

**April 2021**



## **Highlights and Community Events**



### **Self-Reiki for Peace and Healing**

**Friday, April 9, 1:00-2:15pm**

Presenter: Cynthia McDonald, Ph.D.

Reiki is a meditative practice using gentle touch to promote relaxation, reduce stress and anxiety, and nurture healing. Learn how to use Self-Reiki to heal and calm your mind and body.

### **2-Hour Survivorship Seminar**

**Wednesday, April 14, 12:00-2:00pm**

Facilitator: Juliann Halvorsen, M.A., AMFT

This two-hour survivorship seminar is for people who have completed active treatment and are interested in processing the emotional impact of their cancer experience. The approach is realistic, honest, and insightful. Space is limited.

### **Live from New York!**

**Thursday, April 15, 6:00-7:30pm**

Performer: Katya Grineva

Join us from the comfort of your own home for this special piano e-concert from pianist Katya Grineva live from New York. Katya Grineva, Steinway artist, whose playing style was described by The New York Times as 'liquid...dreamlike,' has performed at New York's Carnegie Hall 18 times and has 8 CDs to her credit.

### **Healing Practice Series: Jin Shin Jyutsu – Harmonizing Art of Self Care**

**Thursdays, April 22 & 29, 11:00am-12:15pm**

Presenter: Amanda Stiler, Certified Jin Shin Jyutsu Practitioner and Self-Help Instructor

We are all born with the ability to harmonize ourselves. Jin Shin Jyutsu self-help can renew and rejuvenate the body/mind, alleviate stress, and enhance your body's natural healing ability. Join us for a two-part series with Amanda Stiler, in discovering how this simple, yet powerful art of gentle touch can support you in your healing journey.

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
			<b>1</b>	<b>2</b>	<b>3/4</b>
			<b>9:00</b> Gentle Morning Yoga <b>12:00</b> Gynecologic Cancer Support Group <b>1:00</b> Healthy Eating Essentials <b>5:00</b> Evening Yin Yoga	<b>9:00</b> Qigong & Tai Chi for Stress Relief <b>10:30</b> Conversation & Creativity <b>12:00</b> Mid-Day Meditation Break <b>1:00</b> Breast Cancer Support Group	<b>Sat., April 3</b> <b>11:00</b> Gentle Restorative Yoga
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10/11</b>
<b>9:00</b> Yoga Para Personas Impactadas por el Cáncer <b>9:30-11:30</b> Virtual Drop-In Hours <b>12:00</b> Massage & Movement <b>12:00</b> Living & Thriving with Grace <b>2:00</b> Mindful Awareness Meditation	<b>12:00</b> Mid-Day Meditation Break <b>1:00-3:00</b> Virtual Wig Bank <b>2:00</b> Gentle Movement	<b>12:00</b> Notes to Self <b>2:00</b> Qigong <b>2:00-4:00</b> Virtual Drop-In Hours <b>6:00</b> Caregivers' Support Group	<b>9:00</b> Gentle Morning Yoga <b>5:00</b> Evening Yin Yoga	<b>9:00</b> Qigong & Tai Chi for Stress Relief <b>12:00</b> Mid-Day Meditation Break <b>1:00</b> Self-Reiki for Peace and Healing	<b>Sat., April 10</b> <b>11:00</b> Gentle Restorative Yoga
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17/18</b>
<b>9:00</b> Yoga Para Personas Impactadas por el Cáncer <b>9:30-11:30</b> Virtual Drop-In Hours <b>12:00</b> Massage & Movement <b>2:00</b> Mindful Awareness Meditation <b>3:30</b> Better Together	<b>11:30</b> Support Group for All Cancers <b>12:00</b> Mid-Day Meditation Break <b>1:00-3:00</b> Virtual Wig Bank <b>2:00</b> Gentle Movement <b>3:30</b> Healthy Cooking for Real Life	<b>10:00</b> Healing Expressions <b>12:00</b> 2-Hour Survivorship Seminar <b>12:00</b> Notes to Self <b>2:00</b> Qigong <b>2:00-4:00</b> Virtual Drop-In Hours	<b>9:00</b> Gentle Morning Yoga <b>12:00</b> Gynecologic Cancer Support Group <b>1:00</b> Healthy Eating Essentials <b>5:00</b> Evening Yin Yoga <b>6:00</b> Live from New York!	<b>9:00</b> Qigong & Tai Chi for Stress Relief <b>10:30</b> Conversation & Creativity <b>12:00</b> Mid-Day Meditation Break	<b>Sat., April 17</b> <b>11:00</b> Gentle Restorative Yoga
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24/25</b>
<b>9:00</b> Yoga Para Personas Impactadas por el Cáncer <b>9:30-11:30</b> Virtual Drop-In Hours <b>12:00</b> Massage & Movement <b>12:00</b> Living & Thriving with Grace <b>2:00</b> Mindful Awareness Meditation	<b>12:00</b> Mid-Day Meditation Break <b>1:00-3:00</b> Virtual Wig Bank <b>2:00</b> Gentle Movement	<b>12:00</b> Notes to Self <b>2:00</b> Qigong <b>2:00-4:00</b> Virtual Drop-In Hours <b>3:30</b> Breast Cancer Support Group <b>6:00</b> Caregivers' Support Group	<b>9:00</b> Gentle Morning Yoga <b>11:00</b> Healing Practice Series: Jin Shin Jyutsu <b>5:00</b> Evening Yin Yoga	<b>9:00</b> Qigong & Tai Chi for Stress Relief <b>12:00</b> Mid-Day Meditation Break	<b>Sat., April 24</b> <b>11:00</b> Gentle Restorative Yoga
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
<b>9:00</b> Yoga Para Personas Impactadas por el Cáncer <b>9:30-11:30</b> Virtual Drop-In Hours <b>12:00</b> Massage & Movement <b>2:00</b> Mind Awareness Meditation <b>3:30</b> Better Together	<b>12:00</b> Mid-Day Meditation Break <b>12:00</b> Living & Thriving with Grace <b>1:00-3:00</b> Virtual Wig Bank <b>2:00</b> Gentle Movement <b>3:30</b> Healthy Cooking for Real Life	<b>10:00</b> Healing Expressions <b>12:00</b> Notes to Self <b>2:00</b> Qigong <b>2:00-4:00</b> Virtual Drop-In Hours <b>4:00</b> Support Group for All Cancers <b>6:00</b> Breast Cancer Support Group	<b>9:00</b> Gentle Morning Yoga <b>11:00</b> Healing Practice Series: Jin Shin Jyutsu <b>5:00</b> Evening Yin Yoga	<b>9:00</b> Qigong & Tai Chi for Stress Relief <b>10:00</b> Caregivers' Support Group <b>12:00</b> Mid-Day Meditation Break	

\*Programs in **BLUE** – Requires Registration

\*Programs in **GREEN** – Virtual Drop-In

\*Programs in **ORANGE** – By Appointment

