


JULY 2010

HOAG CANCER CENTER - SUPPORT SERVICES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<ul style="list-style-type: none"> • Pilates Mat Class - Auditorium 10:00 - 11:00 a.m. • Bereavement Support Group Conf.Rm A 5:30 -7:00 p.m. 	<ul style="list-style-type: none"> • Yoga - Auditorium 4:00 - 5:00 p.m.
1	2	3	4	5
 <p style="text-align: center;"><i>NO SUPPORT GROUPS IN OBSERVANCE OF JULY 4TH HOLIDAY</i></p>	<ul style="list-style-type: none"> • Yoga – Auditorium 10:30 - 11:30 a.m.. • Breast Cancer Support Group- Aud 12:30 - 2:00 p.m. • Lymphedema Support Group- Aud. 2:00 - 3:00 p.m. • Restorative Yoga Auditorium 4:30 - 5:30p.m. • Family/Friends Cancer Support Group (Conf. Rm. A.) 5:30 - 7:00 p.m. 	<ul style="list-style-type: none"> • Brighter Image Wednesday – By Appointment • Strength Training Class - Aud. 4:00 – 5:00 p.m. • Yoga - Auditorium 5:00 – 6:00 p.m. • Prostate Discussion Group- Aud. 6:30 – 8:00 p.m. 	<ul style="list-style-type: none"> • Pilates Mat Class - Auditorium 10:00 - 11:00 a.m. • Bereavement Support Group Conf.Rm A 5:30 -7:00 p.m. 	<ul style="list-style-type: none"> • Yoga - Auditorium 4:00 – 5:00 p.m.
6	7	8	9	10
<ul style="list-style-type: none"> • “Look Good . . . Feel Better” Reservations Required 10:00 – 12:00p.m. • Yoga - Auditorium 4:00 – 5:00 p.m. • Strength Training Class - Aud. 5:00 – 6:00 p.m. 	<ul style="list-style-type: none"> • Breast Cancer 101 - Conf. Rm. A 10:00 - 11:30 a.m. • Yoga – Auditorium 10:30 - 11:30 a.m.. • Restorative Yoga Auditorium 4:30 – 5:30p.m. 	<ul style="list-style-type: none"> • Gynecologic Cancer/ Women Helping Women – Conf. Rm. A 10:00 - 11:30 a.m. • Skin Care During Treatment (Conf. Rm. A.) 1:00 – 2:00 p.m. (Reservations Required) • Strength Training Class - Aud. 4:00 – 5:00 p.m. • Yoga - Auditorium 5:00 – 6:00 p.m. • Lung Cancer Support Group Conf.Rm.A 6:00 - 7:30 p.m 	<ul style="list-style-type: none"> • Pilates Mat Class - Auditorium 10:00 - 11:00 a.m. • Bereavement Support Group Conf.Rm A 5:30 -7:00 p.m. 	<ul style="list-style-type: none"> • Yoga - Auditorium 4:00 – 5:00 p.m.
11	12	13	14	15
<ul style="list-style-type: none"> • Yoga - Auditorium 4:00 – 5:00 p.m. • Strength Training Class - Aud. 5:00 – 6:00 p.m. 	<ul style="list-style-type: none"> • Breast Cancer 101 - Conf. Rm. A 10:00 - 11:30 a.m. • Yoga – Auditorium 10:30 - 11:30 a.m.. • Breast Cancer Support Group- Aud) 12:30 - 2:00 p.m. • Restorative Yoga Auditorium 4:30 – 5:30p.m. • Young Women with Cancer CANCELED TONIGHT!!! 	<ul style="list-style-type: none"> • Brighter Image Wednesday – By Appointment • Brain Tumor Support Group Advanced Technology.Bldg.--#47 3:00 – 5:00 p.m. • Strength Training Class - Aud. 4:00 – 5:00 p.m. • Yoga - Auditorium 5:00 – 6:00 p.m. 	<ul style="list-style-type: none"> • Pilates Mat Class - Auditorium 10:00 - 11:00 a.m. • Lung Cancer Support Group Conf.Rm.A 2:00 - 3:30 p.m • Bereavement Support Group Conf.Rm A 5:30 -7:00 p.m. 	<ul style="list-style-type: none"> • Yoga - Auditorium 4:00 – 5:00 p.m.
16	17	18	19	20
<ul style="list-style-type: none"> • Gastrointestinal Support Group (Conf. Rm A.) 12:30pm – 2:00 p.m. • Yoga - Auditorium 4:00 – 5:00 p.m. • Strength Training Class - Aud. 5:00 – 6:00 p.m. 	<ul style="list-style-type: none"> • Breast Cancer 101 - Conf. Rm. A 10:00 - 11:30 a.m. • Yoga – Auditorium 10:30 - 11:30 a.m.. • Restorative Yoga Auditorium 4:30 – 5:30p.m. • Evening Breast Group. Conf. Rm. A 6:00 – 7:30 p.m. 	<ul style="list-style-type: none"> • Brighter Image Wednesday – By Appointment • Gynecologic Cancer/ Women Helping Women – Conf. Rm. A 10:00 - 11:30 a.m. • Strength Training Class - Aud. 4:00 – 5:00 p.m. • Yoga - Auditorium 5:00 – 6:00 p.m. 	<ul style="list-style-type: none"> • Pilates Mat Class - Auditorium 10:00 - 11:00 a.m. • Bereavement Support Group Conf.Rm A 5:30 -7:00 p.m. 	<ul style="list-style-type: none"> • Yoga - Auditorium 4:00 – 5:00 p.m.
21	22	23	24	25