## November Classes and Programs: Mission Hope Cancer Center, Arroyo Grande

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Most classes listed here are held in the Mission Hope Cancer Center, Arroyo Grande on the third floor located within the Matthew Will Memorial Medical Center. For specific location addresses and class details, please see pages 18-21.		November is National Family Caregivers Month A time to recognize and honor all caregivers.  Need resources on caregiving? Please call: Ashley Hahn 805.346.3402 or Jenni Davis 805.474.5303		1
4 10:00 Spanish Support Group Apoyo y educación para personas con cáncer 2:00 Energy Balancing 5:00 Presentation: Aromatherapy Workshop	5 2:00 Acupressure for Self-Care 5:00 Caregiver Support Group	6	7	8
11	12 2:00 Acupressure for Self-Care	13 5:00 Presentation: Palliative Care	14 1:00 Men's Cancer Discussion Group 2:30 Living with Cancer General Support Group	15
18 10:00 Grupo de Discusión para Hombres con Cáncer 2:00 Energy Balancing	19 2:00 Acupressure for Self-Care 3:30 SPOHNC Head and Neck Cancer Support Group	20 10:00 Look Good Feel Better 3:00 HEAL: Healthy Eating and Activity for Living The Power of Protein for Cancer Patients	21 5:00 Discussion Group: Managing Loss and Grief	22
25	26	27		29 osed November 28-29 hanksgiving holiday.

## **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	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  Werry Christmas  Office closed December 24-25 for the Christmas holiday.		26	27
30	31	Ture Crinistinas noticay.		Calendar depicts weekdays only.