

# NOVEMBER 2009

HOAG CANCER CENTER - SUPPORT SERVICES CALENDAR				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>• <b>Yoga - Auditorium</b> 4:00 – 5:00 p.m.</li> <li>• <b><u>NO FIT BALL CLASS TODAY!</u></b></li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>• <b>Brighter Image</b> Tuesday – By Appointment</li> <li>• <b>Breast Cancer 101 - Conf. Rm. A</b> 10:00 - 11:30 a.m.</li> <li>• <b>Yoga – Auditorium</b> 10:30 - 11:30 a.m..</li> <li>• <b>Breast Cancer Support Group- Aud</b> 12:00 - 2:00 p.m.</li> <li>• <b>Lymphedema Support Group- Aud.</b> 2:00 – 3:00 p.m.</li> <li>• <b>Restorative Yoga – Auditorium</b> 5:00 – 6:00p.m.</li> </ul> <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> <li>• <b><u>NO FIT BALL CLASS TODAY!</u></b></li> <li>• <b>Yoga - Auditorium</b> 5:00 – 6:00 p.m.</li> <li>• <b>Prostate Discussion Group- Aud.</b> 6:30 – 8:00 p.m.</li> </ul> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> <li>• <b>Pilates Mat Class - Auditorium</b> 10:00 - 11:00 a.m.</li> <li>• <b>Bereavement Support Group</b> Conf.Rm A 5:30 –7:00 p.m.</li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>• <b>T'ai Chi - Auditorium</b> 10:30 - 11:30 a.m.</li> <li>• <b>Yoga - Auditorium</b> 4:00 – 5:00 p.m.</li> </ul> <p style="text-align: right;">6</p>
<ul style="list-style-type: none"> <li>• <b>“Look Good . . . Feel Better”</b> <b>Reservations Required</b> 10:00 – 12:00p.m.</li> <li>• <b>Yoga - Auditorium</b> 4:00 – 5:00 p.m.</li> <li>• <b><u>NO FIT BALL CLASS TODAY!</u></b></li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>• <b>Breast Cancer 101 - Conf. Rm. A</b> 10:00 - 11:30 a.m.</li> <li>• <b>Yoga – Auditorium</b> 10:30 - 11:30 a.m..</li> <li>• <b>Breast Cancer Support Group- Aud</b> 12:00 - 2:00 p.m.</li> <li>• <b><u>NO Restorative Yoga TODAY!</u></b></li> <li>• <b>Family/Friends Cancer Support</b> <b>Group (Conf. Rm. A.)</b> 5:30 - 7:00 p.m.</li> </ul> <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> <li>• <b><u>NO Brighter Image TODAY!!</u></b></li> <li>• <b>Gynecologic Cancer/ Women</b> <b>Helping Women – Conf. Rm. A</b> 10:00 - 11:30 a.m.</li> <li>• <b><u>NO FIT BALL CLASS TODAY!</u></b></li> <li>• <b><u>NO YOGA TODAY!!</u></b></li> <li>• <b>“WHAT’S NEW IN LUNG</b> <b>CANCER</b> presented by <b>Robert O. Dillman</b> <b>M.D.(Registration is required!) -</b> <b>Auditorium 6:00 – 7:30 p.m.</b></li> </ul> <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> <li>• <b>Pilates Mat Class - Auditorium</b> 10:00 - 11:00 a.m.</li> <li>• <b>Bereavement Support Group</b> Conf.Rm A 5:30 –7:00 p.m.</li> <li>• <b>Creative Expressions Art</b> <b>Workshop –Auditorium</b> <b>(Reservations Required)</b> 5:30p.m. – 7:30 p.m.</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>• <b>T'ai Chi - Auditorium</b> 10:30 - 11:30 a.m.</li> <li>• <b>Yoga - Auditorium</b> 4:00 – 5:00 p.m.</li> </ul> <p style="text-align: right;">13</p>
<ul style="list-style-type: none"> <li>• <b>Yoga - Auditorium</b> 4:00 – 5:00 p.m.</li> <li>• <b>Fit Ball Class - Auditorium</b> 5:00 – 6:00 p.m.</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>• <b>Brighter Image</b> Tuesday – By Appointment</li> <li>• <b>Yoga – Auditorium</b> 10:30 - 11:30 a.m.</li> <li>• <b>Breast Cancer Support Group – Aud</b> 12:00 - 2:00 p.m.</li> <li>• <b>Restorative Yoga – Auditorium</b> 5:00 – 6:00p.m.</li> <li>• <b>Young Women with Cancer</b> 6:00 - 7:30 p.m. (Conf. Rm. A.)</li> </ul> <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> <li>• <b>Skin Care During Treatment</b> (Conf. Rm. A.) 1:00 – 2:00 p.m. <b>(Reservations Required)</b></li> <li>• <b>Fit Ball Class - Auditorium</b> 5:00 – 6:00 p.m</li> <li>• <b>Yoga - Auditorium</b> 5:00 – 6:00 p.m.</li> </ul> <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> <li>• <b>Pilates Mat Class - Auditorium</b> 10:00 - 11:00 a.m.</li> <li>• <b>Bereavement Support Group</b> Conf.Rm A 5:30 –7:00 p.m.</li> <li>• <b>“CURVEBALL: WHEN</b> <b>LIFE THROWS YOU A</b> <b>BRAIN TUMOR</b> presented by Liz Holzemer - <b>Author (Registration is required!)</b> <b>- Auditorium 6:30 – 8:00 p.m.</b></li> </ul> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>• <b>T'ai Chi - Auditorium</b> 10:30 - 11:30 a.m.</li> <li>• <b>Yoga - Auditorium</b> 4:00 – 5:00 p.m.</li> </ul> <p style="text-align: right;">20</p>
<ul style="list-style-type: none"> <li>• <b><u>NO Gastrointestinal Cancer Support</u></b> <b>Group TODAY!!</b></li> <li>• <b>Yoga - Auditorium</b> 4:00 – 5:00 p.m.</li> <li>• <b>Fit Ball Class - Auditorium</b> 5:00 – 6:00 p.m.</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>• <b>Brighter Image</b> Tuesday – By Appointment</li> <li>• <b>Yoga – Auditorium</b> 10:30 - 11:30 a.m.</li> <li>• <b>Breast Cancer Support Group – Aud</b> 12:00 - 2:00 p.m.</li> <li>• <b>Restorative Yoga – Auditorium</b> 5:00 – 6:00p.m.</li> <li>• <b>Evening Breast Group. Conf. Rm. A</b> 6:00 - 7:30 p.m.</li> </ul> <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> <li><b>NO Gynecologic Support TODAY!</b></li> <li>• <b>Fit Ball Class - Auditorium</b> 5:00 – 6:00 p.m</li> <li>• <b>Yoga - Auditorium</b> 5:00 – 6:00 p.m.</li> </ul> <p style="text-align: right;">25</p>	<p style="text-align: center;">DUE TO THE THANKSGIVING HOLIDAY THERE WILL BE NO SUPPORT GROUPS HELD ON NOVEMBER 26<sup>th</sup>. AND 27<sup>th</sup></p> <p style="text-align: center; font-weight: bold;">HAVE A HAPPY HOLIDAY</p> <p style="text-align: right;">26</p>	<p style="text-align: center;">DUE TO THE THANKSGIVING HOLIDAY THERE WILL BE NO SUPPORT GROUPS HELD ON NOVEMBER 26<sup>th</sup>. AND 27<sup>th</sup></p> <p style="text-align: center; font-weight: bold;">HAVE A HAPPY HOLIDAY</p> <p style="text-align: right;">27</p>
<ul style="list-style-type: none"> <li>• <b>Yoga - Auditorium</b> 4:00 – 5:00 p.m.</li> <li>• <b>Fit Ball Class - Auditorium</b> 5:00 – 6:00 p.m.</li> </ul> <p style="text-align: right;">30</p>				