

November Classes and Programs: Mission Hope Cancer Center, Santa Maria

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Most classes listed here are held in the Mission Hope Cancer Center, Santa Maria in the Conference Room. For specific location addresses and class details, please see pages 18-21.</p>		<p>November is National Family Caregivers Month... A time to recognize and honor all caregivers.</p> <p>Need resources on caregiving? Please call: Ashley Hahn 805.346.3402 or Jenni Davis 805.474.5303</p>		<p>1 8:00 Grupo de Discusión para Hombres con Cáncer 1:00 Something More</p>
<p>4 10:00 Art Therapy 10:00 Cancer Rehab 10:00 Massage Therapy 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment</p>	<p>5 8:00 Comida para la Vida (Spanish) 9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class 5:00 Presentation: Aromatherapy Workshop</p>	<p>6 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 4:30 Cancer Rehab 5:00 Caregiver Support Group</p>	<p>7 9:00 Acupressure for Self-Care 2:00 HEAL: Healthy Eating and Activity for Living The Power of Protein for Cancer Patients 6:00 Cancer Rehab</p>	<p>8 8:00 Men's Cancer Discussion Group 1:00 Something More 1:00 Soul Collage</p>
<p>11 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment 5:00 SPOHNC, Santa Maria</p>	<p>12 9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class 4:00 Kids Support Circle</p>	<p>13 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 12:45 Learn Golf 4:30 Cancer Rehab</p>	<p>14 9:00 Acupressure for Self-Care 5:00 Presentation: Palliative Care 6:00 Cancer Rehab</p>	<p>15 8:00 Grupo de Discusión para Hombres con Cáncer</p>
<p>18 10:00 Cancer Rehab 10:00 Massage Therapy 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment</p>	<p>19 9:00 Lymphedema Prevention Exercise 9:30 Look Good Feel Better 10:30 Tai Chi Chuan Class 5:00 Discussion Group: Managing Loss and Grief</p>	<p>20 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 6:00 Family Night Support Group Holiday Party</p>	<p>21 9:00 Acupressure for Self-Care 2:00 Energy Balancing 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab</p>	<p>22 8:00 Men's Cancer Discussion Group</p>
<p>25 10:00 Cancer Rehab</p>	<p>26 3:00 Book Club</p>	<p>27</p>	<p>28 Office closed November 28-29 for the Thanksgiving holiday.</p> <p>29</p> 	

December Classes and Programs: Mission Hope Cancer Center, Santa Maria

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Cancer Rehab 10:00 Massage Therapy 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	3 8:00 Comida para la Vida (Spanish) 9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class	4 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 4:30 Cancer Rehab 5:00 Caregiver Support Group	5 9:00 Acupressure for Self-Care 2:00 HEAL: Healthy Eating and Activity for Living Eating Healthy and Exercising on a Budget 6:00 Cancer Rehab	6 8:00 Grupo de Discusión para Hombres con Cáncer 2:00 Art Therapy
9 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	10 9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class	11 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 12:45 Learn Golf 4:30 Cancer Rehab	12 9:00 Acupressure for Self-Care 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 6:00 Cancer Rehab	13 8:00 Men's Cancer Discussion Group 1:00 Soul Collage
16 10:00 Cancer Rehab 10:00 Massage Therapy 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	17 9:00 Lymphedema Prevention Exercise 9:30 Look Good Feel Better 10:30 Tai Chi Chuan Class	18 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 4:30 Cancer Rehab	19 9:00 Acupressure for Self-Care 2:00 Energy Balancing 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab	20 8:00 Grupo de Discusión para Hombres con Cáncer
23 10:00 Cancer Rehab	24  25 <i>Merry Christmas</i>		26 6:00 Cancer Rehab	27
Office closed December 24-25 for the Christmas holiday.				
30 10:00 Cancer Rehab	31			