



## PROGRAM CALENDAR MARCH | APRIL | 2021

ALL CSC PROGRAMS  
ARE VIRTUAL UNTIL  
WE CAN MEET AGAIN



### OUR SERVICES

To register for any of our virtual programs, please visit our website at [www.cancersupport.net](http://www.cancersupport.net) and click on the program calendar.

Full descriptions of all Cancer Support Community programs are accessible in our online calendar.

### ARE YOU NEW TO CANCER SUPPORT COMMUNITY?

Welcome! We want to connect you with our services as soon as possible. To access our virtual programs, please call 925.933.0107 to set up a one-on-one Zoom Newcomers Meeting.

### OUR PROGRAMS

Our programs include:

- Support Groups
- Networking Groups
- Educational Workshops
- Creative Expression Classes
- Nutrition & Cooking Classes
- Children, Teen, Family Programs
- Social Connections
- Adaptive Movement Classes
- Mind/Body Classes

### OUR MISSION

We support people facing cancer in our community to become healthier, live longer, and live better.

Our services are provided at no cost through the generosity of individual and private contributions.

# PROGRAM CALENDAR MARCH | 2021

## MONDAY

### EVERY MONDAY IN MARCH

- 8:30 am Pilates
- 10 am Sunlight Chair Yoga
- 1 pm American Mah Jong
- 3:45 pm The Healing Power of Writing Series
- 5:30 pm Gentle Restorative Yoga
- 7 pm Weekly Groups (2)

### MARCH 1

- 11:30 am *New Class!* Qigong
- 1 pm Compassionate Communication Intensive

### MARCH 8

- 11:30 am *New Class!* Qigong

### MARCH 15

- 11:30 am *New Class!* Qigong

### MARCH 22

- 11:30 am *New Class!* Qigong

## TUESDAY

### EVERY TUESDAY IN MARCH

- 9:30 am Yoga
- 10 am Vallejo Healing Yoga for Cancer
- 11 am Newly Diagnosed Breast Cancer Group
- 11 am Weekly Groups (3)
- 11:30 am *Arts from the Heart*
- 1 pm *Antioch Cancer Support Group*
- 1:15 pm Knitting Circle
- 1:30 pm Moving for Life
- 3 pm *Feel the Rhythm*
- 3:15 pm Gentle Yoga/Urban Zen

### MARCH 2

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5:30 pm Jin Shin Jyutsu Self-Help
- 6 pm Nutrition for Bone Health

### MARCH 9

- 1:30 pm Breast Cancer Group
- 6 pm Mindful Somatic Yoga

### MARCH 16

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5 pm Harmonizing Health with Biorhythms & Body Clocks
- 5:30 pm Jin Shin Jyutsu Self-Help

### MARCH 23

- 1:30 pm Breast Cancer Group
- 4 pm Youngish Adult Group
- 6 pm Living Well Beyond Cancer

### MARCH 30

- 6 pm Evidence-Based Natural Therapies to Manage Common Side Effects

## WEDNESDAY

### EVERY WEDNESDAY IN MARCH

- 9:15 am Yoga
- 9:30 am Contemplative Practices
- 10:30 am Weekly Groups (4)
- 3 pm Integral Tai Chi Series
- 6 pm Grief & Loss Group

### MARCH 3

- 1 pm Compassionate Communication Intensive

### MARCH 10

- 4 pm Colorectal Cancer Group
- 4 pm Lung Cancer Group
- 6 pm Life After Cancer Group

### MARCH 24

- 6 pm Trauma Release Exercise

### MARCH 31

- 6 pm The Five Wishes

PLEASE REGISTER for programs in green (workshops or special programs) or black (ongoing classes) by going to [www.cancersupport.net](http://www.cancersupport.net) or calling (925) 933-0107. Programs in blue require a Zoom Newcomers Meeting and brief interview prior to placement in group. Programs in orange are based in Antioch when in person but open to all via Zoom by registering online at [WWW.CANCERSUPPORT](http://WWW.CANCERSUPPORT).

# PROGRAM CALENDAR MARCH | 2021

## THURSDAY

### EVERY THURSDAY IN MARCH

- 11:30 am Wake Up From Within  
Gentle Healing Yoga
- 1 pm Osteo-Pilates
- 2 pm Reiki for Self-Care Series
- 5:30 pm Yoga

### MARCH 4

- 11 am A Garden of Books  
Book Club: *The Wonder  
Boy of Whistle Stop*,  
by Fannie Flagg
- 1 pm Cooking with Chef  
Chandra
- 6 pm New Time! Brain Tumor  
Group

### MARCH 11

- 11 am Metastatic Prostate  
Cancer Group
- 1 pm Cooking with Chef  
Chandra
- 2 pm Compassionate  
Communication  
Practice Group

### MARCH 18

- 9:30 am The Spirituality in My  
Journey
- 1 pm Cooking with Chef  
Chandra
- 3 pm African Drumming
- 6 pm Directly Facing Death  
Group

### MARCH 25

- 11 am Metastatic Prostate  
Cancer Group
- 1 pm Prostate Cancer Group
- 4 pm Healthy Cooking  
on a Budget:  
Spring Has Sprung

## FRIDAY

### EVERY FRIDAY IN MARCH

- 10:30 am Kundalini Chanting  
Meditation
- 11 am Kundalini Yoga
- 12:45 pm Yoga Nidra
- 2 pm Tai Chi Chih

### MARCH 5

- 3 pm Mindful Well-Being  
Series

### MARCH 12

- 11 am Eating for Healing
- 3 pm Mindful Well-Being  
Series End
- 3 pm Sing Along with Ukles  
& You

### MARCH 26

- 3:30 pm Sing for Life

## SATURDAY

### EVERY SATURDAY IN MARCH

- 8:30 am Yoga Flow

### MARCH 6

- 10 am Lymphedema Support  
Group
- 11 am Blossoming Awareness  
to the Rhythm of Spring
- 1 pm Roll, Release, Relax  
& Restore

### MARCH 13

- 10 am Parenting Through  
Pediatric Cancer
- 10 am Kids Group (6–8 yrs.)
- 10 am Parent Group
- 10:30 am Ayurveda (Doshas) &  
Yoga-Ayurveda asanas

- 11 am Kids Group (9–13 yrs.)
- 11 am Teen Group

### MARCH 20

- 10:30 am Coronavirus:  
What Cancer Patients  
Should Know
- 11 am Nutrition & Cancer  
Treatment
- 1 pm "Thyme" in the Garden:  
Nature's Mandalas  
& Vignettes

### MARCH 27

- 10 am Eating the Mediterranean  
Way
- 10:30 am Science Cafe:  
Immunotherapy
- 1 pm Sleep & Cancer

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# PROGRAM CALENDAR APRIL | 2021

## MONDAY

### EVERY MONDAY IN APRIL

- 8:30 am Pilates
- 10 am Sunlight Chair Yoga
- 1 pm American Mah Jong
- 3:45 pm The Healing Power of Writing Series
- 5:30 pm Gentle Restorative Yoga
- 7 pm Weekly Groups (2)

### APRIL 5

- 11:30 am Qigong

### APRIL 12

- 11:30 am Qigong

### APRIL 19

- 11:30 am Qigong

## TUESDAY

### EVERY TUESDAY IN APRIL

- 9:30 am Yoga
- 10 am Vallejo Healing Yoga for Cancer
- 11 am Newly Diagnosed Breast Cancer Group
- 11 am Weekly Groups (3)
- 11:30 am Arts from the Heart
- 1 pm Antioch Cancer Support Group
- 1:15 pm Knitting Circle
- 1:30 pm Moving for Life
- 3 pm Feel the Rhythm
- 3:15 pm Gentle Yoga/Urban Zen

### APRIL 6

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5:30 pm Jin Shin Jyutsu Self-Help
- 6 pm Herbal Support During Treatment

### APRIL 13

- 1:30 pm Breast Cancer Group
- 6 pm Mindful Somatic Yoga

### APRIL 20

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5 pm Nourish Your Immune System with Ayurveda Self Care
- 5:30 pm Jin Shin Jyutsu Self-Help

### APRIL 27

- 1:30 pm Breast Cancer Group
- 4 pm Youngish Adult Group

## WEDNESDAY

### EVERY WEDNESDAY IN APRIL

- 9:15 am Yoga
- 9:30 am Contemplative Practices
- 10:30 am Weekly Groups (4)
- 3 pm Integral Tai Chi Series
- 6 pm Grief & Loss Group

### APRIL 7

- 6 pm Cancer 101

### APRIL 14

- 4 pm Colorectal Cancer Group
- 4 pm Lung Cancer Group
- 6 pm Life After Cancer Group
- 6 pm How Listening to Mother Earth Heals

### APRIL 21

- 6 pm Update on Breast Cancer Surgical Techniques

### APRIL 28

- 6 pm Trauma Release Exercise

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# PROGRAM CALENDAR APRIL | 2021

## THURSDAY

### EVERY THURSDAY IN APRIL

- 11:30 am **Wake Up From Within Gentle Healing Yoga**
- 1 pm Osteo-Pilates
- 5:30 pm Yoga

### APRIL 1

- 11 am A Garden of Books Book Club: *Big Lies in a Small Town*, by Diane Chamberlain
- 1 pm **Cooking with Chef Chandra**
- 2 pm Reiki for Self-Care Series
- 6 pm **New Time!** Brain Tumor Group

### APRIL 8

- 11 am Metastatic Prostate Cancer Group
- 1 pm **Cooking with Chef Chandra**
- 2 pm Compassionate Communication Practice Group
- 2 pm Reiki for Self-Care Series End

### APRIL 15

- 9:30 am The Spirituality in My Journey
- 1 pm **Cooking with Chef Chandra**
- 3 pm African Drumming
- 6 pm Directly Facing Death Group

### APRIL 22

- 11 am Metastatic Prostate Cancer Group
- 1 pm Prostate Cancer Group
- 1 pm **Cooking with Chef Chandra**
- 4 pm Healthy Cooking on a Budget: Springtime Brunch

## FRIDAY

### EVERY FRIDAY IN APRIL

- 10:30 am Kundalini Chanting Meditation
- 11 am Kundalini Yoga
- 12:45 pm Yoga Nidra
- 2 pm Tai Chi Chih

### APRIL 9

- 3 pm Sing Along with Ukcs & You

### APRIL 23

- 3:30 pm Sing for Life

## SATURDAY

### EVERY SATURDAY IN APRIL

- 8:30 am Yoga Flow

### APRIL 3

- 10 am Lymphedema Support Group
- 11 am Eating for Healing
- 1 pm Carcinoid / Neuroendocrine Group
- 1 pm Roll, Release, Relax & Restore

### APRIL 10

- 10 am Parenting Through Pediatric Cancer
- 10 am Kids Group (6–8 yrs.)
- 10 am Parent Group
- 10:30 am **Healing Diet, Yoga-Ayurveda & Meditation**
- 11 am Kids Group (9–13 yrs.)
- 11 am Teen Group

### APRIL 17

- 10:30 am **Covid 19 Vaccines & Cancer Patients**
- 11 am The Healing Power of Greens
- 1 pm Your Immune System & Essential Oils

### APRIL 24

- 10 am Eating the Mediterranean Way
- 1 pm Urban Zen

PLEASE REGISTER for programs in green (workshops or special programs) or black (ongoing classes) by going to [www.cancersupport.net](http://www.cancersupport.net) or calling (925) 933-0107. Programs in blue require a Zoom Newcomers Meeting and brief interview prior to placement in group. Programs in orange are based in Antioch when in person but open to all via Zoom by registering online at [WWW.CANCERSUPPORT](http://WWW.CANCERSUPPORT).

# SPECIAL PROGRAMS MARCH | APRIL | 2021

## MARCH

### COMPASSIONATE COMMUNICATION INTENSIVE

Monday & Wednesday: March 1 & 3, 1 pm  
With Jared Finklestein, Bay NVC Trainer.  
Learn and practice how to communicate with greater clarity, honesty and compassion.

### NUTRITION FOR BONE HEALTH

Tuesday: March 2, 6 pm  
With Susie White, Holistic Nutrition Consultant.  
Learn how to boost nutrients needed for good bone health.

### BLOSSOMING AWARENESS TO THE RHYTHM OF SPRING

Saturday: March 6, 11 am  
With R Consuelo Inez, Certified Sound Healer. Release stress in your body, ease your mind and restore your spirit to the harmonies of nature's music.

### ROLL, RELEASE, RELAX & RESTORE

Saturday: March 6, 1 pm  
With Maxine Younger. Learn self-myofascial release to alleviate pain and increase flexibility.

### MINDFUL SOMATIC YOGA

Tuesday: March 9, 6 pm  
With Maxine Younger. Experience a neuromuscular journey through movement patterns and integrate foundational yogic principles.

### COMPASSIONATE COMMUNICATION PRACTICE GROUP

Thursday: March 11, 2 pm  
With Jared Finklestein, Bay NVC Trainer.  
Work through communication challenges and receive support and feedback.

### EATING FOR HEALING

Friday: March 12, 11 am  
With Susie White, Holistic Nutrition Consultant.  
Susie will demonstrate easy, healthy, plant-based recipes.

### AYURVEDA (DOSHAS) AND YOGA-AYURVEDA ASANAS

Saturday: March 13, 10:30 am  
With Mirtha Carballo, Certified Yoga instructor and Ayurvedic Lifestyle teacher. Learn your unique nature constitution (Doshas). Practice Yoga-Ayurveda asanas for body-mind and spirit healing.

### PARENTING THROUGH PEDIATRIC CANCER

Saturday: March 13, 10 am  
With Cynthia Grace, PsyD. Join with parents who have a child with pediatric cancer.

### KIDS CIRCLE & TEEN TALK

Saturday: March 13, 10 & 11 am  
With CSC Therapists. For families with school age children (ages 6–18) when a parent has cancer. See calendar page for each group time.

### HARMONIZING HEALTH WITH BIORHYTHMS & BODY CLOCKS

Tuesday: March 16, 5 pm  
With Dawn Jacobson, MD. Discover the daily and seasonal rhythms that promote your greatest healing potential through restorative sleep, digestion and detoxification.



### THE SPIRITUALITY IN MY JOURNEY

Thursday: March 18, 9:30 am  
With Zenaida Burgos, CSC East County Program Manager. We'll explore our own life experiences as spiritual beings. The workshop will provide the tools to structure your own spirituality journey.

### CORONAVIRUS: WHAT CANCER PATIENTS SHOULD KNOW

Saturday: March 20, 10:30 am  
With Miriam Parantes, CCRMC, Information Coordinator Covid-19. Learn how cancer patients can navigate through Covid-19 and cancer.

### NUTRITION & CANCER TREATMENT

Saturday: March 20, 11 am  
With Tinrin Chew, RD, Oncology Dietitian. Learn what to eat during treatment to help you regain and maintain health.

### "THYME" IN THE GARDEN:

### NATURE'S MANDALAS & VIGNETTES

Saturday: March 20, 1 pm  
With Patrice Hanlon, Therapeutic Garden Designer. Practice mindfulness by creating nature vignettes and mandalas. You will be asked to come with found materials for creating your own piece of art using natural materials.

### LIVING WELL BEYOND CANCER

Tuesday: March 23, 6 pm  
With Shell Portner, RN, BSN. Learn how to make a successful transition from treatment to long-term survivorship.

### TRAUMA RELEASE EXERCISE

Wednesday: March 24, 6 pm  
With Jenny Schneider, Certified TRE Provider. Learn 7 simple exercises to discover the body's innate resilience-building ability to discharge chronic tensions/trauma.

### HEALTHY COOKING ON A BUDGET:

### SPRING HAS SPRUNG

Thursday: March 25, 4 pm  
With Linda Carucci, Chef, Cookbook Author. Recipes to be demonstrated: Asparagus Puree with Crispy Lemon Crumbs and "New" Deviled Eggs and an Italian-inspired filling made with walnuts and olive oil.

### EATING THE MEDITERRANEAN WAY

Saturday: March 27, 10 am  
With Camila Loew, PhD. From Spain, Camila will demonstrate delicious recipes based on the Mediterranean Diet.

### SCIENCE CAFE: IMMUNOTHERAPY

Saturday: March 27, 10:30 am  
Dr. Roeland Nusse, Ph.D., Stanford University, will explain the basics of immunotherapy to treat cancer and how research helps with the development of cancer immunotherapy.

### SLEEP & CANCER

Saturday: March 27, 1 pm  
With Erika Maslan, LMFT. Restorative sleep is essential for patients, survivors and carers. Learn ways to improve your sleep for better health.

### EVIDENCE-BASED NATURAL THERAPIES TO MANAGE COMMON SIDE EFFECTS

Tuesday: March 30, 6 pm  
With Tracy Thompson, ND. Learn how naturopathy can aid in managing side effects.

### THE FIVE WISHES

Wednesday: March 31, 6 pm  
With Michelle Russell and Melissa Tumaneng, Hope Hospice. Learn how to create a living will that helps you express your wishes in areas that matter most.

TO REGISTER for any of the special programs, please go to the online calendar. Programs in orange are based in Antioch when in person but open to all via Zoom by registering online at [WWW.CANCERSUPPORT.NET](http://WWW.CANCERSUPPORT.NET).

## APRIL

### EATING FOR HEALING

Saturday: April 3, 11 am  
See March 12 program description.

### ROLL, RELEASE, RELAX & RESTORE

Saturday: April 3, 1 pm  
See March 6 program description.

### HERBAL SUPPORT DURING TREATMENT

Tuesday: April 6, 6 pm  
With Blythe Adams, Western Clinical Herbalist. Learn about medicinal mushrooms, herbs, foods and supplements to safely build and support the immune system during and after treatment.

### CANCER 101

Wednesday: April 7, 6 pm  
With Shell Portner, RN, BSN. This workshop will answer your questions and set you on a course to becoming a well-informed and empowered patient.

### COMPASSIONATE COMMUNICATION PRACTICE GROUP

Thursday: April 8, 2 pm  
See March 11 program description.

### PARENTING THROUGH PEDIATRIC CANCER

Saturday: April 10, 10 am  
See March 13 program description.

### KIDS CIRCLE & TEEN TALK

Saturday: April 10, 10 & 11 am  
See March 13 program description.

### HEALING DIET, YOGA-AYURVEDA AND MEDITATION

Saturday: April 10, 10:30 am  
With Mirtha Carballo, Certified Yoga instructor and Ayurvedic Lifestyle teacher. Learn to implement a healthy diet according to your unique body type to promote well-being. Practice healing Yoga-Ayurveda asanas and meditation.

### MINDFUL SOMATIC YOGA

Tuesday: April 13, 6 pm  
See March 9 program description.

### HOW LISTENING TO MOTHER EARTH HEALS

Wednesday: April 14, 6 pm  
With R Consuelo Inez, Certified Sound Healer. Listen to the vibration of the land as we ground into the healing connection within. And you will be guided us on a healing journey deep into the earth and beyond.

### THE SPIRITUALITY IN MY JOURNEY

Thursday: April 15, 9:30 am  
See March program description.

### COVID-19 VACCINES & CANCER PATIENTS

Saturday: April 17, 10:30 am  
With Miriam Parantes, CCRMC. Information Coordinator Covid-19. This workshop will bring information on Covid-19 Vaccine and discuss strategies around receiving it in cycles of treatment.

### THE HEALING POWER OF GREENS

Saturday: April 17, 11 am  
With Shell Portner, RN, BSN. Shell will demonstrate both a smoothie and a sauce made with nutrient-packed herbs and veggies.

### YOUR IMMUNE SYSTEM & ESSENTIAL OILS

Saturday: April 17, 1 pm  
With Tish Reese, LMFT. In this class we will discuss the 6 pillars of a strong immune system and how you can incorporate essential oils into your daily life to bolster your immunity and thrive.

### NOURISH YOUR NEURO-IMMUNE SYSTEM WITH AYURVEDA SELF CARE

Tuesday: April 20, 5 pm  
With Dawn Jacobson, MD. Discover how simple daily and seasonal routines can help you heal and stay well.

### UPDATE ON BREAST CANCER SURGICAL TECHNIQUES

Wednesday: April 21, 6 pm  
With Jean Bao, MD, breast surgeon, Stanford Healthcare. Learn about advances in breast cancer surgery.

### HEALTHY COOKING ON A BUDGET: SPRINGTIME BRUNCH

Thursday: April 22, 4 pm  
With Linda Carucci, Chef, Cookbook Author. Recipes to be demonstrated: Asparagus and Mushroom Frittata with Horseradish Cream and Zucchini-Millet Muffins.

### EATING THE MEDITERRANEAN WAY

Saturday: April 24, 10 am  
See March 27 program description.

### URBAN ZEN

Saturday: April 24, 1 pm  
With Lilia Roman, RYT. Urban Zen uniquely integrates several modalities including Yoga, Breath Awareness and Meditation for a deeply relaxing practice.

### TRAUMA RELEASE EXERCISE

Wednesday: April 28, 6 pm  
See March 24 program description.



*"Since my cancer diagnosis, chronic pain has become a part of my every day. The exercise classes I've attended at CSC have been, and continue to be, very healing for me in my cancer journey."*

— Toffee, cancer survivor

## ONGOING PROGRAMS

### THE HEALING POWER OF WRITING

Mondays: 3:45 pm  
With Janet Kettelhut, LMFT. Experience a non-judgmental, deep sensing and curious approach to writing to strengthen health and build community.

### COOKING WITH CHEF CHANDRA

Thursdays: 1 pm  
With Chef Chandra Collins. Explore different plant-based recipes and learn tips and techniques. We'll also discuss healing foods to maintain strength and boost immunity.

## SOCIAL CONNECTIONS

### AMERICAN MAH JONG

Mondays: 1 pm

### ARTS FROM THE HEART

Tuesdays: 11:30 am

### KNITTING CIRCLE

Tuesdays: 1:15 pm

### GARDEN OF BOOKS BOOK CLUB

Thursdays, March 4 & April 1, 11 am  
March: *The Wonder Boy of Whistle Stop*, by Fannie Flagg, April: *Big Lies in a Small Town*, by Diane Chamberlain, May: *Deacon King Kong*, by James McBride

### AFRICAN DRUMMING

Thursdays: March 18 & April 15, 3 pm

### SING ALONG WITH UKES & YOU

Fridays, March 12 & April 9, 3 pm

### SING FOR LIFE

Fridays: March 26 & April 23, 3:30 pm

TO JOIN any of the support groups listed, please call us so that we can set up a brief introductory meeting and intake. To register for any of the adaptive movement and mind/body classes, please go to the online calendar. Programs in orange are based in Antioch when in person but open to all via Zoom by registering online at [www.cancersupport.net](http://www.cancersupport.net)

## SUPPORT GROUPS

We offer support groups for people with any cancer. **Weekly** groups are available for both patients and caregivers. A specific group for those with newly diagnosed breast cancer meets weekly. **Networking** groups are once or twice a month and are for some specific cancers or topics. Attendance at a Newcomers Meeting and a brief group preparation interview are required.

### WEEKLY GROUP TIMES

Monday: 7–9 pm  
 Tuesdays: 11 am–1 pm  
 Tuesdays: 1–3 pm  
 Wednesdays: 10:30 am–12:30 pm

### NETWORKING GROUP TIMES

**Brain Tumor Group**  
 1st Thursday: 6 pm

**Breast Cancer Group**  
 2nd & 4th Tuesdays: 1:30 pm

**Carcinoid/Neuroendocrine Group**  
 Saturday: April 3, 1 pm

**Colorectal Cancer Group**  
 2nd Wednesday: 4 pm

**Directly Facing Death Group**  
 3rd Thursday: 6 pm

**Grief & Loss Group**  
 Wednesdays: 6 pm

**Gynecologic/Ovarian Cancer Group**  
 1st & 3rd Tuesday: 1:30 pm

**Life After Cancer Group**  
 2nd Wednesday: 6 pm

**Lung Cancer Group**  
 2nd Wednesday: 4 pm

**Lymphedema Support Group**  
 1st Saturday: 10 am

**Metastatic Prostate Cancer Group**  
 2nd & 4th Thursdays: 11 am

**Newly Diagnosed Breast Cancer Group**  
 Tuesdays: 11 am

**Prostate Cancer Group**  
 4th Thursday: 1 pm

**Youngish Adult Group**  
 4th Tuesday: 4 pm

## ADAPTIVE MOVEMENT & MIND BODY CLASSES

**Pilates**  
 Mondays: 8:30 am

**Sunlight Chair Yoga**  
 Mondays: 10 am

*New Class!* **QiGong**  
 Mondays: 11:30 am

**Gentle Restorative Yoga**  
 Mondays: 5:30 pm

**Yoga**  
 Tuesdays: 9:30 am  
 Wednesdays: 9:15 am  
 Thursdays: 5:30 pm

**Vallejo Healing Yoga for Cancer**  
 Tuesdays: 10 am

**Moving for Life**  
 Tuesdays: 1:30 pm

*Feel the Rhythm*  
 Tuesdays: 3 pm

**Gentle Yoga & Urban Zen**  
 Tuesdays: 3:15 pm

**Jin Shin Jyutsu Self-Help**  
 1st & 3rd Tuesdays: 5:30 pm

**Contemplative Practices**  
 Wednesdays: 9:30 am

**Integral Tai Chi**  
 Wednesdays: 3 pm

*Wake Up From Within Gentle Healing Yoga*  
 Thursdays: 11:30 am

**Osteo-Pilates**  
 Thursdays: 1 pm

**Kundalini Chanting Meditation**  
 Fridays: 10:30 am

**Kundalini Yoga**  
 Fridays: 11 am

**Yoga Nidra**  
 Fridays: 12:45 pm

**Tai Chi Chih**  
 Fridays: 2 pm

**Yoga Flow**  
 Saturdays: 8:30 am



## GET READY TO WALK!

Mark your calendar for the 7th annual Hope Walk, a fun and healthy way to help raise money to keep Cancer Support Community's programs free and available for everyone.

From May 9 through 15, join hundreds of others around the Bay Area in a virtual 5k walk. Join a team, create a team, or just spend the time on your own meditative stroll. Or bike or swim or run or climb your way to 5k! You can even participate indoors on a treadmill or stationary bike. How you participate is up to you!

REGISTER TODAY AT [www.hopewalkbayarea.net](http://www.hopewalkbayarea.net), or contact Carol Louisell at [clouisell@cancersupport.net](mailto:clouisell@cancersupport.net) to find out how your company can sponsor the walk.

Get out and join the fun, and help keep CSC available for everyone who needs us!

Thanks to our co-presenting sponsor:

