
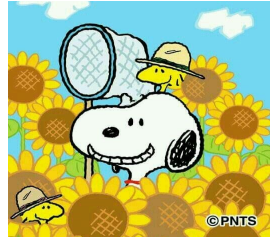




Mon	Tue	Wed	Thu	Fri
<p>2 10:00am-11:00am Tai Chi 11:00am-12:00pm Yoga for Wellness 1:00pm-2:00pm Head and Neck Education Class 1:00pm-2:30pm Writing at Moores 4:00pm-6:00pm Expressive Arts Workshop</p>	<p>3 2:00pm-3:30pm Cancer Caregiver Support Group NOTE: NO GENERAL SUPPORT GROUP TODAY</p>	<p>4 CLINIC HOLIDAY </p>	<p>5</p>	<p>6</p>
<p>9 10:00am-11:00am Tai Chi 10:00am-12:00pm Look Good Feel Better 11:00am-12:00pm Yoga for Wellness 1:00pm-2:30pm Writing at Moores 4:00pm-6:00pm Expressive Arts Workshop 5:00pm-6:30pm Autologous BMT Patient and Caregiver Class</p>	<p>10 6:30pm-8:30pm Brain Tumor Support Group</p>	<p>11 10:00am-12:00pm Grupo Esperanza 12:00pm-1:00pm Nutrition Seminar: "Preparing for the Journey" 3:00pm-4:00pm Preparing For Radiation Therapy Education Class 4:00-5:00pm Chemo/Immunotherapy Education Class 6:00-7:00pm Gentle Zumba</p>	<p>12 10:00am-12:00pm Integrated Meditation Technique Instruction Course 12:00pm-1:00pm Nutrition Seminar: "Decoding Nutrition and Food Myths"</p>	<p>13</p>
<p>16 10:00am-11:00am Tai Chi 11:00am-12:00pm Yoga for Wellness 1:00pm-2:30pm Writing at Moores 4:00pm-6:00pm Expressive Arts Workshop</p>	<p>17 12:00pm-1:00pm Nutrition Seminar: "Fighting Cancer with Food and Physical Activity" 2:00pm-3:30pm Cancer Caregiver Support Group NOTE: NO GENERAL SUPPORT GROUP TODAY</p>	<p>18 2:00pm-3:00pm Breast Cancer Support Group 6:00pm-7:00pm Gentle Zumba 6:00pm-8:00pm Food Demonstration: "Calories in the Kitchen"</p>	<p>19 12:00pm-2:00pm Food Demonstration: "Calories in the Kitchen" 6:00pm-8:00pm Young Adult Cancer Support Group</p>	<p>20</p>
<p>23 10:00am-11:00am Tai Chi 11:00am-12:00pm Yoga for Wellness 1:00pm-2:30pm Writing at Moores 4:00pm-6:00pm Expressive Arts Workshop 5:00pm-6:30pm Allogeneic BMT Patient and Caregiver Class 5:30pm-8:30pm Kids Konnected Support-Group</p>	<p>24</p>	<p>25 4:00-5:00pm Chemo/Immunotherapy Education Class 6:00pm-7:00pm Gentle Zumba</p>	<p>26</p>	<p>27 </p>
<p>30 10:00am-11:00am Tai Chi 11:00am-12:00pm Yoga for Wellness 1:00pm-2:30pm Writing at Moores 4:00pm-6:00pm Expressive Arts Workshop</p>	<p>31</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 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.

SUPPORT GROUPS

GENERAL CANCER SUPPORT GROUP

Please note:
NO SUPPORT GROUP MONTH OF JUNE
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 3106, 3rd Floor

BREAST CANCER SUPPORT GROUP

For patients who are facing the challenges of breast cancer.
Date: Wednesday July 18th/**Time:** 2:00-3:00pm
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)249-316 and leave your name, and medical record number.

GRUPO ESPERANZA

Para pacientes de todo tipo de Cancer. Todas las pláticas son en español.
Registro: Preferido. Por favor llame (858) 822-6201.

Facilitadora: Sara Fainstein
Fecha: Julio 11/**Horario:** 10:00am- 12:00pm
Ubicación: Room 3109, 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 2nd 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 18-45. Different topics to be discussed.
Facilitator: Mandy Schlichtholz **Date:** Third Thursday of the month/
Time: 6:00-8:00pm
Location: Comer Commons 2nd Floor **Registration:** Not required.

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:** Meet in the Lobby

WRITING AT MOORES

Come and share the journey, build community, express yourself, your hopes and worries. Writing is a powerful tool for healing and available to anyone with a pen and a paper in hand. No Experience Necessary!
Dates/Times: Mondays in July 1:00 to 2:30pm
Location: Room 2250, Second Floor
Facilitator: Kadee Winters, MD
Please go to www.health.ucsd.edu/cancersupport or call 858-246-0223 to reserve your space.

MIND/BODY WORKSHOPS *

EXPRESSIVE ARTS WORKSHOP

"The Artful Book of Wonder" You'll alter used books and transform them into personal visual journals, by adding simple drawing, painting, writing, stamping and collage with pictures, images, quotes and found objects to help you explore and express your experience, thoughts, ideas, challenges, as well as cherished moments. It is a playful and satisfying process, a great way to tell your own story.
Dates: Mondays in July **Time:** 4:00-6:00pm
Location: Room 2250 **Facilitator:** Alessandra Colfi, PhD

***8-week series starting July 9th. Attendance to all sessions 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, 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:** 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.

FREE for patients and caregivers.

Wear socks, sneakers & bring your water. Drop-ins welcome.
Dates: Most Mondays/**Time:** 10:00am-11:00am
Facilitator: Dan Halpain, Holistic Health Practitioner and Certified Asian Bodywork Therapist **Location:** Goldberg Auditorium

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. **Time:** 4:00pm-5:00pm
Dates: July 11th/July 25th **Location:** Second floor, Comer Commons

AUTOLOGOUS BMT PATIENT AND CAREGIVER CLASS

NO Registration required.
Date: TBD /**Time:** 5:00-6:30pm **Location:** Comer Commons

ALLOGENEIC BMT PATIENT AND CAREGIVER CLASS

NO Registration is required.
Date: TBD /**Time:** 5:00-6:30pm
Location: Comer Commons, 2nd Floor

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:** 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: NO CLASS IN JULY

HEAD AND NECK EDUCATION CLASS

Recommended for patients and families preparing for treatment.
Registration: Not required **Location:** Room 3079, 3rd Floor
Date: First Monday of the month/**Time:** 1:00-2:00pm

HEALING FOODS PROGRAM

NUTRITION SEMINAR

This seminar provides an opportunity to learn evidence based nutrition information and obtain accurate information from nutrition professionals.
July 11th: "Preparing for the Journey."
July 12th: "Decoding Nutrition Myths"
July 17th: "'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.
July 18th/19th: "Calories in the Kitchen."
Facilitator: Christine Zoumas, MS, RD **Location:** Room 2007, 2nd Floor
Registration is required. Please sign up at healthyeating.ucsd.edu Or call (858) 822-2237

SPECIAL EVENT

AMERICAN CANCER SOCIETY'S : LOOK GOOD FEEL BETTER Free of Program is free of charge for Moores Cancer Center Patients.
Registration: Patients can register at 800-227-2345.
Registration is required
Date: July 9th /**Time:** 10:00am-12:00pm
Location: Room 2242, 2nd Floor