




Mon	Tue	Wed	Thu	Fri
		<p>** SIGN UP TODAY **</p> <p>"Together Against Cancer: Hold me Tight. A Couples Workshop." 858-246-0223 for 4 Free Sessions!!!</p>	1	2
<p>5</p> <p>10:00am-11:00am Tai Chi 11:00am-12:00pm Yoga for Wellness 1:00-2:00pm Head & Neck Cancer Educational Class</p>	<p>6</p> <p>11:00am-11:45am Tour of MCC</p>	<p>7</p> <p>3:00-4:00pm Preparing for Radiation Therapy Class 4:00-5:30pm CLL Educational Group 6:00-8:00pm Cooking Demonstration "Easy Quick and Nutritious."</p>	<p>8</p> <p>10:00-12:00pm Integrated Meditation Technique Instruction Course 11:30-1:30pm Cooking Demonstration "Easy Quick and Nutritious."</p>	<p>9</p>
<p>12</p> <p>10:00am-11:00am Tai Chi 11:00am-12:00pm Yoga for Wellness 5:00-6:30pm Autologous BMT Patient and Caregiver Class</p>	<p>13</p> <p>12:00-3:00pm Sidewalk Chalk Event 5:00-6:30pm Advanced Directive Workshop 6:30-8:30 Brain Tumor Support Group</p>	<p>14</p> <p>10:00-12:00pm Grupo Esperanza 12-2:00pm Nutrition Seminar "Decoding Nutrition and Food Myths." 3:00-4:00pm Preparing for Radiation Therapy Class 4:00-5:00pm Chemo/Immunotherapy Education Class</p>	<p>15</p>	<p>16</p> <p>"Together Against Cancer: A Couples Workshop." 1:00-5:00PM</p> <p>17</p> <p>"Together Against Cancer: A Couples Workshop." 9:00AM-1:00PM</p>
<p>19</p> <p>10:00am-11:00am Tai Chi 11:00am-12:00pm Yoga for Wellness 1:00-2:00pm Head & Neck Cancer Educational Class</p>	<p>20</p> <p>11:00am-11:45am Tour of MCC</p>	<p>21</p> <p>12:00-2:00pm Nutrition Seminar "Eating Through Cancer Treatment."</p>	<p>22</p>	<p>23</p>
<p>26</p> <p>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</p>	<p>27</p>	<p>28</p> <p>11:00-12:00pm Gentle Zumba 2:00-3:30pm Breast Cancer Support Group 4:00-5:00pm Chemo/Immunotherapy Education Class</p>	<p>29</p>	<p>30</p> <p>"Together Against Cancer: A Couples Workshop." 1:00-5:00PM</p> <p>1</p> <p>"Together Against Cancer: A Couples Workshop." 9:00AM-1:00PM</p>

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

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

All cancer types welcome. Each session features a different topic

Date: TBD

CANCER CAREGIVER EDUCATION AND SUPPORT GRP

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

Date: TBD

BREAST CANCER SUPPORT GROUP

For patients that are facing the challenges of a breast cancer.

Date: June 28th /**Time:** 2:00-3:30pm

Location: Goldberg auditorium, 2nd Floor, MCC

This group will include gentle movement, please wear comfortable clothes.

Facilitator: Laurie Knight, LCSW

Registration: No Fee. Please call (858)657-8784 and leave your name, phone number and medical record number.

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: Junio 14/ **Horario:** 10:00am- 12:00pm

Ubicación: Cuarto 3079, 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 KONNECTED 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: Facilitator to meet group 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. **Registration is required.** Please sign up at healthyeating.ucsd.edu

COOKING DEMONSTRATION: “Easy, Quick and Nutritious”

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

Facilitator: Christine Zoumas, MS, RD

Dates/Times: June 7th/ 6:00-8:00pm and June 8th/12:00-1:30pm.

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

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

MIND/BODY WORKSHOPS *

EXPRESSIVE ARTS WORKSHOP

MEDITATION BEADS (MALA): A Mala is a string of beads that was developed to keep the mind focused on the practice of meditation, across cultures and traditions all over the world. You will make your own bracelet to support your meditation practice.

Date: One class in June Monday June 26 only/**Time:** 4:00-6:00pm

Location: Room 2250, 2nd floor

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: One class in June Wednesday June 28th only

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).

Registration: Not required.

Dates: Every Monday/ **Time:** 11:00am-12:00pm

Location: Goldberg Auditorium Foyer

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: Every Monday/ **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: June 14th and June 28th/ **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: June 12th/**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: June 26th/**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: Two classes in June: Wednesday June 7th/and June 14th

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: June 7th / **Time:** 4:00pm-5:30 pm

Location: Conference Room# 3106

HEAD AND NECK CANCER EDUCATIONAL CLASS

For patients and families preparing for treatment.

Program Administrator: Jayna Athas

Registration: Not required.

Dates: First and third Monday of each month/ **Time:** 1:00 - 2:00pm

Location: MCC Third floor, Room #3109 **Registration:** Not required.

SPECIAL EVENTS

MOORES CANCER CENTER (MCC) TOURS

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

Coordinator: Suzanne Agarwal, MS, RN

Dates: June 6th and 20th/**Time:** 11:00—11:45 am

Location: Meet in the Patient & Family Resource Center.

TOGETHER AGAINST CANCER

A 4 hour couples workshop **Coordinator:** Wanda Garner

Dates: Friday June 16th and June 30th/ **Time:** 1:00pm-5:00pm

Saturday June 17th and July 1st / **Time:** 9:00am-1:00pm

Location: The Comer Commons, 2nd Floor

Registration Preferred: Please call 858-246-0223 or go to www.holdmetightcouplesretreat.info