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**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
**No Support Group Month of November**

**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/Third Tuesday of the month  
**Time:** 2:00-3:30pm

**Location:** Room 3106, 3rd Floor

### Breast Cancer Support Group
**Date:** Wednesday March 20th  
**Time:** 2:00-3:00pm

**Location:** Goldberg Auditorium (follow signs)

Group includes gentle movement. Temperatures may vary. Please dress accordingly. Please RSVP to Laurie Knight at 858-249-316 by leaving your name.

### Young Adult Cancer Support Group

** свободное место**

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: March 13th  
Horario: 10:00am - 12:00pm

Ubicación: Room 3009, 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 and Floor

### Head and Neck Support Group

**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:** Liza Blumenfeld

**Date:** Thursday March 7th  
**Time:** 6:00-8:00pm

**Location:** Room 3079, 3rd Floor

### Kids konnected Education and Support Group

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:** The 2nd Monday of every month  
**Time:** 5:30pm-6:35pm (Kids Group)  
**Time:** 7:00pm-8:15pm (Teens Group)

**Location:** Meet in the Lobby

### Writing at Moores

8-week series for people with, or recovering from, any type of cancer.

Attendance to all sessions is encouraged but not mandatory.

**Facilitator:** Kadee Winters, MD

**Dates:** Mondays in February  
**Time:** 1:00-2:30pm  
**Location:** Room 2520, 2nd Floor

**Registration:** Please email Writingatmoores@gmail.com or call 858-246-223 to reserve your seat.

### Expressive Arts Workshop

**January 28, through March 25:** 3D Art Experiences--8 weeks series. We’ll use safe, non-toxic clay, Paper Mache, molds, paint, and a wide variety of decorative items to explore and create three-dimensional models, masks, and abstract forms. The process of manipulating clay is well known to nurture, relax, and offer healing opportunities. All are welcome! No previous art experience necessary.

**Dates:** Mondays in March  
**Time:** 4:00-6:00pm

**Location:** Goldberg Auditorium Foyer

**Facilitator:** Alessandra Colfi, PhD

Please call 619-375-5708 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.

**Dates:** Most Wednesdays  
**Time:** 6:00-7:00pm

**Location:** Goldberg Auditorium Foyer

### 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

### Tai Chi

Gentle, moving meditation, calms the mind, strengthens the body and energized the spirit.

**Dates:** Most Mondays  
**Time:** 1:00pm-2:00pm

**Location:** Goldberg Auditorium Foyer

### Free for patients and caregivers.

**Wear socks, sneakers & bring your water.** Drop-ins welcome.

**Dates:** Most Mondays  
**Time:** 1:00pm-2:00pm

**Facilitators:** Dan Halpain, Holistic Health Practitioner and Certified Asian Bodywork Therapist

### Integrative Amrita 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.

**Facilitator:** Christina Jones, HHP, CMT, RYT

**Dates:** 2nd Thursday of each month  
**Time:** 10:00-12:00pm

### Oncology Massage at Perlm

A 60min massage for current or past patients of Moores Cancer Center.

**Dates:** Thursdays  
**Time:** 12:15-5:00pm/Fridays: 8:00-1:00pm

**Location:** Rob MacDonald, LMT

### ONCology Nutrition Seminar

This seminar provides an opportunity to learn evidence based nutrition support and information for patients, caregivers and survivors through all phases of cancer. A great opportunity to obtain accurate information from nutrition professionals.

**March 12th “Fighting Cancer with Nutrition.”**

**March 19th “Decoding Nutrition Myths.”**

**March 25th “Nutrition through Cancer Treatment.”**

### 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.

**March 7th/9th “Fabulous Fiber and Whole Grains.”**

**March 6th “Knife Skills.”**

**March 14th “Multi Cooker Class.”**

### Food Demonstration

**Date:** First Monday of the month  
**Time:** 10:00-12:00pm

### Treatment Education Classes

### Chemio-Immunotherapy Education Class

For patients who are/will be receiving chemo-immune therapy.

**Registration:** Not required.  
**Time:** 4:00pm-5:00pm

**Dates:** 2nd/4th Wednesday in March

**Location:** Second Floor, Comer Commons

### Allogeneic BMT Patient and Caregiver Class

**NO Registration required.**

**Date:** March 11th  
**Time:** 5:00-6:30pm

**Location:** Comer Commons

### Autoimmune BMT Patient and Caregiver Class

**NO Registration is required.**

**Date:** March 18th  
**Time:** 5:00-6:30pm

**Location:** Comer Commons, 2nd Floor

### Preparing for Radiation Therapy Class

Recommended for patients preparing for radiation therapy.

**Registration:** Required.  
**Date:** March 2nd/4th Wednesday in March

**Location:** Radiation Oncology Conference Room 141

### Head and Neck Education Class

Recommended for patients and families preparing for treatment.

**Registration:** Not required  
**Date:** March 25th  
**Time:** 5:00-6:30pm

**Location:** Comer Commons, 2nd Floor

### Nutrition Seminar

This seminar provides an opportunity to learn evidence based nutrition support and information for patients, caregivers and survivors through all phases of cancer. A great opportunity to obtain accurate information from nutrition professionals.

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### Food Demonstration

**Date:** First Monday of the month  
**Time:** 10:00-12:00pm

### Special Event

### Together Against Cancer: A Couples Workshop

Strengthen your relationship, increase immune response, deepen your connection, end conflict and silence learn to communicate clearly.

**Date:** March 2nd and Time  
**Time:** 9:00am-1:00pm

**Facilitator:** Wanda Garner MS, MA. Certified EFT Supervisor and Therapist

### Registration:** Jacobs Medical Center at UC San Diego Health

**Registration is required.** Please sign up at healthyeating.ucsd.edu or call (858) 822-2377  
*See front of the calendar/website for times/locations*