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<td>2:00am-11:00am Tai Chi</td>
<td>3:00-2:30pm Writing at Moores</td>
<td>4:00-6:00pm Expressive Arts Workshop</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!**

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

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

**BREAST CANCER SUPPORT GROUP**

For patients who are facing the challenges of breast cancer.

**Date:** Wednesday October 25th  
**Time:** 2:00-3:30pm  
**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 palabras 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:** October 11th  
**Horario:** 10:00am - 12:00pm  
**Ubicación:** Room 3109, 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 (Teen's group)  
**Location:** Meet 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**

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

**Facilitator:** Christine Zounas, MS, RD  
**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**

**PHOTOPAINTING**

Experiment with mixed-media painting, texturing & images/personal photos to tell your story as a creative personal expression of your cancer experience.  
**Continuation of 8-week series that started Monday September 11th 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@alesandracolfi.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:** Most Wednesdays  
**Time:** 11:00 - 12:00pm  
**Location:** Goldberg Auditorium Foyer  
**Facilitator:** Alessandra Colfi, PhD, Zumba Instructor  
*Please email alessandra@alesandracolfi.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  
**NO CLASS ON 10/16**  
**Location:** Goldberg Auditorium Foyer  
**Registration is required.**

**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:** Mondays/  
**Time:** 10:00am-11:00am  
**NO CLASS ON 10/16**  
**Location:** Goldberg Auditorium Foyer  
**Registration is 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.

**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:** Wednesday October 1st and 25th  
**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:** October 9th  
**Time:** 5:00-6:30pm  
**Location:** Comer Commons, 2nd Floor

**ATLGENECELL BMT PATIENT AND CAREGIVER CLASS**

Registration is required. Please call (858) 822-6600.  
**Date:** October 23th  
**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 in October  
**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:** October 4th  
**Time:** 4:00pm - 5:30pm  
**Location:** Comer Commons, 2nd floor

**HEAD AND NECK EDUCATIONAL CLASS**

Recommended for patients and families preparing for treatment.  
**NO CLASS THIS MONTH**

### SPECIAL EVENTS

**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

**TOGETHER AGAINST CANCER: A COUPLES WORKSHOP**

**Date:** October 7th  
**Time:** 9:00-1:00pm  
**To Register:** Please call 858-246-0223 or go to [www.holdmetightcouplesretreat.info/tac/](http://www.holdmetightcouplesretreat.info/tac/)  
**MEDICARE AND MEDIGAP SEMINAR**

**Date:** October 27th  
**Time:** 1:00-3:00pm  
**Location:** Goldberg Auditorium, 2nd Floor  
**Registration:** Please contact Yuko Abbott to register via email to: yabott@ucsd.edu

**ADVANCE DIRECTIVES WORKSHOP**

**Date:** October 17th  
**Time:** 2:30-4:00pm  
**Location:** Comer Commons, 2nd floor  
**Registration:** Please contact Lori Johnson by calling 858-249-6444 or e-mail: ljohnson@ucsd.edu or by logging in to http://bsevents.ucsd.edu

**WRITING AT MOORES**

**Date:** Tuesdays starting October 3rd  
**Time:** 1:00-2:30pm  
**To Register:** Please call (858) 246-0223 or go to [health.ucsd.edu/cancersupport](http://health.ucsd.edu/cancersupport)