

May 2021

Highlights and Community Events

EFT (Tapping) to Manage Fear and Anxiety

Friday, May 14, 1:00-2:15pm

Presenter: Cynthia McDonald, Ph.D.

EFT involves tapping specific areas of the body while focusing on an issue. Gently tapping these energy points can help you manage fear and anxiety, and free you from old mental habits.

When You Care: Advice and Support for Cancer Caregivers

Tuesday, May 18, 3:30-4:30pm

Presenter: Juliann Halvorsen, MA, AMFT and Vanesa Fimbres, MSW, LAc.

When someone you love is diagnosed with cancer it can be a very scary and stressful time, whether you are part of that person's daily support team or not. It can be difficult to know how much help to offer, what the right kind of help might be, and even how to talk to them. If you are providing direct support, it can be difficult to know what you should and should not delegate to others. This one-hour class is a great resource for anyone that wants to help someone that has been diagnosed with cancer. We will share tools and tips that have helped others, as well as answer any questions you might have.

Real World Nutrition: Family-Friendly Meals

Thursday, May 27, 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
					Sat., May 1 11:00 Gentle Restorative Yoga
3	4	5	6	7	8/9
9:00 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 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 12:00 Gynecologic Cancer Support Group 12:00 (New Schedule) Mid-Day Meditation Break 1:00 Healthy Eating Essentials 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief 10:30 Conversation & Creativity 1:00 Breast Cancer Support Group	Sat., May 8 11:00 Gentle Restorative Yoga
10	11	12	13	14	15/16
9:00 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 1:00-3:00 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 (New Schedule) Mid-Day Meditation Break 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief 1:00 EFT (Tapping)	Sat., May 15 11:00 Gentle Restorative Yoga
17	18	19	20	21	22/23
9:00 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 2:00 Gentle Movement 3:30 When You Care	12:00 Notes to Self 2:00 Qigong 3:30 Breast Cancer Support Group 4:30 Caregivers' Support Group	9:00 Gentle Morning Yoga 12:00 Gynecologic Cancer Support Group 12:00 (New Schedule) Mid-Day Meditation Break 1:00 Healthy Eating Essentials 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief 10:30 Conversation & Creativity	Sat., May 22 11:00 Gentle Restorative Yoga
24	25	26	27	28	29/30
9:00 Yoga Para Personas Impactadas por el Cáncer 12:00 Massage & Movement 2:00 Mind Awareness Meditation 3:30 Better Together	12:00 Living & Thriving with Grace 1:00-3:00 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 12:00 (New Schedule) Mid-Day Meditation Break 3:30 Real World Nutrition 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief	Sat., May 29 11:00 Gentle Restorative Yoga
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OFFICE CLOSED					