



Mon	Tue	Wed	Thu	Fri
2 10:00am-11:00am Tai Chi 11:00am-12:00pm Yoga for Wellness 4:00-6:00pm Expressive Arts Workshop	3 1:00-2:30pm Writing at Moores 2:00-3:30pm Cancer Support Group 2:00-3:30pm Cancer Caregiver Support	4 11:00-12:00pm Gentle Zumba 11:30-1:30pm Nutrition Seminar 3:00-4:00pm Preparing For Radiation Therapy Education Class 4:00-5:30pm CLL Education Group 6:00-8:00pm Cooking Demonstration: "Seasonal Foods."	5 11:30-1:30pm Cooking Demonstration: "Seasonal Foods."	6 <div style="text-align: right;"> 7 9:00am-1:00pm Together Against Cancer: A Couples Workshop </div>
9 10:00am-11:00am Tai Chi 11:00am-12:00pm Yoga for Wellness 4:00-6:00pm Expressive Arts Workshop 5:00-6:30pm Autologous BMT Patient and Caregiver Class	10 1:00-2:30pm Writing at Moores 6:00-8:00pm Cooking Demonstration: "Fighting Cancer in the Kitchen." 6:30-8:30pm Brain Tumor Support Group	11 10:00-12:00pm Grupo Esperanza 11:00-12:00pm Gentle Zumba 11:30-1:30pm Cooking Demonstration: "Fighting Cancer in the Kitchen." 3:00-4:00pm Preparing For Radiation Therapy Education Class 4:00-5:00pm Chemo/Immunotherapy Education Class	12 10:00-12:00pm Nutrition Seminar 10:00-12:00pm Integrated Meditation Technique Instruction Course	13
16 4:00-6:00pm Expressive Arts Workshop	17 1:00-2:30pm Writing at Moores 2:00-3:30pm Cancer Support Group 2:00-3:30pm Cancer Caregiver Support 2:30-4:00pm Advance Directives Workshop	18 11:00-12:00pm Gentle Zumba 11:30-1:30pm Nutrition Seminar	19 6:00-8:00pm Nutrition Seminar	20
23 10:00am-11:00am Tai Chi 11:00am-12:00pm Yoga for Wellness 4:00-6:00pm Expressive Arts Workshop 5:00-6:30pm Allogeneic BMT Patient and Caregiver Class 5:30-7:00pm Kids Konnected Education and Support Group	24 1:00-2:30pm Writing at Moores	25 11:00-12:00pm Gentle Zumba 11:30-1:30pm Nutrition Seminar 2:00-3:30pm Breast Cancer Support Grp 3:00-4:00pm Preparing For Radiation Therapy Education Class 4:00-5:00pm Chemo/Immunotherapy Education Class	26	27 1:00-3:00pm Medicare and Medigap Free Seminar
30 10:00am-11:00am Tai Chi 11:00am-12:00pm Yoga for Wellness 4:00-6:00pm Expressive Arts Workshop	31 1:00-2:30pm Writing at Moores			

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

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 Tigie

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.

GRUPO ESPERANZA

Todas las pláticas son en español. Tambien 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 KONECTED 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.

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

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@alessandracolfi.com

[dra@alessandracolfi.com](mailto: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:** 11:00 - 12:00pm

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).

Dates: Mondays/ **Time:** 11:00am-12:00pm **NO CLASS ON 10/16**

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 **NO CLASS ON 10/16**

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

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.

Dates: Wednesday October 11th 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

ALLOGENEIC 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 4h/**Time:** 4:00pm-5:30 pm

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/

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: yabbott@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://hsevents.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

<http://health.ucsd.edu/cancersupport>