**SIGN UP TODAY**

“Together Against Cancer: Hold me Tight. A Couples Workshop.”
858-246-0223 for 4 Free Sessions!!!

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>10:00am-11:00am Tai Chi</td>
<td>11:00am-11:45am Tour of MCC</td>
<td>3:00-4:00pm Preparing for Radiation Therapy Class</td>
<td>10:00-12:00pm Integrated Meditation Technique Instruction Course</td>
<td><strong>1</strong></td>
</tr>
<tr>
<td>11:00am-12:00pm Yoga for Wellness</td>
<td>12:00-3:00pm Sidewalk Chalk Event</td>
<td>4:00-5:30pm CLL Educational Group</td>
<td>11:30-1:30pm Cooking Demonstration “Easy Quick and Nutritious.”</td>
<td><strong>2</strong></td>
</tr>
<tr>
<td>1:00-2:00pm Head &amp; Neck Cancer Educational Class</td>
<td>5:00-6:30pm Advanced Directive Workshop</td>
<td>6:00-8:00pm Cooking Demonstration “Easy Quick and Nutritious.”</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>12</strong></td>
<td><strong>13</strong></td>
<td><strong>14</strong></td>
<td><strong>15</strong></td>
<td><strong>16</strong></td>
</tr>
<tr>
<td>10:00am-11:00am Tai Chi</td>
<td>12:00-3:00pm Sidewalk Chalk Event</td>
<td>10:00-12:00pm Grupo Esperanza</td>
<td>“Together Against Cancer: A Couples Workshop.”</td>
<td><strong>17</strong></td>
</tr>
<tr>
<td>11:00am-12:00pm Yoga for Wellness</td>
<td>5:00-6:30pm Advanced Directive Workshop</td>
<td>12:00-2:00pm Nutrition Seminar “Decoding Nutrition and Food Myths.”</td>
<td>1:00-5:00PM</td>
<td></td>
</tr>
<tr>
<td>5:00-6:30pm Autologous BMT Patient and Caregiver Class</td>
<td>6:30-8:30 Brain Tumor Support Group</td>
<td>3:00-4:00pm Preparing for Radiation Therapy Class</td>
<td>“Together Against Cancer: A Couples Workshop.”</td>
<td></td>
</tr>
<tr>
<td><strong>19</strong></td>
<td><strong>20</strong></td>
<td><strong>21</strong></td>
<td><strong>22</strong></td>
<td><strong>23</strong></td>
</tr>
<tr>
<td>10:00am-11:00am Tai Chi</td>
<td>11:00am-11:45am Tour of MCC</td>
<td>12:00-2:00pm Nutrition Seminar “Eating Through Cancer Treatment.”</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00am-12:00pm Yoga for Wellness</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00-2:00pm Head &amp; Neck Cancer Educational Class</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>26</th>
<th>27</th>
<th>28</th>
<th>29</th>
<th>30</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00am-11:00am Tai Chi</td>
<td>11:00am-11:45am Tour of MCC</td>
<td>11:00-12:00pm Gentle Zumba</td>
<td></td>
<td><strong>1</strong></td>
</tr>
<tr>
<td>11:00am-12:00pm Yoga for Wellness</td>
<td></td>
<td>2:00-3:30pm Breast Cancer Support Group</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:00-6:00pm Expressive Arts Workshop</td>
<td></td>
<td>4:00-5:00pm Chemo/Immunotherapy Education Class</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00-6:30pm Allogeneic BMT Patient and Caregiver Class</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30-7:00pm Kids Konnected Education and Support Group</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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 GROUP**  
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  
**Registration:** Not required / Fee: Please call (858) 657-8812

---

**BRAIN TUMOR SUPPORT GROUP**  
Open to patients, family members and caregivers.  
**Registration:** Not required.  
**Date:** 2nd Tuesday of each month  
**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  
**Location:** Comer Commons, 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  
**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 and caregivers, adapted to each participant’s abilities and limitations. Wear socks, sneakers & bring your water. Drop-ins welcome.  
**Date:** One class in June  
**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  
**Location:** Goldberg Auditorium Foyer  
**Facilitator:** Asian Bodywork Therapist  
**Recommended for patients and families preparing for radiation therapy.**  
**Location:** Radiation Oncology Conference Room 1411  
**Registration Preferred:** Please call (858) 822-6600.

**GENTLE DANCE FITNESS**
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  
**Location:** Goldberg Auditorium Foyer  
**Facilitator:** Dan Halpain, Holistic Health Practitioner and Certified Asian Bodywork Therapist  
**Recommended for patients and families preparing for radiation therapy.**  
**Location:** Radiation Oncology Conference Room 1411  
**Registration Preferred:** Please call (858) 822-6600.

**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  
**Location:** Goldberg Auditorium Foyer  
**Facilitator:** Dan Halpain, Holistic Health Practitioner and Certified Asian Bodywork Therapist  
**Recommended for patients and families preparing for radiation therapy.**  
**Location:** Radiation Oncology Conference Room 1411  
**Registration Preferred:** Please call (858) 822-6600.

---

**INTINTEGRATED 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  
**Registration is required.**  
**Please call 619-246-6339 and leave your name, email and phone number**

---

### 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**

---

**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  
**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  
**Location:** The Comer Commons, 2nd Floor  
**Registration Preferred:** Please call 858-246-0223 or go to www.holdmetightcouplesretreat.info

---

**Patient & Family Programs**
UC San Diego Moores Cancer Center  
3855 Health Sciences Drive . La Jolla. CA 92093

---

**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  
**ALLOGEIC 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) 822-6604.

**IMMUNOTHERAPY EDUCATION CLASS**
Recommended for patients and families preparing for radiation therapy.  
**Registration is required.** Register at the Radiation Oncology front desk or call (858) 822-6604.

**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.

---

**TOGETHER AGAINST CANCER**
A 4 hour couples workshop  
**Coordinator:** Wanda Garner  
**Dates:** Friday June 16th and June 30th  
**Time:** 1:00pm-5:00pm  
**Location:** The Comer Commons, 2nd Floor  
**Registration Preferred:** Please call 858-246-0223 or go to www.holdmetightcouplesretreat.info