

# January Calendar

## SPECIAL PROGRAMS

- Cervical Cancer Workshop: Monday, Jan 04, 6:00 pm - 7:00 pm
- Complimentary and Natural Therapies: Thursday, Jan 07, 5:00 pm - 6:00 pm
- The Fundamentals of Estate Planning: Monday, Jan 11, 6:00 pm - 7:00 pm
- Love and Laughter with Jason Love: Tuesday, Jan 12, 6:00pm - 7:30 pm
- Game Night: Wednesday, Jan 13, 5:00 pm - 6:00 pm
- Reiki Meditation: Wednesday, Jan 13, 5:00 pm - 6:00 pm
- Coffee Club: Thursday, Jan 14, 10:00 am - 11:00 am
- Balancing Work and Cancer: Tuesday, Jan 19, 6:00 pm - 7:00 pm
- The Research around Insomnia: Monday, Jan 25, 6:00 pm - 7:00 pm
- Survivorship Group: Monday, Jan 25, 6:00 pm - 7:30 pm

## PROGRAMAS EN ESPAÑOL

- Yoga en Español: Todos los Sábados, 2:00 pm - 3:00 pm

## WEEKLY HEALTHY LIFESTYLE CLASSES AND SUPPORT GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	11:00 am Patient Support Groups	10:30 am Dancing for Fitness and Fun	5:30 pm Yoga	11:00 am Accessible Yoga		10:00 am Mindful Yoga
	12:30 pm Yoga	12:00 pm Pilates	6:00 pm Patient Support Groups	11:30 am Breast Cancer Support Group		12:00 pm Grupo Fuerza y Esperanza
	2:30 pm Feldenkrais		6:00 pm Family and Friends Support Groups	2:00 pm Mindfulness for Health		2:00 pm Yoga en Español
	4:00 pm Knit Together			5:00 pm The Resilience Toolkit		
	6:00 pm Restorative Yoga			6:00 pm Yoga		
	6:30 pm Bereavement Support Group			7:00 pm Patient Support Group		
				7:00 pm Family and Friends Support Group		

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

## SOCIAL MEDIA PAGES

