



August 2019 Calendar

Highlights and Community Events

- **(NEW TIME) Conversation & Creativity will be at 10:30am, Starting in August** – We are changing the start time for Conversation & Creativity class to 10:30am. It will still be on Fridays, from 10:30am-12:00pm. Registration required.
- **(NEW) Tai Chi Easy, Starting Friday, August 2, 9:00-10:00am** – We are starting a new, ongoing Tai Chi class in August. Join us on Fridays, starting on August 2, at 9:00am. Registration required.
- **4-Week Meditation Immersion: Thursdays, August 8, 15, 22, and 29, 2:00-3:30pm** – Join Cynthia McDonald, Ph.D. for this four-week commitment to mindful awareness meditation. Plan to attend all 4 classes. A 15-minute daily practice is encouraged.
- **Lymphedema: Thursday, August 8, 6:30-8:00pm** – Lymphedema is a treatable and often preventable condition that manifests itself after damage to the lymph system from surgery, chemotherapy or radiation. Join Daya Fisch, MS, to learn about prevention and treatment. Registration required.
- **Listen to This: Sound Meditation Seminar: Wednesday, August 14, 6:30-8:00pm** – Learn about sound meditation using the human voice and singing bowls.
- **Two-Hour Survivorship Seminar: Saturday, August 17, 10:00am-12:00pm** – This two-hour seminar is for people who are out of active treatment and are interested in processing the emotional impact of their cancer experience. Join us to learn some practical tools and resources to move forward in a healthy way after cancer.
- **Reflections on Paper 4-Part Series: Wednesdays, August 21, 28, and September 4 and 11, 6:00-7:30pm** – Join us for a 4-week expressive writing series and enjoy learning different journaling techniques. 6:00pm – Check-in; 6:30pm – Class Promptly Starts. No writing experience necessary.
- **Fasting, Low Carb or Keto?: Tuesday, August 27, 6:30-8:30pm** – Anzouette Pittet, RD., board certified oncology nutrition Specialist, will address the variety of metabolic approaches to help with weight management, glycemic control in cancer recurrence prevention/risk reduction. Registration required.
- **Eyebrows = Solved: Wednesday, August 28, 6:00-6:45pm and 6:45-7:30pm** – Learn how to create your perfect brow shape. For cancer patients and survivors who have chemotherapy eyebrow hair loss. Registration required.
- **(Register Now) Cancer Survivorship Workshop** – Six-week workshop on Wednesdays, September 18-October 23, 6:30-8:30pm. Registration ends on September 4. To register, contact Cherry Aslarona at 408-402-6612 or cherry@cancercarepoint.org

Looking Forward

Conversational Guided Imagery for Two: Thursday, September 5, 6:30-8:30pm – Bring your spouse, partner, caregiver, friend, or adult family member. You will both learn how to give each other the gift of relaxation with this simple and effective tool.

Ovarian and Gynecologic Cancer Panel Discussion: Thursday, September 12, 6:30-8:00pm – Join us for a panel discussion with Dr. Marie Holzapfel, who specializes in Gynecologic Oncology, and Kathleen Cavanaugh, NP, who specializes in Integrative Oncology. Bring questions and engage in the discussion as we explore treatments and management from diagnosis through survivorship.

Sound Meditation Experience: Monday, September 16, 12:30-1:30pm – Experience sound meditation listening to the sounds of a human voice and singing bowls. Space is limited.

Cancer Survivorship Workshop: Wednesdays, September 18-October 23, 6:30-8:30pm – Six-week workshop for people who completed active treatment and who have not had a recurrence or stage IV diagnosis. Participants must be available for all six sessions. Assessment required before registration. To register, contact Cherry Aslarona at 408-402-6612 or cherry@cancercarepoint.org

Getting Movement Back After Treatment: Monday, September 23, 6:30-8:00pm – Learn about how to get a healthy range of motion back in a safe and pain-free way after surgery and other cancer treatments. Space is limited.

For more information, contact Cancer CAREpoint: info@cancercarepoint.org or call 408.402.6611

All services provided at no cost to patients, families and caregivers no matter where they receive medical care or their cancer type.

Exercise & Movement

(NEW) Tai Chi Easy – Fridays, 9:00–10:00am

Beneficial and fun class designed to improve quality of life.

Gentle Flow Yoga – Saturdays, 9:30–10:45am

Gentle flowing yoga that will strengthen and stretch your body. Some yoga experience helpful but not necessary. Yoga mat needed.

Gentle Restorative Yoga – Saturdays, 11:15am–12:30pm

Gentle movements, breath work and restorative postures. No prior yoga experience required. All health levels welcome. Yoga mat needed.

Chair Yoga – Mondays, 8:45–10:00am (No class 8/26)

Traditional, gentle yoga on a chair for cancer patients and survivors.

Yoga – Thursdays, 8:45–10:00am

Traditional, gentle floor yoga for cancer patients and survivors.

Gentle Movement – Wednesdays, 10:30–11:30am and 12:00–1:00pm

Move to music and increase flexibility using the Rosen Movement Method. *Please register for one Gentle Movement class per week.*

Qigong – Wednesdays, 3:00–4:00pm

Use stretching, active and passive movements, and form work to unify body, energy and mind.

Finding Balance Exercise – Thur., August 8 and 22, 11:00am–12:00pm

A class about techniques to promote strength and balance.

Mind-body Skills with Cynthia McDonald, Ph.D.

Meditation Class – Wed., August 14 and 28, 1:15–2:45pm

EFT (Tapping) to Manage Anxiety – Tues., August 13, 1:15–2:45pm

Mind-Body Skills for Better Sleep – Tues., August 27, 1:15–2:45pm

Seminars & Special Programs

4-Week Meditation Immersion – Thurs., August 8, 15, 22, and 29, 2:00–3:30pm

Lymphedema – Thurs., August 8, 6:30–8:00pm

Listen to This: Sound Meditation – Wed., August 14, 6:30–8:00pm

Two-Hour Survivorship Seminar – Sat., August 17, 10:00am–12:00pm

Reflections on Paper 4-Part Series – Wed., August 21, 28, and Sept. 4 and 11, 6:00pm - Check-in; 6:30–7:30pm - Class

Fasting, Low Carb or Keto? – Tues., August 27, 6:30–8:30pm **Eyebrows = Solved: Wed., August 28, 6:00–6:45pm and 6:45–7:30pm**

Massage & Energy Work & Guided Imagery Consult

Available by appointment only

Nutrition with Nancy Birang, BS, MT(ASCP), NC

Nutrition Basics -- Mondays, 11:30am–12:30pm

(No class 8/26)

Learn the basics of using food to sustain and heal before, during, and after cancer treatment.

Your Healing Kitchen and Easy, Cancer-Fighting Menu Plans -- Mondays, 1:00–2:30pm (No class 8/26)

8/5 – What's for Dinner

8/12 – Energizing Snacks and Hydrating Drinks

8/19 – Create a Healing Kitchen with All You Need to Make Simple, Cancer-Fighting Meals

Cancer-Fighting Nutrition -- Mondays, 3:00–4:30pm (No class 8/26)

Topic-based classes with in-depth nutritional information.

8/5 – What Should I Eat for Stronger Bones?

8/12 – Add Healing Mushrooms to Your Daily Diet

8/19 – Make Simple Cancer-Fighting Meals on a Budget

Support Groups

Breast Cancer Support Group – Fri., August 2, 1:00–2:30pm, Wed., August 21, 3:30–5:00pm, and Wed., August 28, 6:00–7:30pm

Open to breast cancer patients/survivors.

Caregivers Support Group – Wed., August 7 and 21, 6:00–7:30pm and Fri., August 23, 10:00–11:30am

Open to adults, relatives or friends who take care of cancer patients.

(NEW TIME) Conversation & Creativity – Fri., August 2 and 23, 10:30am–12:00pm (No class 8/9, Rescheduled to 8/2)

Meaningful discussion while creating simple art.

Healing Through Art Class – Thurs., August 1 and 15, 10:45am–12:30pm

Combine art, movement and mindfulness.

Living and Thriving with Grace – Thurs., August 8 and 22, 12:00–1:30pm

For those dealing with recurrence or metastatic disease.

Ovarian Support Group – Fri., August 16, 12:00–1:30pm

Open to newly-diagnosed through post-treatment survivors.

Support Group for All Cancers – Tues., August 13, 11:30am–1:00pm and Wed., August 28, 4:00–5:30pm

Open to people diagnosed with all cancers from diagnosis to survivorship.

Stitch & Unwind – Mon., August 12, 1:00–2:30pm (No class 8/26)

More of a social gathering than support group – we invite you to have tea and knit or crochet with others. No instruction provided.

Individual Counseling

Available Monday-Friday by appointment only

Wig Bank

Available by appointment only

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
			1	2	3/4
			8:45 Yoga 10:45 Healing Through Art 12:30 Massage* 2:00 Massage*	9:00 Tai Chi Easy™ 10:00 Massage* 10:30 Conversation & Creativity 11:30 Massage* 1:00 Breast Support Group 1:30 Massage*	Saturday, August 3 9:30 Flow Yoga 10:00 Energy Work* 11:15 Restorative Yoga
5	6	7	8	9	10/11
8:45 Chair Yoga 10:00 Energy Work 11:15 Energy Work* 11:30 Nutrition Basics 1:00 Your Healing Kitchen 3:00 Cancer-Fighting Nutrition	10:00 Energy Work* 11:15 Energy Work* 1:00 Guided Imagery Consultation* 3:00 Guided Imagery Consultation*	10:30 Gentle Movement 12:00 Gentle Movement 3:00 Qigong 6:00 Caregivers Support Group 6:00-7:30 Wig Bank*	8:45 Yoga 11:00 Finding Balance 12:00 Living and Thriving with Grace 12:30 Massage* 2:00 Massage* 2:00 Meditation Immersion Series 6:30 Lymphedema	9:00 Tai Chi Easy™ 10:00 Massage* 11:30 Massage* 1:30 Massage*	Saturday, August 10 9:30 Flow Yoga 10:00 Energy Work* 11:15 Restorative Yoga
12	13	14	15	16	17/18
8:45 Chair Yoga 10:00 Energy Work* 11:15 Energy Work* 11:30 Nutrition Basics 1:00 Your Healing Kitchen 1:00 Stitch & Unwind 3:00 Cancer-Fighting Nutrition	9:00-12:00 Wig Bank* 10:00 Energy Work* 11:15 Energy Work* 11:30 Support Group for All Cancers 1:15 Mind-Body Skills Class	10:30 Gentle Movement 12:00 Gentle Movement 1:15 Meditation 3:00 Qigong 6:30 Sound Meditation	8:45 Yoga 10:45 Healing Through Art 12:30 Massage* 2:00 Massage* 2:00 Meditation Immersion Series	9:00 Tai Chi Easy™ 10:00 Massage* 11:30 Massage* 12:00 Ovarian Support Group 1:30 Massage*	Saturday, August 17 9:30 Flow Yoga 10:00 Energy Work* 10:00 Survivorship Seminar 11:15 Restorative Yoga
19	20	21	22	23	24/25
8:45 Chair Yoga 10:00 Energy Work* 11:15 Energy Work* 11:30 Nutrition Basics 1:00 Your Healing Kitchen 3:00 Cancer-Fighting Nutrition	9:00-12:00 Wig Bank* 10:00 Energy Work* 11:15 Energy Work* 1:00 Guided Imagery Consultation* 3:00 Guided Imagery Consultation*	10:30 Gentle Movement 12:00 Gentle Movement 3:00 Qigong 3:30 Breast Support Group 6:00 Caregivers Support Group 6:00 Reflections on Paper	8:45 Yoga 11:00 Finding Balance 12:00 Living and Thriving with Grace 12:30 Massage* 2:00 Massage* 2:00 Meditation Immersion Series	9:00 Tai Chi Easy™ 10:00 Massage* 10:00 Caregivers Support Group 10:30 Conversation & Creativity 11:30 Massage* 1:30 Massage*	Saturday, August 24 9:30 Flow Yoga 10:00 Energy Work* 11:15 Restorative Yoga
26	27	28	29	30	31
CLOSED	10:00 Energy Work* 11:15 Energy Work* 12:00-3:00 Wig Bank* 1:15 Mind-Body Skills Class 6:30 Fasting, Low Carb, or Keto?	10:30 Gentle Movement 12:00 Gentle Movement 1:15 Meditation 3:00 Qigong 4:00 Support Group for All Cancers 6:00/6:45 Eyebrows=Solved 6:00 Breast Group 6:00 Reflections on Paper	8:45 Yoga 12:30 Massage* 2:00 Massage* 2:00 Meditation Immersion Series	9:00 Tai Chi Easy™ 10:00 Massage* 11:30 Massage* 1:30 Massage*	Saturday, August 31 9:30 Flow Yoga 10:00 Energy Work* 11:15 Restorative Yoga

Programs in **BLUE** – Requires Registration

*Programs in **ORANGE** – By Appointment

All programs start promptly. Out of respect for all clients, latecomers after 10 minutes will not be allowed in the class.
Registration required.

To register or schedule an appointment: register online or email info@cancercarepoint.org or call 408.402.6611

Sama Vritti Pranayama (Box Breathing)

How to Practice Sama Vritti Pranayama (Box Breathing)

Sama Vritti Pranayama is a powerful relaxation tool that can help clear your mind, relax your body, and allow you to focus. The best part? You can do it anywhere. Just find a comfortable seat with your back supported and feet on the floor.

1. Close your eyes. Breathe in through your nose, slowly counting to 4. Feel the air filling your lungs.
2. Hold your breath here and slowly count to 4 again. Try not to clamp your airways shut. Simply avoid inhaling or exhaling for 4 counts.
3. Slowly exhale to the count of 4.
4. Hold the exhale for another 4 counts.
5. Repeat steps 1-4 for 4 minutes or until you feel calm and centered.

Tucker, Lindsay. "How to Practice Sama Vritti Pranayama (Box Breathing)." *Yoga Journal*, 27 June 2019, www.yogajournal.com/practice/sama-vritti-pranayama.

Recommended by Ellen Blumenfeld

No one should have to face cancer alone.

Cancer CAREpoint is dedicated to transforming support for cancer patients, families, and caregivers through personalized, one-on-one Counseling, Assistance, Resources, and Education at no cost.