

# May Calendar

## SPECIAL PROGRAMS

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| <b>May 04</b><br>6:00 pm - 7:00 pm   | <b>Cancer Awareness Month Workshop:<br/>Melanoma and Skin Cancer</b> |
| <b>May 06</b><br>3:00 pm - 4:00 pm   | <b>Painted Rocks</b>   |
| <b>May 06</b><br>5:30 pm - 6:30 pm   | <b>Complimentary and Natural Therapies</b>                           |
| <b>May 06</b>                        | <b>Slow Flow Yoga for Youth</b>                                      |
| <b>May 13</b>                        |  |
| <b>May 20</b>                        |  |
| <b>May 27</b><br>6:15 pm - 7:00 pm   |  |
| <b>May 11</b><br>6:00 pm - 7:00 pm   | <b>The Power of Immunotherapy: Back to the Future</b>                |
| <b>May 12</b><br>5:00 pm - 5:50 pm   | <b>Reiki Meditation</b>  |
| <b>May 13</b><br>10:00 am - 11:00 am | <b>Coffee Club</b>   |
| <b>May 24</b><br>6:00 pm - 7:30 pm   | <b>Survivorship Group</b>  |
| <b>May 25</b><br>6:00 pm - 7:00 pm   | <b>Love and Laughrer</b>   |
| <b>May 27</b><br>5:00 pm - 7:00 pm   | <b>"Can You Hear My Voice" Film Screening and Q&amp;A</b>            |

## PROGRAMAS EN ESPAÑOL

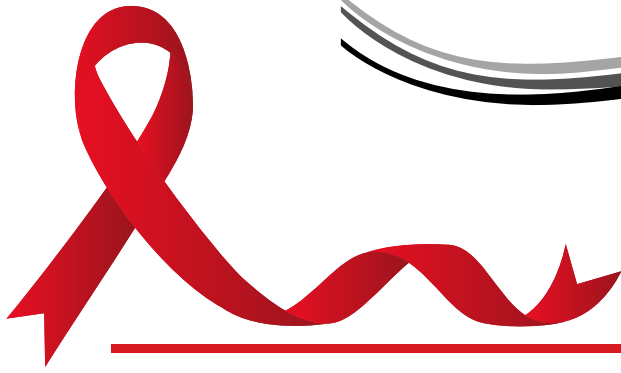
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| <b>08 de Mayo</b><br>10:30 am - 12:00 am | <b>Nuestras emociones: identificando la Ansiedad</b>                   |
| <b>15 de Mayo</b><br>10:30 am - 12:00 am | <b>Sugerencias que ayudan a sobrevivientes de un evento traumático</b> |

All programs are offered virtually through Zoom. Give us a call at (626) 796-1083 or visit our Getting Started page to get involved in our programs:

**GETTING STARTED PAGE**

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# May Calendar

## WEEKLY HEALTHY LIFESTYLE CLASSES AND SUPPORT GROUPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>10:00 am</b> Zumba Sentao</p>	<p><b>12:00 pm</b> Pilates</p>	<p><b>11:30 am</b> Up, Down, &amp; Around: Cardio and Strength Training</p>	<p><b>11:00 am</b> Accessible Yoga</p>		<p><b>10:00 am</b> Mindful Yoga</p>
<p><b>11:00 am</b> Patient Support Groups</p>		<p><b>5:30 pm</b> Yoga</p>	<p><b>11:30 am</b> Breast Cancer Support Group</p>		<p><b>12:00 pm</b> Grupo Fuerza y Esperanza</p>
<p><b>2:30 pm</b> Feldenkrais</p>		<p><b>6:00 pm</b> Patient Support Groups</p>	<p><b>2:00 pm</b> Mindfulness for Health</p>		<p><b>2:00 pm</b> Yoga en Español</p>
<p><b>4:00 pm</b> Knit Together</p>		<p><b>6:00 pm</b> Family and Friends Support Groups</p>	<p><b>6:00 pm</b> Yoga</p>		
<p><b>6:00 pm</b> Restorative Yoga</p>			<p><b>6:00 pm</b> Black Support Circle</p>		
<p><b>6:30 pm</b> Bereavement Support Group</p>			<p><b>7:00 pm</b> Patient Support Group</p>		
			<p><b>7:00 pm</b> Family and Friends Support Group</p>		

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