

## November 2021

### Highlights and Community Events

#### Gynecologic Lymphedema – November 3rd, 6pm

Presenter: Rochelle Brannan MPT, CLT-LANA

Rochelle will discuss how oncology physical therapy benefits patient healing throughout their cancer journey. It offers various treatment approaches to lessen the adverse side effects from oncological medical treatments. Physical therapy treatment topics will include education on fatigue, pelvic floor dysfunction, secondary lymphedema, best exercises, and compression garments.

#### Healing Expressions: Exploring Five Steps to Mindfulness – Wednesdays, 10am

Presenter: Lacey Morris, MA, AMFT

Come explore simple exercises of mindfulness practices. Each week we will explore a different aspect of mindfulness which will help us access a deeper level of peace and clarity within. Please bring something comfortable to sit on and be prepared for a healing experience. No experience necessary.

#### Finding Wisdom in Transition – November 8, 15, 22 at 1pm

Presenter: Karen Newcomb, MS, LMFT

A diagnosis of cancer is not an event, but rather a process of transition. Using poetry, writing exercises, and personal experience, we will explore the deeper meanings of change and “mine” the wisdom of our past transitions. Together we shall build a personal Transition Plan that can optimize your own path to healing.

#### Self-Reiki for Peace and Healing – November 12th, 1pm

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.

#### Real World Nutrition: Tasty Healthy Holiday Recipes – November 16th, 3:30pm

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

Join Stephanie Figeira as she demonstrates easy, tasty, healthy holiday treats to enjoy or share with friends and family this holiday season. One of the exciting recipes we will be making is Fudge with a healthy twist!



Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6/7</b>
<b>10:30</b> Yoga Para Personas Impactadas por el Cáncer <b>12:00</b> Massage & Movement <b>12:00</b> Living & Thriving with Grace <b>2:00</b> Mindful Awareness Meditation	<b>1:00-3:00</b> Virtual Wig Bank <b>2:00</b> Gentle Movement	<b>10:00</b> Healing Expressions Series <b>12:00</b> Notes to Self <b>2:00</b> Qigong <b>4:30</b> Caregivers' Support Group <b>6:00</b> Breast Cancer Support Group <b>6:00</b> Gynecologic Lymphedema	<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>12:15</b> Mid-Day Meditation Break	<b>Sat., 6th</b> <b>11:00</b> Gentle Restorative Yoga
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13/14</b>
<b>10:30</b> Yoga Para Personas Impactadas por el Cáncer <b>12:00</b> Massage & Movement <b>1:00</b> Finding Wisdom in Transition <b>2:00</b> Mindful Awareness Meditation <b>3:30</b> Better Together	<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 Series <b>12:00</b> Notes to Self <b>2:00</b> Qigong <b>4:30</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>12:15</b> Mid-Day Meditation Break <b>1:00</b> Self-Reiki for Peace and Healing	<b>Sat., 13th</b> <b>11:00</b> Gentle Restorative Yoga
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20/21</b>
<b>10:30</b> Yoga Para Personas Impactadas por el Cáncer <b>12:00</b> Massage & Movement <b>12:00</b> Living & Thriving with Grace <b>1:00</b> Finding Wisdom in Transition <b>2:00</b> Mindful Awareness Meditation	<b>1:00-3:00</b> Virtual Wig Bank <b>2:00</b> Gentle Movement <b>3:30</b> Real World Nutrition	<b>10:00</b> Healing Expressions Series <b>12:00</b> Notes to Self <b>2:00</b> Qigong <b>4:30</b> Caregivers' Support Group <b>6:00</b> Breast Cancer Support Group	<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>12:15</b> Mid-Day Meditation Break	<b>Sat., 20th</b> <b>11:00</b> Gentle Restorative Yoga
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27/28</b>
<b>10:30</b> Yoga Para Personas Impactadas por el Cáncer <b>12:00</b> Massage & Movement <b>1:00</b> Finding Wisdom in Transition <b>2:00</b> Mindful Awareness Meditation <b>3:30</b> Better Together	<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 Series <b>12:00</b> Notes to Self <b>2:00</b> Qigong <b>4:00</b> Support Group for All Cancers <b>4:30</b> Caregivers' Support Group	Closed	Closed	<b>Sat., 27th</b>
<b>29</b>	<b>30</b>				
<b>10:30</b> Yoga Para Personas Impactadas por el Cáncer <b>12:00</b> Massage & Movement <b>2:00</b> Mindful Awareness Meditation	<b>1:00-3:00</b> Virtual Wig Bank <b>2:00</b> Gentle Movement				

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

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

## December 2021

### Highlights and Community Events

#### Embracing Wellness: 5-Part Series

##### **Writing for Wellness – Monday, December 13<sup>th</sup> 1:00pm-2:30pm**

Explore the concept of what it means to process experiences via journaling, creative writing, poetry and paths to wellness through writing. Presenter: Karen Newcomb, LMFT

##### **Compassionate Wellness – Tuesday, December 14<sup>th</sup> 1:00pm-2:30pm**

Explore compassion for self and others as an important tool in reducing anxiety and suffering. This session includes discussion of the latest research around this topic, as well as a guided Loving Kindness meditation. Presenter: Lacey Morris, LMFT

##### **Wellness in Motion – Wednesday, December 15<sup>th</sup> 1:00pm-2:30pm**

Dive into the use of movement for wellness during and after cancer treatment. This session includes an hour of Massage & Movement, focusing on releasing areas of tension and addressing sites of chronic and acute pain. Presenter: Rosalyn Adams

##### **Wellness in the Kitchen – Thursday, December 16<sup>th</sup> 1:00pm-2:30pm**

Cancer patients and survivors can experience a loss of pleasure in their relationship with food. Examine eating for pleasure as well as eating for physical wellness, complete with recipes and cooking demonstration. Presenter: Nancy Birang, BS, NC

##### **Embracing a Wellness Practice – Friday, December 17<sup>th</sup> 1:00pm-2:30pm**

Our counselors will discuss checking in with yourself to process those areas that could use some care, and explore different areas of wellness, offering tools and resources that have worked for others. Presenter: Cancer CAREpoint Counselors

#### Using EFT (Tapping) for Managing Fear and Anxiety

December 10, 1:00pm-2:15pm

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. Presenter: Cynthia McDonald, Ph.D.

#### Healthy Cooking for Real Life: Foods for the New Year

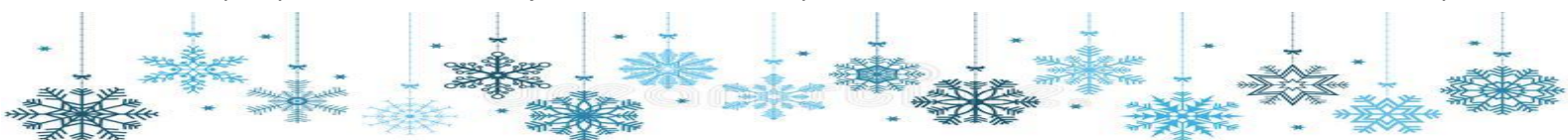
December 14, 3:30pm-4:30pm

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

#### Communi-Tea Virtual Event

December 21, 12:00pm – 1:00pm

Grab a cup of your favorite tea and join us from wherever you are for crafts, conversation, and winter community!



Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4/5</b>
<p><b>DEC 13-18 → SPECIAL PROGRAMMING</b></p> <p><b>DEC 27-JAN 2 → CLOSED FOR WINTER BREAK</b></p> <p><b>REGULAR PROGRAMS RESUME ON JANUARY 3, 2022</b></p>		<p><b>10:00</b> Healing Expressions Series</p> <p><b>12:00</b> Notes to Self</p> <p><b>2:00</b> Qigong</p> <p><b>4:30</b> Caregivers' Support Group</p> <p><b>6:00</b> Breast Cancer Support Group</p>	<p><b>9:00</b> Gentle Morning Yoga</p> <p><b>12:00</b> Gynecologic Cancer Support Group</p> <p><b>1:00</b> Healthy Eating Essentials</p> <p><b>5:00</b> Evening Yin Yoga</p>	<p><b>9:00</b> Qigong &amp; Tai Chi for Stress Relief</p> <p><b>10:30</b> Conversation &amp; Creativity</p> <p><b>12:15</b> Mid-Day Meditation Break</p>	<p><b>Sat., 4th</b></p> <p><b>11:00</b> Gentle Restorative Yoga</p>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11/12</b>
<p><b>10:30</b> Yoga Para Personas Impactadas por el Cáncer</p> <p><b>12:00</b> Massage &amp; Movement</p> <p><b>12:00</b> Living &amp; Thriving with Grace</p> <p><b>2:00</b> Mindful Awareness Meditation</p>	<p><b>1:00-3:00</b> Virtual Wig Bank</p> <p><b>2:00</b> Gentle Movement</p>	<p><b>10:00</b> Healing Expressions Series</p> <p><b>12:00</b> Notes to Self</p> <p><b>2:00</b> Qigong</p> <p><b>4:30</b> Caregivers' Support Group</p>	<p><b>9:00</b> Gentle Morning Yoga</p> <p><b>1:00</b> Healthy Eating Essentials</p> <p><b>5:00</b> Evening Yin Yoga</p>	<p><b>9:00</b> Qigong &amp; Tai Chi for Stress Relief</p> <p><b>12:15</b> Mid-Day Meditation Break</p> <p><b>1:00</b> Using EFT (Tapping) to Manage Fear and Anxiety</p>	<p><b>Sat., 11th</b></p> <p><b>11:00</b> Gentle Restorative Yoga</p>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18/19</b>
<p><b>3:30</b> Better Together</p> <p><b>1:00</b> Embracing Wellness: Writing for Wellness</p>	<p><b>1:00-3:00</b> Virtual Wig Bank</p> <p><b>1:00</b> Embracing Wellness: Compassionate Wellness</p> <p><b>3:30</b> Healthy Cooking for Real Life: Foods for the New Year</p>	<p><b>10:00</b> Healing Expressions Series</p> <p><b>1:00</b> Embracing Wellness: Wellness in Motion</p> <p><b>4:30</b> Caregivers' Support Group</p> <p><b>6:00</b> Breast Cancer Support Group</p>	<p><b>12:00</b> Gynecologic Cancer Support Group</p> <p><b>1:00</b> Embracing Wellness: Wellness in the Kitchen</p>	<p><b>10:30</b> Conversation &amp; Creativity</p> <p><b>1:00</b> Embracing Wellness: Embracing a Wellness Practice</p>	<p><b>Sat., 18th</b></p> <p><b>NO CLASS</b></p>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25/26</b>
<p><b>12:00</b> Living &amp; Thriving with Grace</p>	<p><b>12:00</b> Communi-Tea Event</p>	<p><b>10:00</b> Healing Expressions Series</p>		<p><b>CLOSED</b></p>	<p><b>Sat., 25th</b></p> <p><b>CLOSED</b></p>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<p><b>CLOSED</b></p>	<p><b>CLOSED</b></p>	<p><b>CLOSED</b></p>	<p><b>CLOSED</b></p>	<p><b>CLOSED</b></p>	