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).
**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 December
**Time:** 2:00-3:30pm
**Location:** Meditation Room, 1st Floor

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

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**BREAST CANCER SUPPORT GROUP**

**NO GROUP THE MONTH OF DECEMBER**

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**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

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**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.

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**NUTRITION SEMINAR**
This seminar provides an opportunity to learn evidence based nutrition information and obtain accurate information from nutrition professionals. Different topics offered.

Dec 5th: Fighting Cancer with Food and Physical Activity
Dec 6th: Decoding Nutrition Myths
Dec 12th: Eating Through Treatment
Dec 14th: Food Safety for Cancer Survivors

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

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

**December Topic:** Easy, Quick, Healthy and Delicious
**Dates:** Dec 6th/12th: at 6:00pm/Dec 7th/13th: at 11:30am
**Facilitator:** Christine Zoumas, MS, RD
**Location:** Room 2007, 2nd Floor

**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

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**HEALTHY EATING**

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**MIND/BODY WORKSHOPS**

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**TREATMENT EDUCATION CLASSES**

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**CHEMO-IMMUNOTHERAPY EDUCATION CLASS**
For patients who are/will be receiving chemo-immune therapy.

**Registration:** Not required.
**Dates:** TBD / Time: 4:00-5:00pm
**Location:** Comer Commons on the second floor

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**AUTOLOGOUS BMT PATIENT AND CAREGIVER CLASS**
Registration is required. Please call (858) 822-6600.
**Date:** December 4th / Time: 5:00-6:30pm
**Location:** Conference Room 3106

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**ALLOGENEIC BMT PATIENT AND CAREGIVER CLASS**
Registration is required. Please call (858) 822-6600.
**Date:** December 11th / Time: 5:00-6:30pm
**Location:** Comer Commons, 2nd Floor

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**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 December
**Time:** 3:00 - 4:00pm
**Location:** Radiation Oncology Conference Room 1411

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**CLL EDUCATION GROUP**
For patients with chronic lymphocytic leukemia.

**Registration:** Not required; **Facilitator:** Sheila Hoff
**Date:** December 6th / Time: 4:00pm-5:30 pm
**Location:** Comer Commons, 2nd floor

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**HEAD AND NECK EDUCATIONAL CLASS**
Recommended for patients and families preparing for treatment.

**Dates:** Every First Monday of the month / Time: 1:00-2:00pm
**Location:** Room #3079
**Registration:** Not required

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**SUPPORT GROUPS**

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**EXPRESSIVE ARTS WORKSHOP**
IN YOUR SHOES: There is an old saying: “You cant really understand another person’s experience until you’ve walked a mile in their shoes.” So lets come together and decorate a pair of shoes with a variety of techniques, materials and inspirations. Bring a pair of shoes to decorate & transform. A 6 week series starts on November 13th through December 18th.

**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

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**ZUMBA® GENTLE DANCE FITNESS CLASS FOR CANCER RECOVERY & PREVENTION**
Playful, easy, good-for-body-mind-spirit class for patients caregivers, adapted to each participant's abilities and limitations.

We 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@alessandracolfi.com or call (858) 735-5708

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**YOGA FOR WELLNESS**
Yoga class for cancer survivors, patients 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 is not required.

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**TAE CHI**
Gentle, moving meditation, calms the mind, strengthens the body and energized the spirit. FREE for patients, caregivers and families.

We wear socks, sneakers & bring your water. Drop-ins welcome.

**Dates:** Mondays
**Time:** 10:00am-11:00am

**Facilitator:** Dan Halpain, Holistic Health Practitioner and Certified Asian Bodywork Therapist
**Location:** Goldberg Auditorium Foyer

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**INTEGRATED AMRITA MEDITATION TECHNIQUE**

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**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

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**Classes may cancel occasionally for unforeseen university business. We encourage you to call prior to confirm if class is being held (858) 246-0223**

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**IMMUNOTHERAPY EDUCATION CLASS**
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

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**Writeing at mooreS**
New Series Starts February 2018. Please call to Register and secure your spot!
**Dates:** Mondays / Time: 1:00-2:30pm
**To Register:** Please call (858) 246-0223 or go to http://health.ucsd.edu/cancersupport

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**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.**

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