



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Do you have a blood cancer? We offer support...</p> <p>Cancer Support 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. To learn more or schedule an appointment, call us at 650-968-5000.</p>		<p>1</p> <p>10 am–12 noon* Weekly Participant & Support Person Groups</p> <p>1:15–2:30 pm Yoga</p> <p>4:30–5:30 pm Fitness for Every Body</p>	<p>2</p> <p>11 am Newcomers Meeting</p> <p>4:30–5:30 pm Feldenkrais Awareness Through Movement</p> <p>6:30–8:30 pm* Weekly Participant & Support Person Groups</p>	3	4
	<p>6 CLOSED Labor Day</p>	<p>7</p> <p>1–2 pm Chi Kung</p> <p>5–6 pm Mindfulness</p> <p>6 pm Newcomers Meeting</p>	<p>8</p> <p>10 am–12 noon* Weekly Participant & Support Person Groups</p> <p>1:15–2:30 pm Yoga</p> <p>4:30–5:30 pm Fitness for Every Body</p>	<p>9</p> <p>10 am–12 Noon Intro to Mindfulness Based Stress Reduction</p> <p>11 am Newcomers Meeting</p> <p>4:30–5:30 pm Feldenkrais Awareness Through Movement</p> <p>6:30–8:30 pm* Weekly Participant & Support Person Groups</p>	10	11
	13	<p>14</p> <p>1–2 pm Chi Kung</p> <p>5–6 pm Mindfulness</p> <p>6 pm Newcomers Meeting</p>	<p>15</p> <p>10 am–12 noon* Weekly Participant & Support Person Groups</p> <p>1:15–2:30 pm Yoga</p> <p>4:30–5:30 pm Fitness for Every Body</p>	<p>16</p> <p>10 am–12 Noon Mindfulness Based Stress Reduction</p> <p>11 am Newcomers Meeting</p> <p>12:30–2:30 pm Easy Cooking</p> <p>4:30–5:30 pm Feldenkrais Awareness Through Movement</p> <p>6:30–8:30 pm* Weekly Groups</p>	17	18
	20	<p>21</p> <p>1–2 pm Chi Kung</p> <p>5–6 pm Mindfulness</p> <p>6 pm Newcomers Meeting</p>	<p>22</p> <p>10 am–12 noon* Weekly Participant & Support Person Groups</p> <p>1:15–2:30 pm Yoga</p> <p>No Fitness for Every Body</p>	<p>23</p> <p>10 am–12 Noon Mindfulness Based Stress Reduction</p> <p>11 am Newcomers Meeting</p> <p>4:30–5:30 pm Feldenkrais Awareness Through Movement</p> <p>6:30–8:30 pm* Weekly Participant & Support Person Groups</p>	24	<p>25</p> <p>11 am–1:30 pm Nutrition & Cancer Treatment</p>
	27	<p>28</p> <p>1–2 pm Chi Kung</p> <p>5–6 pm Mindfulness</p> <p>6 pm Newcomers Meeting</p> <p>6:30–8:30 pm Advances in Ovarian Cancer Treatment</p>	<p>29</p> <p>10 am–12 noon* Weekly Participant & Support Person Groups</p> <p>1:15–2:30 pm Yoga</p> <p>4:30–5:30 pm Fitness for Every Body</p>	<p>30</p> <p>10 am–12 Noon Mindfulness Based Stress Reduction</p> <p>11 am Newcomers Meeting</p> <p>4:30–5:30 pm Feldenkrais Awareness Through Movement</p> <p>6:30–8:30 pm* Weekly Participant & Support Person Groups</p>		

OCTOBER 2010 PROGRAM CALENDAR

Please call 650-968-5000 to register.



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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>2</p> <p>10:30 am– 12:30 pm Creative Expressions (Also on Sunday, Oct. 3)</p> <p>1:30–3:30 pm Update on Breast Cancer Research</p>
<p>4</p>	<p>5</p> <p>1–2 pm Chi Kung</p> <p>5–6 pm Mindfulness</p> <p>6 pm Newcomers Meeting</p> <p>7–9 pm Let's Sing: Karaoke Party</p>	<p>6</p> <p>10 am–12 noon* Weekly Participant & Support Person Groups</p> <p>1:15–2:30 pm Yoga</p> <p>4:30–5:30 pm Fitness for Every Body</p>	<p>7</p> <p>10 am–12 Noon Mindfulness Based Stress Reduction</p> <p>11 am Newcomers Meeting</p> <p>12:30–2:30 pm Easy Cooking</p> <p>4:30–5:30 pm Feldenkrais Awareness Through Movement</p> <p>6:30–8:30 pm* Weekly Groups</p>	<p>8</p>	<p>9</p> <p>2–4 pm A Woman's Personal Perspective of Prostate Cancer in Intimacy & Sexuality at El Camino Hospital</p>
<p>11</p>	<p>12</p> <p>1–2 pm Chi Kung</p> <p>5–6 pm Mindfulness</p> <p>6 pm Newcomers Meeting</p>	<p>13</p> <p>10 am–12 noon* Weekly Participant & Support Person Groups</p> <p>1:15–2:30 pm Yoga</p> <p>4:30–5:30 pm Fitness for Every Body</p>	<p>14</p> <p>10 am–12 Noon Mindfulness Based Stress Reduction</p> <p>11 am Newcomers Meeting</p> <p>4:30–5:30 pm Feldenkrais Awareness Through Movement</p> <p>6:30–8:30 pm* Weekly Participant & Support Person Groups</p>	<p>15</p>	<p>16</p>
<p>18</p>	<p>19</p> <p>1–2 pm Chi Kung</p> <p>5–6 pm Mindfulness</p> <p>6 pm Newcomers Meeting</p> <p>6–8:30 pm Nutrition for Survivorship</p>	<p>20</p> <p>10 am–12 noon* Weekly Participant & Support Person Groups</p> <p>1:15–2:30 pm Yoga</p> <p>4:30–5:30 pm Fitness for Every Body</p>	<p>21</p> <p>10 am–12 Noon Mindfulness Based Stress Reduction</p> <p>11 am Newcomers Meeting</p> <p>4:30–5:30 pm Feldenkrais Awareness Through Movement</p> <p>6:30–8:30 pm* Weekly Participant & Support Person Groups</p>	<p>22</p>	<p>23</p>
<p>25</p>	<p>26</p> <p>1–2 pm Chi Kung</p> <p>5–6 pm Mindfulness</p> <p>6 pm Newcomers Meeting</p>	<p>27</p> <p>10 am–12 noon* Weekly Participant & Support Person Groups</p> <p>1:15–2:30 pm Yoga</p> <p>4:30–5:30 pm Fitness for Every Body</p>	<p>28</p> <p>10 am–12 Noon Mindfulness Based Stress Reduction</p> <p>11 am Newcomers Meeting</p> <p>4:30–5:30 pm Feldenkrais Awareness Through Movement</p> <p>6:30–8:30 pm* Weekly Participant & Support Person Groups</p>	<p>29</p>	<p>30</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 Every Body Wednesdays: 4:30–5:30 pm

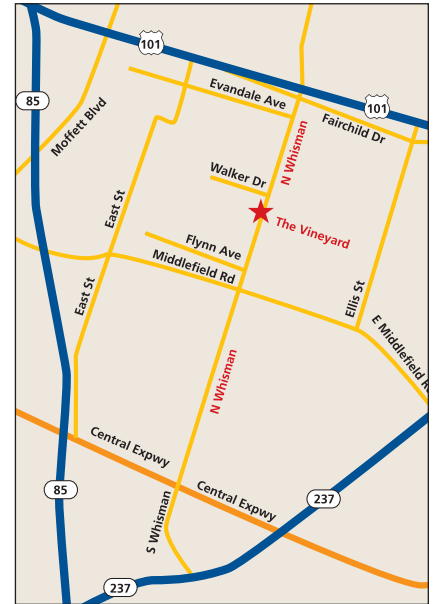
For both support persons and people at any stage of cancer treatment or recovery. Learn to safely exercise while improving your endurance, strength, balance and flexibility in this group fitness class. Gain tools to rebuild and improve your body, overall health and vitality. For any fitness level. Instructor: Stacey Novotny, ACSM, Cancer Exercise trainer.

Feldenkrais Awareness Through Movement Thursdays: 4:30–5:30 pm

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

CANCER SUPPORT COMMUNITY LOCATION

The Vineyard
455 N. Whisman Road
Suite 300
Mountain View, CA 94043



www.cancersupportcommunity.net
650.968.5000
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The Vineyard

Formerly The Wellness Community Silicon Valley



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