### May 2018

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<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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<tr>
<td>12:00-1:00pm Nutrition Seminar: “Decoding Nutrition Myths”</td>
<td>11:00-12:30pm Head/Neck Support Grp</td>
<td>11:30-1:30pm Food Demonstration: “Fighting Cancer in the Kitchen”</td>
<td>Special Event</td>
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<td>2:00-3:30pm Cancer Support Grp</td>
<td>3:00-4:00pm Preparing For Radiation Therapy Education Class</td>
<td>10:00am-12:00pm Integrated Meditation Technique Instruction Course</td>
<td>1:00-5:00pm Together against cancer: “Hold Me Tight”</td>
<td>9:00am-1:00pm Together against Cancer Hold Me Tight Workshop</td>
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<td>2:00-3:30pm Cancer Caregiver Support Group</td>
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<td>10:00am-11:00am Tai Chi</td>
<td>6:30pm-8:30pm Brain Tumor Support Group</td>
<td>10:00am-12:00pm Grupo Esperanza</td>
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<td>10:00-12:00pm Look Good, Feel Better</td>
<td>2:00pm-3:30pm Cancer Support Group</td>
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<td>Memorial Day</td>
<td>3:00-4:00pm Preparing For Radiation Therapy Education Class</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).
**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/Third Tuesday of the month  
**Time:** 2:00-3:30pm  
**Location:** Meeting Room, 1st Floor

**CANCER CAREGIVER EDUCATION AND SUPPORT GROUP**

Meet other caregivers, receive emotional support, and learn information relevant to the needs of caregivers.

**Facilitator:** Helen Tigue  
**Registration:** Not required  
**Date:** First/Third Tuesday of the month  
**Time:** 2:00-3:30pm  
**Location:** Room 306, 3rd Floor

**HEAD AND NECK SUPPORT GROUP**

Meeting place: 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) 657-7984 and leave your name, and your medical record number.

**YOUNG ADULT CANCER SUPPORT GROUP**

For patients who are facing the challenges of breast cancer.

**Facilitator:** Mandy Schlichtholz  
**Registration:** Preferred  
**Date:** Wednesday May 11th/Time: 2:00-3:00pm  
**Location:** Goldberg auditorium, 2nd Floor, Moores Cancer Center 3rd Piso

**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.

**Facilitator:** Kiefer Rich, LMFT  
**Date:** Fourth Monday of every month  
**Time:** 7:00pm-8:15pm (Teens Group)  
**Location:** Meet in the Lobby

**EXPRESSIONS ARTS WORKSHOP**

3D ART EXPLOREationS- We will use safe, non-toxic clay, plaster, molds, paint, and a wide variety of decorative items to explore and create three-dimensional models, masks, and abstract forms.

**Dates:** Mondays in May 5:00-6:00pm  
**Location:** Room 2250, 2nd Floor. Facilitator: Alessandra Colfi, PhD  
**Registration:** *8-week series started April 9th. Attendance to all sessions is recommended to enjoy the full process and its benefits.  
**Facilitator:** Alessandra Colfi, PhD  
**Registration:** 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  
**Registration:** Not required.

**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 AMBITA 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.

**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  
**Registration Preferred:** Please call 619-246-6339 and leave your name, email and phone number

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**HEALING FOODS PROGRAM**

**NUTRITION SEMINAR**

This seminar provides an opportunity to learn evidence based nutrition information and obtain accurate information from nutrition professionals.

May 1st: “Decoding Nutrition Myths.”  
May 9th: “Preparing for the Journey.”  
May 16th: “Move More.”  
May 23rd: “Fighting Cancer with Food.”

**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.

May 2nd/3rd: “Fighting Cancer in the Kitchen.”

May 9th/10th: “Power Proteins.”

**Facilitator:** Christine Zoumas, MS, RD

**Location:** Room 2007, 2nd Floor  
**Registration is required.** Please sign up at healthyeating.ucsd.edu Or call (858) 822-2337

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**SPECIAL EVENTS**

**TOGETHER AGAINST CANCER: HOLD ME TIGHT**

Open for couples facing cancer.

**Dates/Times:** May 11: 11:00 to 10:00pm/May 12: 9:00am to 10:00pm  
**Location:** Comer Commons, 2nd Floor  
**Registration:** Required: Please go to www.holdmetightevents.com or call 858-246-0223 to reserve your space.

**LOOK GOOD FEEL BETTER**

Presented by The American Cancer Society

Free for all patients  
**Date/Time:** May 14th 10:00-12:00pm  
**Location:** room #3079, Third Floor

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**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:** May 9th/May 23rd  
**Location:** Second floor, Comer Commons

**AUTOLOGOUS BMT PATIENT AND CAREGIVER CLASS**

**Registration:** Not required.  
**Time:** May 21st  
**Date:** 5:00-6:30pm  
**Location:** Comer Commons, 2nd Floor

**ALLOGENEIC BMT PATIENT AND CAREGIVER CLASS**

**Registration:** Not required.  
**Date:** May 21st  
**Time:** 5:00-6:30pm  
**Location:** Comer Commons, 2nd Floor

**PREPARING FOR RADIATION THERAPY CLASS**

Recommended for patients preparing for radiation therapy.

**Registration:** Required.  
**Time:** Registration at the Radiation Oncology front desk or call (858) 822-6040.

**Dates:** Most Wednesdays/Time: 3:00 - 4:00pm  
**Location:** Radiation Oncology Conference Room 141

**CLL EDUCATION GROUP**

For patients with chronic lymphocytic leukemia.

**Registration:** Not required.  
**Facilitator:** Sheila Hoff  
**Date:** May 2nd/Time: 4:00pm-5:30 pm  
**Location:** Comer Commons, Room 2007, 2nd Floor

**HEAD AND NECK EDUCATION CLASS**

Recommended for patients and families preparing for treatment.

**Registration:** Not required.  
**Time:** 1:00-2:00pm  
**Location:** Room 3079, 3rd Floor

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**Mind/Body Workshops**

**BRONTIS**: 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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