

September 2021

Highlights and Community Events

Using Imagery for Better Sleep

Friday, September 10, 1:00-2:15pm

Presenter: Cynthia McDonald, PhD

Guided imagery is a technique of visualizing images in your mind that stimulates the senses to create a relaxed and focused state. Learn some practical “sleep hygiene” tips and learn how to use imagery to help improve the quality and quantity of restorative sleep.

Real World Nutrition

Tuesday, September 21, 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.

Healing Expressions – Facing Our Fears Together:

Wednesdays, September 15, 22, & 29, 10:00-11:30am

Facilitator: Lacey Morris, MA, AMFT

Fear exists to keep us safe. It is not inherently bad or good but a tool we can use to make better decisions. Fear isn't designed to keep us inactive, but to help us act in ways that generate the results we need and want. When facing an illness such as cancer it's so natural to have fears and anxiety since there is so much unknown territory. The key is to understand your fears and learn ways to manage them better. Together, we will explore the three weeks together lovingly embracing our fears and incorporating courage and compassion as we face them.



Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
		1	2	3	4/5
		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 1:00 Breast Cancer Support Group	Sat., 4th 11:00 Gentle Restorative Yoga
6	7	8	9	10	11/12
CLOSED	1:00-3:00 Virtual Wig Bank 2:00 Gentle Movement	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 Using Guided Imagery for Better Sleep	Sat., 11th 11:00 Gentle Restorative Yoga
13	14	15	16	17	18/19
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 3:30 Breast Cancer Support Group 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., 18th 11:00 Gentle Restorative Yoga
20	21	22	23	24	25/26
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 Real World Nutrition – Fall Salads	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 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief 12:15 Mid-Day Meditation Break	Sat., 25th 11:00 Gentle Restorative Yoga
27	28	29	30		
9:00 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 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 5:00 Evening Yin Yoga		