

December Classes and Programs: Mission Hope Cancer Center, Arroyo Grande

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 2:00 Energy Balancing 10:00 Spanish Support Group Apoyo y educación para personas con cáncer	3 2:00 Acupressure for Self-Care 5:00 Caregiver Support Group	4	5	6
9	10 2:00 Acupressure for Self-Care	11	12 1:00 Men's Cancer Discussion Group 2:30 Living with Cancer General Support Group	13
16 10:00 Grupo de Discusión para Hombres con Cáncer 2:00 Energy Balancing	17 2:00 Acupressure for Self-Care 3:30 SPOHNC Head and Neck Cancer Support Group	18 10:00 Look Good Feel Better 3:00 HEAL: Healthy Eating and Activity for Living Eating Healthy and Exercising on a Budget	19	20
23	24 25 		26	27
Office closed December 24-25 for the Christmas holiday.				
30	31			