



Mon	Tue	Wed	Thu	Fri
	<p>1 12:00-1:00pm Nutrition Seminar: "Decoding Nutrition Myths" 2:00pm-3:30pm Cancer Support Grp 2:00pm-3:30pm Cancer Caregiver Support Group</p>	<p>2 11:00-12:30pm Head/Neck Support Grp 3:00-4:00pm Preparing For Radiation Therapy Education Class 4:00-5:30pm CLL Education Group 6:00-7:00pm Gentle Zumba 6:00-8:00pm Food Demonstration: "Fighting Cancer in the Kitchen"</p>	<p>3 11:30-1:30pm Food Demonstration: "Fighting Cancer in the Kitchen"</p>	<p>4</p>
<p>7 10:00am-11:00am Tai Chi 11:00am-12:00pm Yoga for Wellness 1:00-2:00 Head and Neck Education Class 4:00pm-6:00pm Expressive Arts Workshop</p>	<p>8 6:30pm-8:30pm Brain Tumor Support Group</p>	<p>9 10:00am-12:00pm Grupo Esperanza 3:00-4:00pm Preparing for Radiation Therapy Class 3:00-4:00pm Nutrition Seminar: "Preparing for the Journey" 4:00-5:00pm Chemo/Immunotherapy Education Class 4:30-5:30pm Nutrition Seminar: "Move More" 6:00-7:00pm Gentle Zumba 6:00-8:00pm Food Demo: "Power Proteins"</p>	<p>10 10:00am-12:00pm Integrated Meditation Technique Instruction Course 11:30-1:30pm Food Demonstration: "Power Proteins"</p>	<p>11 Special Event 1:00-5:00pm Together against cancer: "Hold Me Tight"</p> <p>12 Special Event 9:00am-1:00pm Together against Cancer Hold Me Tight Workshop</p>
<p>14 10:00-12:00pm Look Good, Feel Better 10:00am-11:00am Tai Chi 11:00am-12:00pm Yoga for Wellness 4:00pm-6:00pm Expressive Arts Workshop 5:00-6:30pm Autologous BMT</p>	<p>15 2:00pm-3:30pm Cancer Support Group 2:00pm-3:30pm Cancer Caregiver Support Group</p>	<p>16 12:00-1:00pm Nutrition Seminar: "Fighting Cancer with Food" 2:00-3:00pm Breast Cancer Support Grp 6:00-7:00pm Gentle Zumba</p>	<p>17</p>	<p>18</p>
<p>21 4:00pm-6:00pm Expressive Arts Workshop 5:00-6:30pm Allogeneic BMT Patient and Caregiver Class 5:00-6:00pm Nutrition Seminar: "Fighting Cancer with Food"</p>	<p>22</p>	<p>23 3:00-4:00pm Preparing For Radiation Therapy Education Class 4:00-5:00pm Chemo/Immunotherapy Education Class 6:00-7:00pm Gentle Zumba</p>	<p>24 6:00-8:00pm Young Adult Cancer Support Group</p>	<p>25</p>
<p>28</p>	<p>29</p>	<p>30 3:00-4:00pm Preparing For Radiation Therapy Education Class 6:00-7:00pm Gentle Zumba</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

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: 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 Tighe
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 May 16th/**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)657-8784 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: May 9th/ **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 18-35. Different topics to be discussed.
Facilitator: Mandy Schlichholz **Date:** May 24th/ **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

MIND/BODY WORKSHOPS *

EXPRESSIVE ARTS WORKSHOP

3D ART EXPLORATIONS- 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 **Time:** 4:00-6:00pm
Location: Room 2250, 2nd Floor. **Facilitator:** Alessandra Colfi, PhD
***8-week series started April 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: May 9th/May 23rd **Location:** Second floor, Comer Commons
AUTOLOGOUS BMT PATIENT AND CAREGIVER CLASS
NO Registration required.

Date: May 14th /**Time:** 5:00-6:30pm **Location:** Comer Commons
ALLOGENEIC BMT PATIENT AND CAREGIVER CLASS
NO Registration is 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 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: May 2nd/**Time:** 4:00pm-5:30 pm **Location:** Comer Commons,
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.
May 1st: "Decoding Nutrition Myths."
May 9th: "Preparing for the Journey."
May 9th: "Move More."
May 16th/May 21st: "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) 822-2237

SPECIAL EVENTS

TOGETHER AGAINST CANCER:HOLD ME TIGHT

Open for couples facing cancer..
Dates/Times: May 11: 1:00 to 5:00 pm/May 12: 9:00am to 1:00pm
Location: Comer Commons, 2nd floor
Registration: Is 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