

JULY/AUGUST 2010 PROGRAM CALENDAR



Welcome to the Cancer Support Community.

We provide **free** support services for people with cancer and their loved ones. We suggest that you learn more by attending a Newcomers Meeting, held Tuesdays at 6 pm or Thursdays at 11 am. These informal meetings will introduce you to our programs. Psychosocial services include educational seminars, stress reduction programs and support groups. We also offers brief counseling to members dealing with issues related to their cancer experience.

You may attend workshops, stress reduction programs and networking groups prior to attending a Newcomers Meeting.

Would you like to be in a weekly support group?

Ongoing professionally facilitated support groups for people with cancer and/or support persons are the heart of our program. Support groups have been shown to decrease distress and improve quality of life. Separate groups for those with cancer and support persons.

Attendance at a Newcomers Meeting and a brief groups preparation interview are necessary before joining a weekly group.

Weekly Group Times for People with Cancer and Their Support Persons

Wednesday: 10 am–12 noon
Thursday: 6:30–8:30 pm

SPECIAL PROGRAMS Please call 650-968-5000 to register.

Introduction to Feldenkrais Awareness Through Movement

Saturday: July 10, 11 am–1 pm

With Beth Sidlow Mann, Guild Certified Feldenkrais Practitioner. Feel better with Feldenkrais! The Feldenkrais Method is designed to immediately open up new possibilities for movement and well-being. These gentle, easy lessons will help you improve how you move, replacing limitations with new and unexpected abilities. Use this approach to reduce pain and to enhance your balance, posture, range of motion, and quality of life. Beth is a Feldenkrais Practitioner, teaching Awareness Through Movement for over 15 years. Please bring a mat or towel and dress in comfortable, warm clothing. Ongoing Awareness Through Movement classes will begin on July 15.

Nutrition and Cancer Treatment

Wednesday: July 21, 6:30–8:30 pm

With Grace Avila. Learn ways to eat during cancer treatment that can help in the recovery process, how to establish nutritional goals, stay hydrated, and cope with changes in taste and tolerance. Grace is a certified nutrition educator, consultant, and certified Cancer Guide. She specializes in nutrition for individuals wishing to nourish their bodies and replenish their spirits while healing from cancer or going through treatment. Healthy snacks provided.

Survivorship 101

Wednesday: July 28, 6–8 pm

With William Buchholz, MD. You've finished treatment, now what? This is an introduction to post-treatment recovery and beyond. Learn how to create a summary of your treatment and map out a care plan for your recovery. You will leave empowered with the tools and guidance to improve your quality of life and achieve a greater sense of well-being. Dr. Buchholz is a medical oncologist in private practice.

Acupressure for Self Healing

Wednesday: August 4, 6–8 pm

With with Jaynie Farnsworth, MA, CAT. Stimulate and balance your body using your own internal healing powers with acupressure and jin shin jyutsu. Discover how these holistic methods gently restore your health during and after cancer treatment, bolstering your immune system and overcoming side effects of cancer and its treatment, including fatigue and neuropathy. Jaynie is a certified acupressure therapist and jin shin jyutsu practitioner.

Nutrition for Survivorship

Friday: August 20, 6:30–8:30 pm

With Grace Avila. This presentation will focus on nutritional needs after treatment has been completed. Learn how nutrition can help you be proactive in recovering health and staying well. Grace is a certified nutrition educator, consultant, and certified Cancer Guide. She specializes in nutrition for individuals wishing to nourish their bodies and replenish their spirits while healing from cancer or going through treatment. Healthy snacks provided.

Poetic Medicine: Finding the Words to Say It

Saturday: August 21, 11 am–2 pm

With John Fox, CPT. This dynamic program provides a place to express yourself within the healing container of a poem. Finding the words to say what is in your heart can lighten the load and bring a new sense of meaning, purpose and direction. John creates a safe environment to explore this empowering process of self-expression. There will be an opportunity to write and share in community. A light lunch will be provided. John is a nationally acclaimed poet and certified poetry therapist.

JULY 2010 PROGRAM CALENDAR

Please call 650-968-5000 to register.



CALENDAR KEY: GREEN=Mind/Body/Creative Expressive • RED=Special Programs • BLUE=Support

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All of the programs and services at Cancer Support Community are provided free of charge in order to be readily accessible to people affected by cancer. This is made possible by gifts, grants and sponsorships from individuals and organizations each year. Every contribution makes a difference and is greatly appreciated.</p> <p>We would like to give special acknowledgement to our Leadership Sponsors, who have provided extraordinary support during this year:</p> <ul style="list-style-type: none"> • Cadence Design Systems • El Camino Hospital Community Benefit <p>For more information on how you can support Cancer Support Community, please visit our website at www.cancersupportcommunity.net/siliconvalley/donate.html or call us at 650-968-5000.</p>			<p>1</p> <p>11 am Newcomers Meeting</p> <p>6:30–8:30 pm* Weekly Participant & Support Person Groups</p>	2	3
<p>5</p> <p>CLOSED 4th of July Holiday</p>	<p>6</p> <p>1–2 pm Chi Kung</p> <p>5–6 pm Mindfulness</p> <p>6 pm Newcomers Meeting</p>	<p>7</p> <p>10 am–12 noon* Weekly Participant & Support Person Groups</p> <p>1:15–2:30 pm Yoga</p>	<p>8</p> <p>11 am Newcomers Meeting</p> <p>1–2 pm Fitness for Recovery</p> <p>6:30–8:30 pm* Weekly Participant & Support Person Groups</p>	9	<p>10</p> <p>11 am–1 pm Introduction to Feldenkrais Awareness Through Movement</p>
12	<p>13</p> <p>1–2 pm Chi Kung</p> <p>5–6 pm Mindfulness</p> <p>6 pm Newcomers Meeting</p>	<p>14</p> <p>10 am–12 noon* Weekly Participant & Support Person Groups</p> <p>1:15–2:30 pm Yoga</p>	<p>15</p> <p>11 am Newcomers Meeting</p> <p>1–2 pm Fitness for Recovery</p> <p>4:30–5:30 pm Feldenkrais Awareness Through Movement</p> <p>6:30–8:30 pm* Weekly Participant & Support Person Groups</p>	16	17
19	<p>20</p> <p>1–2 pm Chi Kung</p> <p>5–6 pm Mindfulness</p> <p>6 pm Newcomers Meeting</p>	<p>21</p> <p>10 am–12 noon* Weekly Participant & Support Person Groups</p> <p>1:15–2:30 pm Yoga</p> <p>6:30–8:30 pm Nutrition & Cancer Treatment</p>	<p>22</p> <p>11 am Newcomers Meeting</p> <p>1–2 pm Fitness for Recovery</p> <p>4:30–5:30 pm Feldenkrais Awareness Through Movement</p> <p>6:30–8:30 pm* Weekly Participant & Support Person Groups</p>	23	24
26	<p>27</p> <p>1–2 pm Chi Kung</p> <p>5–6 pm Mindfulness</p> <p>6 pm Newcomers Meeting</p>	<p>28</p> <p>10 am–12 noon* Weekly Participant & Support Person Groups</p> <p>1:15–2:30 pm Yoga</p> <p>6–8 pm Survivorship 101</p>	<p>29</p> <p>11 am Newcomers Meeting</p> <p>1–2 pm Fitness for Recovery</p> <p>4:30–5:30 pm Feldenkrais Awareness Through Movement</p> <p>6:30–8:30 pm* Weekly Participant & Support Person Groups</p>	30	31

AUGUST 2010 PROGRAM CALENDAR

Please call 650-968-5000 to register.



CALENDAR KEY: GREEN=Mind/Body/Creative Expressive • RED=Special Programs • BLUE=Support

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3 1-2 pm Chi Kung 5-6 pm Mindfulness 6 pm Newcomers Meeting	4 10 am-12 noon* Weekly Participant & Support Person Groups 1:15-2:30 pm Yoga 6-8 pm Acupressure for Self Healing	5 11 am Newcomers Meeting 1-2 pm Fitness for Recovery 4:30-5:30 pm Feldenkrais Awareness Through Movement 6:30-8:30 pm* Weekly Participant & Support Person Groups	6	7
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	23	24 1-2 pm Chi Kung 5-6 pm Mindfulness 6 pm Newcomers Meeting	25 10 am-12 noon* Weekly Participant & Support Person Groups 1:15-2:30 pm Yoga	26 11 am Newcomers Meeting 1-2 pm Fitness for Recovery 4:30-5:30 pm Feldenkrais Awareness Through Movement 6:30-8:30 pm* Weekly Participant & Support Person Groups	27	28
	30	31 1-2 pm Chi Kung 5-6 pm Mindfulness 6 pm Newcomers Meeting	<p>Do you have a blood cancer? We offer support...</p> <p>The Wellness Community is offering individual sessions to explore treatment options and concerns through a pilot study called <i>Open to Options</i>. We believe that decision support will help you better plan for your medical appointments and help you ask the questions you need to help ensure that your treatment decisions fit your personal objectives.</p> <p>To learn more or schedule an appointment, call us at 650-968-5000.</p>			

ONGOING PROGRAMS No RSVP necessary.

MIND BODY PROGRAMS

Chi Kung **Tuesdays: 1–2 pm**

These gentle, flowing movements are designed to increase flexibility, develop physical strength, build energy and improve overall health. Wear comfortable clothes and socks. Instructor: Lourdes Gonzalez, MA LAC, MMQ

Mindfulness **Tuesdays: 5–6 pm**

Ongoing group meditation practice. For both new and experienced meditators. Instructor: Amber Hill

Yoga **Wednesdays: 1:15–2:30 pm**

Gentle restorative breathing and stretching exercises improve muscle tone and aid in stress management. Instructor: Michell Duguay

Fitness for Recovery **Thursdays: 1–2 pm (starts July 8)**

Learn to safely exercise while improving your endurance, strength, balance and flexibility in this group fitness class. Gain tools to rebuild and improve your body, overall health and vitality. For any fitness level. Instructor: Stacey Novotny, ACSM, Cancer Exercise trainer.

Feldenkrais Awareness Through Movement

Thursdays: 4:30–5:30 pm (starts July 15)

This gentle approach to movement focuses on flexibility, balance and coordination to help overcome physical limitations. Instructor: Beth Sidlow Mann



Get fit, have fun and raise funds for The Wellness Community and Cancer Support Community, offering free programs, education and hope for people with cancer and their loved ones.

Maui Marathon

September 17-19, 2010

- Raise money for The Wellness Community and Cancer Support Community to help people affected by cancer.
- Join a team of first-time and seasoned marathoners, and participate in a marathon, half-marathon or 5K in Maui.
- We have professional trainers and use a friendly run/walk combination that works well for all fitness levels.
- Run or walk in honor or in memory of someone you know... or celebrate your own survivorship!

I might want to join... how do I find out more?

For The Wellness Community East Bay, contact Amy Alanes at aalanes@twcba.org or 925.933.0107. For Cancer Support Community Silicon Valley, contact Dana Kaye at dkaye@cancersupportcommunity.net or 650.465.5457.

www.cancersupportcommunity.net
650.968.5000
Mountain View, CA 94043
455 N. Whisman Road, Suite 300
The Vineyard

Formerly The Wellness Community Silicon Valley



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