**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!**

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<th>Mon</th>
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| 10:00am-11:00am Tai Chi  
11:00am-12:00pm Yoga for Wellness  
1:00pm-2:00pm Head and Neck Education Class  
4:00pm-6:00pm Expressive Arts Workshop | 2:00pm-3:30pm Cancer Caregiver Support Group  
**NO GENERAL SUPPORT GROUP** | 11:00am-12:30pm Head/Neck Support Group  
4:00pm-5:30pm CLL Education Group  
6:00pm-7:00pm Gentle Zumba | 11:30am-1:30pm “Fighting Cancer in the Kitchen” | **Healing Foods Program Special Event**  
10:30- Produce Tour |
| 11  | 12  | 13  | 14  | 15  |
| 10:00am-11:00am Tai Chi  
11:00am-12:00pm Yoga for Wellness  
4:00pm-6:00pm Expressive Art Workshop  
5:00pm-6:30pm Autologous BMT Patient and Caregiver Class  
6:00pm-7:00pm Nutrition Seminar: “Preparing for the Journey” | 6:30pm-8:30pm Brain Tumor Support Group | 10:00am-12:00pm Grupo Esperanza  
12:00pm-1:00pm Nutrition Seminar: “Fighting Cancer with Food and Physical Activity”  
3:00pm-4:00pm Preparing for Radiation Therapy Class  
4:00pm-5:00pm Chemo/Immunotherapy Education Class  
6:00pm-7:00pm Gentle Zumba | 10:00am-12:00pm Integrated Meditation Technique Instruction Course  
11:30am-1:30pm “Easy, Quick and Nutritious.” | **Healing Foods Program Special Event**  
10:30-Specialty Produce Tour |
| 18  | 19  | 20  | 21  | 22  |
| 10:00am-11:00am Tai Chi  
11:00am-12:00pm Yoga for Wellness  
4:00pm-6:00pm Expressive Arts Workshop | 2:00pm-3:30pm Cancer Caregiver Support Group  
**NO GENERAL SUPPORT GROUP** | 9:30am-11:30am “Moving to Fight Cancer”  
2:00pm-3:00pm Breast Cancer Support Group  
3:00pm-4:00pm Preparing For Radiation Therapy Education Class  
4:00pm-5:00pm Chemo/Immunotherapy Class  
6:00pm-7:00pm Gentle Zumba | 12:00pm-1:00pm Nutrition Seminar: “Decoding Nutrition Myths.”  
6:00pm-8:00pm Young Adult Leukemia and Lymphoma Alliance Group (YALLA) | |
| 25  | 26  | 27  | 28  | 29  |
| 10:00am-11:00am Tai Chi  
11:00am-12:00pm Yoga for Wellness  
4:00pm-6:00pm Expressive Arts Workshop  
5:00pm-6:30pm Allogeneic BMT Patient and Caregiver Class  
5:30pm-8:30pm Kids Konnected Support | 3:00pm-4:00pm Preparing For Radiation Therapy Education Class  
6:00pm-7:00pm Gentle Zumba | | | |
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<th>SUPPORT GROUPS</th>
<th>MIND/BODY WORKSHOPS</th>
<th>TREATMENT EDUCATION CLASSES</th>
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<td><strong>GENERAL CANCER SUPPORT GROUP</strong>&lt;br&gt; Please note: NO SUPPORT GROUP MONTH OF JUNE</td>
<td>EXPRESSION ARTS WORKSHOP&lt;br&gt; 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.&lt;br&gt; <strong>Dates:</strong> Mondays in June <strong>Time:</strong> 4:00-6:00pm&lt;br&gt; <strong>Location:</strong> Room 2250, 2nd Floor. <strong>Facilitator:</strong> Alessandra Colfi, PhD&lt;br&gt; <strong>Series extended: All Mondays in June</strong>&lt;br&gt; <strong>Registration is required.</strong>&lt;br&gt; Please call (858) 735-5708 or email <a href="mailto:alessandra@alessandracolfi.com">alessandra@alessandracolfi.com</a></td>
<td><strong>CHEMO-IMMUNOTHERAPY EDUCATION CLASS</strong>&lt;br&gt; For patients who are/will be receiving chemo-immune therapy.&lt;br&gt; <strong>Registration:</strong> Not required. <strong>Time:</strong> 4:00pm-5:00pm&lt;br&gt; <strong>Dates:</strong> June 13th/June 27th <strong>Location:</strong> Second floor, Comer Commons&lt;br&gt; <strong>AUTOLOGOUS BMT PATIENT AND CAREGIVER CLASS</strong>&lt;br&gt; <strong>NO Registration required.</strong>&lt;br&gt; <strong>Date:</strong> June 11th <strong>Time:</strong> 5:00-6:30pm <strong>Location:</strong> Comer Commons&lt;br&gt; <strong>ALLOGENEIC BMT PATIENT AND CAREGIVER CLASS</strong>&lt;br&gt; <strong>NO Registration is required.</strong>&lt;br&gt; <strong>Date:</strong> June 25th <strong>Time:</strong> 5:00-6:30pm <strong>Location:</strong> Comer Commons, 2nd Floor&lt;br&gt; <strong>PREPARING FOR RADIATION THERAPY CLASS</strong>&lt;br&gt; Recommended for patients preparing for radiation therapy.&lt;br&gt; <strong>Registration is required.</strong>&lt;br&gt; Register at the Radiation Oncology front desk or call (858) 822-6404.&lt;br&gt; <strong>Dates:</strong> Most Wednesdays <strong>Time:</strong> 3:00-4:00pm&lt;br&gt; <strong>Location:</strong> Radiation Oncology Conference Room 1411&lt;br&gt; <strong>CANCER EDUCATION GROUP</strong>&lt;br&gt; <strong>For patients with chronic lymphocytic leukemia.</strong>&lt;br&gt; <strong>Registration:</strong> Not required. <strong>Facilitator:</strong> Sheila Hoff&lt;br&gt; <strong>Date:</strong> June 4th <strong>Time:</strong> 4:00pm-5:30 pm <strong>Location:</strong> Comer Commons, HEAD AND NECK EDUCATION CLASS&lt;br&gt; <em>Recommended for patients and families preparing for treatment.</em>&lt;br&gt; <strong>Registration:</strong> Not required. <strong>Location:</strong> Room 3079, 3rd Floor&lt;br&gt; <strong>Date:</strong> First Monday of the month <strong>Time:</strong> 1:00-2:00pm</td>
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<td><strong>CANCER CAREGIVER EDUCATION AND SUPPORT GROUP</strong>&lt;br&gt; Meet other caregivers, receive emotional support, and learn information relevant to the needs of caregivers. <strong>Registration:</strong> Not required <strong>Facilitator:</strong> Helen Tigue <strong>Date:</strong> First/Third Tuesday of the month <strong>Time:</strong> 2:00-3:30pm <strong>Location:</strong> Room 3066, 3rd Floor</td>
<td><strong>YOGA FOR WELLNESS</strong>&lt;br&gt; Yoga class for cancer survivors, 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).&lt;br&gt; <strong>Dates:</strong> Most Mondays <strong>Time:</strong> 11:00am-12:00pm&lt;br&gt; <strong>Location:</strong> Goldberg Auditorium Foyer&lt;br&gt; <strong>Facilitator:</strong> Alessandra Colfi, PhD&lt;br&gt; <strong>Email <a href="mailto:alessandra@alessandracolfi.com">alessandra@alessandracolfi.com</a> or call (858) 735-5708</strong></td>
<td><strong>HEALTH FOODS PROGRAM</strong>&lt;br&gt; <strong>NUTRITION SEMINAR</strong>&lt;br&gt; This seminar provides an opportunity to learn evidence based nutrition information and obtain accurate information from nutrition professionals.&lt;br&gt; June 16th: “Preparing for the Journey.”&lt;br&gt; June 13th: “Fighting Cancer with Food and Physical Activity.”&lt;br&gt; June 20th: “Moving More to Fight Cancer.”&lt;br&gt; June 21st: “Decoding Nutrition Myths.”&lt;br&gt; <strong>Registration is suggested.</strong> Please sign up at healthyeating.ucsd.edu&lt;br&gt; <strong>FOOD DEMONSTRATION</strong>&lt;br&gt; Learn how to nourish and heal the body from the time of diagnosis, through treatment and as a cancer survivor.&lt;br&gt; June 2nd/6th: “NEW! Specialty Produce Tour.”&lt;br&gt; June 7th: “Fighting Cancer in the Kitchen.”&lt;br&gt; June 13th/14th: “Easy, Quick and Nutritious.”&lt;br&gt; <strong>Facilitator:</strong> Christine Zoumas, MS, RD <strong>Location:</strong> Room 2007, 2nd Floor&lt;br&gt; <strong>Registration is required.</strong> Please sign up at healthyeating.ucsd.edu Or call (858) 822-2377</td>
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<td><strong>BREAST CANCER SUPPORT GROUP</strong>&lt;br&gt; For patients who are facing the challenges of breast cancer. <strong>Date:</strong> Wednesday June 20th <strong>Time:</strong> 2:00-3:00pm <strong>Location:</strong> Goldberg auditorium, 2nd Floor, Moores Cancer Center&lt;br&gt; Follow signage. This group will include gentle movement, please wear comfortable clothes. <strong>Facilitator:</strong> Laurie Knight, LCSW&lt;br&gt; <strong>Registration:</strong> No Fee. To register: Please call (858) 249-3166 and leave your name, and medical record number.</td>
<td><strong>ZUMBA® GENTLE DANCE FITNESS CLASS FOR CANCER RECOVERY &amp; PREVENTION</strong>&lt;br&gt; Playful, easy, good-for-body-mind-spirit class for patients caregivers, adapted to each participants abilities and limitations.&lt;br&gt; Wear socks, sneakers &amp; bring your water. Drop-ins welcome.&lt;br&gt; <strong>Dates:</strong> Most Wednesdays <strong>Time:</strong> 6:00-7:00pm&lt;br&gt; <strong>Location:</strong> Goldberg Auditorium Foyer&lt;br&gt; <strong>Facilitator:</strong> Alessandra Colfi, PhD&lt;br&gt; <strong>Email <a href="mailto:alessandra@alessandracolfi.com">alessandra@alessandracolfi.com</a> or call (858) 735-5708</strong></td>
<td><strong>COMING IN JULY</strong>&lt;br&gt; <strong>WRITING AT MOORES</strong>&lt;br&gt; 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!&lt;br&gt; <strong>Dates/Times:</strong> Mondays in July 1:00 to 2:30pm <strong>Location:</strong> Room 3079, 3rd Floor&lt;br&gt; Please go to <a href="http://www.health.ucsd.edu/cancersupport">www.health.ucsd.edu/cancersupport</a> or call (858) 246-0223 to reserve your space.</td>
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| **BRAIN TUMOR SUPPORT GROUP**<br> Open to patients, family members and caregivers. **Date:** 2nd Tuesday of each month **Time:** 6:30-8:30pm **Location:** Room 3009, 3rd Floor | **TAE CHI**<br> Gentle, moving meditation, calms the mind, strengthens the body and energized the spirit.<br> **FREE for patients and caregivers.**<br> Wear socks, sneakers & bring your water. Drop-ins welcome.<br> **Dates:** Most Mondays **Time:** 10:00am-11:00am<br> **Location:** Goldberg Auditorium Foyer<br> **Facilitator:** Dan Halpain, Holistic Health Practitioner and Cer- | **WEB RESOURCE PAGE**<br> Patient & Family Programs<br> UC San Diego Moores Cancer Center<br> 3855 Health Sciences Drive . La Jolla. CA 92093