPY CLASS
Recommended for patients preparing for radiation therapy.
Registration is required: Register at the Radiation Oncology front desk or call (858) 822-6040.
Dates: Most Wednesdays / Time: 2:30 - 3:30pm
Location: Radiation Oncology Conference Room 141

HEALING FOODS PROGRAM

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.
February 5th “Healthy Behaviors for Weight Loss.”
February 13th “Decoding Nutrition Myths.”
February 20th “Fighting Cancer with Food and Physical Activity.”
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.
February 6th/7th “Eating the rainbow.”
February 9th “Fighting Cancer in the Kitchen.”
February 14th “Knife Skills.”
Facilitator: Christine Zoumas, MS, RD Location: Room 3079, 3rd Floor
*Registration is required. Please sign up at healthyeating.ucsd.edu or call (858) 822-2237

SPECIAL EVENT COMING IN MARCH

TOGETHER AGAINST CANCER: A COUPLES WORKSHOP
Strengthen your relationship, increase immune response, deepen your connection, end conflict and silence learn to communicate clearly.
Date: March 2nd 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