### September 2017

<table>
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<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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<tbody>
<tr>
<td><strong>4</strong> CLINIC HOLIDAY</td>
<td>5</td>
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</tbody>
</table>
| **5** | 2:00-3:30pm Cancer Support Group  
2:00-3:30pm Cancer Caregiver Support | 11:00-12:00pm Gentle Zumba  
3:00-4:00pm Preparing For Radiation Therapy Education Class  
4:00-5:30pm CLL Education Group  
6:00-8:00pm Cooking Demonstration: “Hearty and Healthy.” | 11:30-1:30pm Cooking Demonstration: “Hearty and Healthy.” | |

| 11 | 12 | 13 | 14 | 15 |
| 10:00am-11:00am Tai Chi  
10:00-12:00pm “Look Good, Feel Better”  
11:00am-12:00pm Yoga for Wellness  
4:00-6:00pm Expressive Arts Workshop  
5:00-6:30pm Autologous BMT Patient and Caregiver Class | 11:00am-11:45am Tour of MCC  
6:00-8:00pm Nutrition Seminar  
6:30-8:30pm Brain Tumor Support Group | 10:00-12:00pm Grupo Esperanza  
PLEASE NOTE: Room Change  
11:00-12:00pm Gentle Zumba  
11:00-1:30pm Nutrition Seminar  
3:00-4:00pm Preparing For Radiation Therapy Education Class  
4:00-5:00pm Chemo/Immunotherapy | 10:00-12:00pm Integrated Meditation Technique Instruction Course | |

| 18 | 19 | 20 | 21 | 22 |
| 10:00am-11:00am Tai Chi  
11:00am-12:00pm Yoga for Wellness  
4:00-6:00pm Expressive Arts Workshop  
**Please note: ROOM Change** | 2:00-3:30pm Cancer Support Group  
2:00-3:30pm Cancer Caregiver Support | 11:00-12:00pm Gentle Zumba  
11:30-1:30pm Nutrition Seminar  
3:00-4:00pm Preparing For Radiation Therapy Education Class | 10:00-12:00pm Nutrition Seminar | |

| 25 | 26 | 27 | 28 | 29 |
| 10:00am-11:00am Tai Chi  
11:00am-12:00pm Yoga for Wellness  
4:00-6:00pm Expressive Arts Workshop  
**Please note: ROOM change**  
5:00-6:30pm Allogeneic BMT Patient and Caregiver Class  
5:30-7:00pm Kids Konnected Education and Support Group | 11:00am-11:45am Tour of MCC | 11:00-12:00pm Gentle Zumba  
3:00-4:00pm Preparing For Radiation Therapy Education Class  
4:00-5:00pm Chemo/Immunotherapy Education Class | | |

**NEXT MONTH**

**Together Against Cancer**

**A Couples Workshop**

Oct. 7th 9:00am-1:00pm

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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.caner.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 Change- Room 3106, 3rd Floor

BREAST CANCER SUPPORT GROUP
NO GROUP THIS MONTH

GRUPO ESPERANZA
Todas las pláticas son en español. También ofrecemos sesiones de relajación y le asistimos a expresar por escrito temas de interés.
Registro: Preferido. Por favor llame (858) 823-4201.
Facilitadora: Sara Fainstein
Fecha: Sep 13th Horario: 10:00am-12:00pm
Ubicación: Room 3109, Moores Cancer Center 3rd Floor

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 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: 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
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
Date/Times: Sep 6th 6:00-8:00pm Sep 7th, 11:30-1:30pm
Location: Room 2007, 2nd Floor Registration is required.
Please sign up at healthyeating.ucsd.edu Or call (858) 822-2237

MIND/BODY WORKSHOPS

EXPRESSION ARTS WORKSHOP
PHOTOPAINTING
Experiment with mixed-media painting, texturing & images/personal photos to tell your story as a creative visual expression of your cancer experience. 8-week series starts 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
PLEASE NOTE: Room change TBD
Facilitator: Alessandra Colfi, PhD Registration is required.
Please call (858) 735-5708 or email 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 participants abilities and limitations.
Wear socks, sneakers & bring your water. Drop-ins welcome.
Dates: Most Wednesdays / Time: 11:00 - 12:00pm
Location: Goldbarg Auditorium Foyer
Facilitator: Alessandra Colfi, PhD, Zumba Instructor
*Please email alessandracolfi@alessandracolfi.com or call (858) 735-5708

YOGA FOR WELLNESS
Yoga class for cancer patients, survivors and family members. Modified for 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: Not 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
Facilitator: Dan Halpain, Holistic Health Practitioner and Certified Asian Bodywork Therapist Location: Goldbarg Auditorium Foyer Registration: Not required.

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, families and caregivers and staff.
Facilitator: Christina Jones, HHP, CMT, RYT
Date: 2nd Thursday of each month / Time: 10:00-12:00pm
Location: Goldbarg 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 September 13th and 27th / 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.
Dates: September 11th/Time: 5:00-6:30pm
Location: Comer Commons, 2nd Floor

ALLOGENEIC BMT PATIENT AND CAREGIVER CLASS
Registration is required. Please call (858) 822-6600.
Dates: September 25th / 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) 822-6640.
Dates: Wednesday, September 6th, 13th, 20th and 27th
Time: 3:00 - 4:00pm
Location: Radiation Oncology Conference Room 1411

CIL EDUCATION GROUP
For patients with chronic lymphocytic leukemia.
Registration: Not required. Facilitator: Sheila Hoff
Date: September 6th / Time: 4:00pm-5:30 pm
Location: Comer Commons, 2nd floor

HEAD AND NECK CANCER EDUCATIONAL CLASS
NO GROUP THIS MONTH

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: September 12th and 26th / Time: 11:00—11:45 am
Location: Meet in the Patient & Family Resource Center

AMERICAN CANCER SOCIETY PROGRAM
“Look Good, Feel Good”
Date: Monday September 11th / Time: 10:00am-12:00pm
Location: Room 2007
Registration: Required; Please call 800-227-2345

Coming next month!

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/