



Cancer CAREpoint

COUNSELING • ASSISTANCE • RESOURCES • EDUCATION

July 2021

Highlights and Community Events

Self-Reiki for Peace and Healing

Friday, July 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

Tuesday, July 20, 1:00-3:00pm

Facilitator: Lacey Morris, 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.

Real World Nutrition: Barbeque

Thursday, July 29, 3:30-4:30pm

Presenter: Stephanie Figeira, Certified Holistic Cook & Holistic Nutrition Consultant

Join Stephanie Figeira as she takes easy-to-find everyday ingredients, discusses the health benefits and transforms them into dishes that you can make any day of the week. This class will take place every other month.

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
			1	2	3/4
			9:00 Gentle Morning Yoga 12:00 Gynecologic Cancer Support Group 1:00 Healthy Eating Essentials 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief 10:30 Conversation & Creativity 12:15 Mid-Day Meditation Break 1:00 Breast Cancer Support Group	Sat., 3rd 11:00 Gentle Restorative Yoga
5	6	7	8	9	10/11
CLOSED	1:00-3:00 Virtual Wig Bank 2:00 Gentle Movement	10:00 Healing Expressions Series 12:00 Notes to Self 2:00 Qigong 4:30 Caregivers' Support Group	9:00 Gentle Morning Yoga 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief 12:15 Mid-Day Meditation Break 1:00 Self-Reiki for Peace and Healing	Sat., 10th 11:00 Gentle Restorative Yoga
12	13	14	15	16	17/18
10:30 Yoga Para Personas Impactadas por el Cáncer 12:00 Massage & Movement 2:00 Mindful Awareness Meditation 3:30 Better Together	11:30 Support Group for All Cancers 12:00-3:00 Virtual Wig Bank 2:00 Gentle Movement 3:30 Healthy Cooking for Real Life	10:00 Healing Expressions Series 12:00 Notes to Self 2:00 Qigong 4:30 Caregivers' Support Group	9:00 Gentle Morning Yoga 12:00 Gynecologic Cancer Support Group 1:00 Healthy Eating Essentials 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief 10:30 Conversation & Creativity 12:15 Mid-Day Meditation Break	Sat., 17th 11:00 Gentle Restorative Yoga
19	20	21	22	23	24/25
10:30 Yoga Para Personas Impactadas por el Cáncer 12:00 Massage & Movement 12:00 Living & Thriving with Grace 2:00 Mindful Awareness Meditation	1:00-3:00 Virtual Wig Bank 1:00 2-Hour Survivorship Seminar 2:00 Gentle Movement	10:00 Healing Expressions Series 12:00 Notes to Self 2:00 Qigong 3:30 Breast Cancer Support Group 4:30 Caregivers' Support Group	9:00 Gentle Morning Yoga 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief 12:15 Mid-Day Meditation Break	Sat., 24th 11:00 Gentle Restorative Yoga
26	27	28	29	30	31
10:30 Yoga Para Personas Impactadas por el Cáncer 12:00 Massage & Movement 2:00 Mindful Awareness Meditation 3:30 Better Together	12:00 Living & Thriving with Grace 12:00-3:00 Virtual Wig Bank 2:00 Gentle Movement 3:30 Healthy Cooking for Real Life	10:00 Healing Expressions Series 12:00 Notes to Self 2:00 Qigong 4:00 Support Group for All Cancers 4:30 Caregivers' Support Group 6:00 Breast Cancer Support Group	9:00 Gentle Morning Yoga 3:30 Real World Nutrition 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief 12:15 Mid-Day Meditation Break	Sat., 31st 11:00 Gentle Restorative Yoga

*Programs in **BLUE** – Requires Registration

*Programs in **ORANGE** – By Appointment