Welcome Meeting

Every Monday • 6pm | Fridays • 11am | No Appointment Necessary

Drop-in to our welcome meeting and learn about our philosophy and FREE programs from cancer patients who have participated here at CSCRB. Cancer patients and their loved ones are invited to share their stories or just listen.

You may attend all workshops, lectures, mind-body activities & networking groups before attending a Welcome Meeting.

NETWORKING GROUPS

Drop-in groups for patients & their loved ones are facilitated by licensed mental health professionals. These groups are for sharing and learning from others who are going through similar experiences.

**Carcinoid & Neuro-Endocrine Tumor**
1st Saturday • Aug 4 & Sep 8 10:30am - 12:30pm

**Managing Chemo Brain Networking Group**
3rd Monday • Aug 20 & Sep 17 6pm - 8pm

**Leukemia, Lymphoma & Multiple Myeloma**
2nd Thursday • Aug 9 & Sep 13 1pm - 3pm

**Life After Cancer**
Monday, Aug 6 & Tue, Sep 11 • 6pm - 8pm

**Young Cancer Survivorship**
2nd & 4th Monday • Aug 13, 27 & Sep 10 & 14 • 6pm - 8pm

**Young Cancer Survivorship (offsite)**
1st and 3rd Tuesday Aug 7, 21 & Sep 14, 18 • 6:30pm - 8:30pm; Lakewood Family YMCA, 5835 E. Carson Street, Lakewood, CA 90713

*young adults diagnosed with cancer before their early 40’s, regardless of current age.

**Prostate Cancer - Kaiser Permanente South Bay**
2nd Wednesday Aug 8 & Sep 12 • 5 - 7pm

**Carcinoma Alliance**
2nd Saturday • Aug 11 & Sep 8 11am - 1pm

**Thyroid Cancer Networking: ThyCa-South Bay**
Aug 11 & Sep 8 • 10am - 12pm

**Lung Cancer 3rd Saturday**
Aug 18 & Sep 15 • 10:30am - 12:30pm

**Prostate Cancer 1st & 3rd Wednesday**
Aug 1 & 15, Sep 5 & 19 • 4:30pm - 6:30pm

**Parenting Through Cancer**
2nd Tuesday • Aug 14 & Sep 11 5pm - 6:30pm This group is for parents with children ages 5 - 12 years old. Learn effective communication & behavioral tools when the family is affected by cancer. The group meets during the Kids Support Group meeting.

**MIND-BODY ACTIVITIES**

These free activities are drop-in groups. All are welcome!

**Gentle Yoga**
Ideal for anyone who wishes to benefit from healing, stretching and strengthening their bodies & minds. We will sync our breath to movements in a meditative flow. With Susan Tamala.
Mondays • 1:30pm - 2:45pm

**Restorative Yoga**
Restore the mind & body and relax to release stress. Bring a small hand towel to place over your eyes. With Michael Norder, Mondays • 6pm - 7pm.

**Early Yoga**
Come to relax & rejuvenate your body, mind & spirit. Explore breathing techniques, simple stretches & guided meditation. With Isabelle Royer and Yoshiko Nishioka.
Wednesdays • 10:30am - 11:30am

**Morning Yoga**
Balance, inner calm & strength using a gentle approach and pose modification. We will practice breathing techniques, stretching & meditation. Thursdays with Efrat Pomerantz or Sandra Ruckdachsl • 10am - 11:15am

**Gentle Hatha Yoga**
In a supportive and welcoming environment, Maureen O’Connor & Sandra Ruckdachsl encourage students to move, breathe & observe sensations without attachment. Thursdays • 6pm - 7pm

**Basic Yoga**
Move all your major muscle groups while addressing any movement limitations. Appropriate for all levels of ability in any stage of recovery. With Michael Norder.
Fridays • 11am - 12pm

**Therapeutic Restorative Yoga**
This unique class integrates gentle yoga, healing touch, breath work and guided meditation to support healing of the body, mind and spirit. With Barb Phillips.

**Tai Chi**
A graceful, slow & gentle exercise that improves balance and coordination as well as good physical & mental well-being. Anyone, old or young, strong or weak can benefit. With Instructor Les Krczuk.
Fridays • 12:30pm - 1:45pm

**Ocean View Tai Chi**
Tai Chi has been proven to reduce stress & tension, improve balance & flexibility and soothe the mind of distractions. Come & enjoy the beautiful outdoor ocean setting. With Instructor Ann Pitts.
Fridays • 9:30am - 10:30am

**Cardio for Wellness**
Cardio helps to reduce stress, improve sleep and keep your brain sharp. Claudia Welch will modify steps to accommodate any level of recovery.
Tuesdays • 9:30am - 10:15am

**Reiki Energy Circle**
In a group setting, learn to share and experience giving & receiving energy. Facilitated with Jovita Tran & Reiki Masters from the South Bay.
Every 4th Friday • 12:30pm - 3pm

**Strength & Balance**
A fun and energetic group exercise class that promotes the improvement of functional strength, balance and stability. With Mudaser Hakami.
Wednesdays • 2:30pm - 3:30pm

**Guided Meditation**
With frequent practice & group support, you will discover the benefits of quieting your mind. With Christine Campisi or Farzaneh Jafari.
Wednesdays • 5pm - 5:45pm

**Writing For Wellness**
This monthly program offers family and friends who are affected by cancer, ways to express themselves through writing. With Barbara Force. 
August 18 & September 15.

Celebrating 31 years of serving cancer patients and their families, completely free of charge.

WEEKLY EDUCATION SUPPORT GROUPS

Requires attendance at a Welcome Meeting prior to joining a group.

Ongoing support groups are facilitated by licensed mental health professionals for cancer patients & their loved ones. Family groups are for spouses, significant others, parents, children or close friends. One or more support persons may join a family group.

**Tuesdays**
Cancer Patient Group • 6pm - 8pm
Family/Partners • 6pm - 8pm
Breast Cancer Group • 6 - 8pm

**Wednesdays**
Women’s Cancer Group • 10:30am - 12:30pm
Cancer Patient • 6pm - 8pm
Family/Partners • 6pm - 8pm
Newly Diagnosed Breast Cancer • 6pm - 8pm

**Thursdays**
Cancer Patient • 2pm - 4pm & 6pm - 8pm
Family/Partners • 6pm - 8pm
Newly Diagnosed Breast Cancer • 6pm - 8pm

Family Bereavement Group
Drop-in meeting. Meets on Monday, August 6, 20 & September 3, 17. Tuesday, August 14, 28 & September 11, 25.
WORKSHOPS & EVENTS
Please pre-register for all Workshops & Events by calling 310-376-3550.

LACNET Saturday, August 4 • 10:30am – 12:30pm
Join us for networking and a light breakfast! We are partnering with the Los Angeles Carcinoid Neuroendocrine Tumor Society (LACNETS) for our monthly Carcinoid & Neuroendocrine Tumor Networking Group. A complimentary light breakfast & beverages will be provided by LACNETS. www.LACNETS.org.

Therapeutic Restorative Yoga Tuesday, August 7 and 21 • 6pm – 7pm
This unique class integrates gentle yoga, healing touch, breath work and guided meditation to support healing of the body, mind and spirit. Asanas will target the deep tissues of the core and limbs. Therapeutic Restorative Yoga is especially beneficial to those living with physical restrictions and juggling busy schedules. With Barb Phillips, OTD, OITL, Doctor of Occupational Therapy. Class limited to 8 people.

Knit for Life with Liza Legaspi Saturday, August 11 • 11am – 12pm
Liza Legaspi, a three year breast cancer survivor, shares her stories of hope, courage and how she found peace in creating hats and scarves during her battle. Attend her one hour knitting class and learn how to make beautiful loom knit hats, scarf or blanket. It’s fun and easy. Most of all, it transports you to a creative place. Supplies will be provided.

Finding Your Style with Cindy Notaro Monday, August 13 • 10:30am – 12:30pm
In this interactive workshop you will learn a fun and simple way to discover your most inner passions and style! Find out how to coordinate a wardrobe using fundamental steps that save you time and money. Never go to your closet again wondering what to wear and feeling what you have on “isn’t you”! Cindy Vezina Notaro has been an image consultant for over twenty five years.

Lunch Discussion: Part 1 - Turn Off Pain with Self-Hypnosis Tools with Duncan Tooley Friday, August 17 • 1pm – 2:30pm
Learn two easy techniques to switch off pain and practice them in class. You will learn 60-second mental pain reduction and I-RELAX Self-Hypnosis process. Attendees will receive free copies of 60-second Pain Turn Down book and Self-Hypnosis audio meditation (MP3 & mini-ebook PDF). No prior experience with hypnosis or meditation needed. 12:30 – 1:00pm Lunch and Social Time. Lunch donated by the world famous “THE SPOT” restaurant in Hermosa Beach.

Beginning Hanna Somatic with Ken Lew Friday, August 17 • 3pm – 4:30pm
Join us in this introductory Hanna Somatic class to help relieve chronic pain, joint stiffness or if you have difficulty moving with ease. Ken will help you resolve issues for more flexibility and good body movement patterns.

Writing for Wellness with Barbara Force Saturday, August 18 • 9am – 12pm
This monthly class offers everyone affected by cancer, participants, family and friends ways to express themselves through writing. Writing has been shown in studies to reduce stress and engender well-being.

Glass Bottom Boat Tour – Family Event Saturday, August 18 • 9:45am
The “Looking Glass” is a 19 passenger USCGC inspected semi-submersible underwater viewing boat fit for the whole family. It has over 6 tons of lead to sink the lower viewing area which has two 7 ft. long underwater windows. Event is limited to 19 people.

Crystal Alchemy Bowl Sound Meditation Monday, August 20 • 2 – 4:30pm
Bathe in the sound of the rich, pure, vibrant tones of the crystal alchemy singing bowls and experience a deeply relaxing, rejuvenating state of well-being and meditation. Jeralyn will utilize awareness techniques which in conjunction with the alchemy singing bowls guide you to a state of clarity, creativity and assist the mind and body in self-healing. Jeralyn Glass is a Professor of Voice and an international performing artist who has sung leading roles in Europe, America and the Far East. Her very personal story of loss has led her on the path of music and sound frequency for releasing and healing.

Melt Method with Nancy Starr Tuesday, August 21 • 11:30am – 12:45pm
The Melt method is a self-healing technique (using small balls on the hands and feet) designed to balance the nervous system and rehydrate the connective tissue. All equipment will be provided. The class is taught by Nancy Starr, a massage therapist for the past 12 years and Melt instructor for the past 3 years.

Lunch Discussion: Part 2 - Accelerate Healing with Self-Hypnosis with Duncan Tooley Friday, August 24 • 1pm – 2:30pm
Learn how to boost your body’s healing powers through self-hypnosis for your specific medical needs. Practice the process during class. Attendees will receive a free audio MP3 hypnotic meditation (MP3) and mini-ebook (PDF) to “Increase Anything” for any aspect of your life journey, based on the same process as the class. *Prior experience with hypnosis or meditation not required. Attendance at August 17 class is not required; content is different. Attend either or both, 12:30 – 1:00pm Lunch and Social Time. Lunch donated by the world famous “THE SPOT” restaurant in Hermosa Beach.

Reiki Energy Circle Friday, August 24 • 12:30pm – 3pm
Facilitated by Jovita Tran and other Reiki Masters from the South Bay. In a group setting, learn to share and experience giving and receiving. Join us in this Circle using Reiki energy techniques.

Kids & Teens Yoga Thursday, August 30 • 4:30pm – 5:45pm
Research shows that students who participated in the yoga offering during PE class over 10 weeks scored better on screening for anxiety, depression, and mood imbalances and reported fewer negative emotions than the students who did not. This class is for kids 10 and up.

WORKSHOP/EVENT
(Please RSVP)

MONDAY TUESDAY

6  ■ Gentle Yoga 1:30pm - 2:45pm
  ■ Restorative Yoga 6pm - 7pm
  ■ Welcome Meeting 6pm
  ■ Life After Cancer 6pm - 8pm
  ■ Family Bereavement Group 6 - 8pm

7  ■ Cardio For Wellness 9:30am
  ■ Tai Chi 1pm - 2pm
  ■ Breast Cancer Support Group 5:30pm - 7:30pm - San Pedro
  ■ Cancer Patient Group 6 - 8pm
  ■ Family/Partners Group Breast Cancer Group
  ■ Young Cancer Survivorship 6:30pm - 8pm - Lakewood
  ■ Therapeutic Restorative Yoga 6pm - 7pm

13  ■ Gentle Yoga 1:30pm - 2:45pm
  ■ Spousal Bereavement Group 5pm - 7pm - Long Beach
  ■ Restorative Yoga 6 - 7pm
  ■ Young Cancer Survivorship 6pm - 8pm
  ■ Welcome Meeting 6pm
  ■ Finding Your Style 10:30am - 12:30pm

14  ■ Cardio For Wellness 9:30am
  ■ Tai Chi 1pm - 2pm
  ■ Family Bereavement Group 3 - 5pm
  ■ Parenting Through Cancer 5 - 6:30pm
  ■ Kids Community 5pm - 6:30pm
  ■ Breast Cancer Support Group 5:30pm - 7:30pm - San Pedro
  ■ Cancer Patient Group 6 - 8pm
  ■ Family/Partners Group Breast Cancer Group

20  ■ Gentle Yoga 1:30pm - 2:45pm
  ■ Restorative Yoga 6pm - 7pm
  ■ Welcome Meeting 6pm
  ■ Managing Chemo Brain Ntwkg 6pm - 8pm
  ■ Family Bereavement Group 6 - 8pm
  ■ Crystal Alchemy Bowl Sound Meditation 3pm - 4:30pm

21  ■ Cardio For Wellness 9:30am
  ■ Tai Chi 1pm - 2pm
  ■ Breast Cancer Support Group 5:30pm - 7:30pm - San Pedro
  ■ Cancer Patient Group 6 - 8pm
  ■ Family/Partners Group Breast Cancer Group
  ■ Young Cancer Survivorship 6:30pm - 8pm - Lakewood
  ■ Melt Method 11:30am - 12:45pm
  ■ Therapeutic Yoga 6pm - 7pm

27  ■ Gentle Yoga 1:30pm - 2:45pm
  ■ Spousal Bereavement Group 5pm - 7pm - Long Beach
  ■ Restorative Yoga 6 - 7pm
  ■ Young Cancer Survivorship 6pm - 8pm
  ■ Welcome Meeting 6pm

28  ■ Cardio For Wellness 9:30am
  ■ Tai Chi 1pm - 2pm
  ■ Family Bereavement Group 3 - 5pm
  ■ Kids Community 5pm - 6:30pm
  ■ Breast Cancer Support Group 5:30pm - 7:30pm - San Pedro
  ■ Cancer Patient Group 6 - 8pm
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<td>4&lt;br&gt;Carcinoid &amp; Neuro-Endocrine Tumor Networking 10:30am - 12:30pm&lt;br&gt;Fit &amp; Well Worth It 11am - 12pm&lt;br&gt;LACNET 10:30am - 12:30pm</td>
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<td>11&lt;br&gt;ThyCa-South Bay: Thyroid Cancer Networking 10am - 12pm&lt;br&gt;Free Yoga on the Octagon 10am - 11am&lt;br&gt;Fit &amp; Well Worth It 11am - 12pm&lt;br&gt;Sarcoma Alliance 11am - 1pm&lt;br&gt;Knit For Life 11am - 12pm</td>
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<td>18&lt;br&gt;Writing for Wellness 9am-12pm&lt;br&gt;Lung Cancer Networking 10:30am - 12:30pm&lt;br&gt;Fit &amp; Well Worth It 11am - 12pm&lt;br&gt;Glass Bottom Boat Tour - 9:45am</td>
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Therapeutic Restorative Yoga  
**Tuesday, September 4 & 18 • 6pm - 7pm**

This unique class integrates gentle yoga, healing touch, breath work and guided meditation to support healing of the body, mind and spirit. Asanas will target the deep tissues of the core and limbs. Therapeutic Restorative Yoga is especially beneficial to those living with physical restrictions and juggling busy schedules. With Barb Phillips, OTD, OTF/L, Doctor of Occupational Therapy. Class limited to 8 people.

**Provenge Immunotherapy for Prostate Cancer**

**Wednesday, September 5 • 5pm - 6:30pm**

Join us as Dr. Jacek Pinski discusses Provenge, a personalized vaccine therapy for prostate cancer that changes the patient’s own immune system to detect and attack cancer cells with little impact to healthy tissue or cells. Dr. Pinski is a tenured Associate Professor of Medicine in the Division of Medical Oncology and Co-Director of the Gentionary Program at the Norris Comprehensive Cancer Center of the University of Southern California in Los Angeles, where he combines clinical care with basic research on the biology of prostate cancer.

**Sound Therapy with Sylvia Kulczak**

**Friday, September 7 • 7pm - 8pm**

Sylvia will guide you through Tibetan Singing Bowls to soothe your mind and body, and then tune up the frequencies to invigorate and add extra energy to your cells. Sylvia has been a Sound Therapy Practitioner since 2005.

**Knit for Life with Liza Legaspi**

**Saturday, September 8 • 11am - 12pm**

Liza Legaspi, a three year breast cancer survivor, shares her stories of hope, courage and how she found peace in creating hats and scarves during her battle. Attend her one hour knitting class and learn how to make beautiful loom knit hats, scarf or blanket. It’s fun and easy and at the end of the class, you transport your creation to a creative place. Supplies will be provided.

**Lunch Discussion: Healthy Cooking Can Be Simple, Tasty, and Fun with Pam Braun**

**Friday, September 14 • 1pm - 2:30pm**

Join us for this fun cooking demo with Pam Braun, author of The Ultimate Anti-Cancer Cookbook. Pam will be demonstrating some autumn favorites: i.e., how to make tasty veggie pizzas, comforting homemade soups, and more! Pam, a former chef and restaurant owner, was diagnosed in 2004 at the age of 52. Her fierce determination to do all she could through her cancer journey, in conjunction with traditional medical treatment, compelled her to begin researching the science of food and its relationship to cancer. Pam will also share the new results from The Third Expert Report, the largest study of its kind to date regarding nutrition and cancer. 12:30pm – 1:00pm Lunch and Social Time. Lunch donated by the world famous “THE SPOT” restaurant in Hermosa Beach.

**Writing for Wellness with Barbara Force**

**Saturday, September 15 • 9am - 12pm**

This month’s program offers everyone affected by cancer, participants, family and friends ways to express themselves through writing. Writing has been shown in studies to reduce stress and engender well-being.

**Crystal Alchemy Bowl Sound Meditation**

**Monday, September 17 • 3pm - 4:30pm**

Bathe in the sound of the rich, pure, vibrant tones of the crystal alchemy singing bowls and experience a deeply relaxing, rejuvenating state of well-being and meditation. Jeralyn will utilize awareness techniques which in conjunction with the alchemy singing bowls guide you to a state of clarity, creativity and assist the mind and body in self-healing. Jeralyn Glass is a Professor of Voice and an international performing artist who has sung leading roles in Europe, America and the Far East. Her very personal story of loss has led her on the path of music and sound frequency for releasing and healing.

**Melt Method with Nancy Starr**

**Tuesday, September 18 • 11:30am - 12:45pm**

The Melt Method is a self-help technique (using small balls on the hands and feet) designed to balance the nervous system and rehydrate the connective tissue. Medical research has shown that Melt reduces chronic pain, increases flexibility, and heightens our body’s ability to repair and heal itself. All equipment will be provided. The class is taught by Nancy Starr, a massage therapist for the past 11 years and Melt instructor for the past 3 years.

**Dance Away Sadness: Move Beyond Your Grief with Dr. Birgitte Tan**

**Thursday, September 20 • 11am - 1:15pm**

Movement and music open up the energy centers in our body and help change our cells and internal state. “Dance Away Sadness: Move Beyond Your Grief” uses freestyle dancing with guiding words to allow us to express ourselves and our grief in a way that words cannot. This program is suitable for all levels of fitness, including those with physical challenges. Dr. Tan is a Veterinarian Oncologist. She developed “Dance Away Sadness: Move Beyond Your Grief” after experiencing a multitude of grief herself.

**Joe Biden’s Moonshot Friday, September 21 • 1pm - 2:30pm**

Join Cancer Support Community Redondo Beach as we continue to look at the Cancer Moonshot goals and the Biden Cancer Initiative of ending cancer. We will be discussing recent developments in cancer research and bring our participants together to have a meaningful conversation and develop shared action plans needed to improve the cancer journey.

**Beginning Hanna Somatic with Ken Lew**

**Friday, September 21 • 3pm - 4:30pm**

Join us in this introductory Hanna Somatic class to help relieve chronic pain, joint stiffness or if you have difficulty moving with ease. Ken will help you resolve issues for more flexibility and good body movement patterns.

**Back to School Puppy Party**

**Tuesday, September 25 • 4:30pm - 5:30pm**

The best prescription for back-to-school-stress? A puppy party! 10 puppies will be on site for kids and teens to play with.

**Lunch Discussion: Frankly Speaking About Cancer Immunotherapy with Wade Nishimoto, MD**

**Friday, September 28 • 1pm - 2:30pm**

This workshop offers information on one of the most exciting new discoveries and treatments for cancer, immunotherapy. Patients and their loved ones are invited to join us as we learn how the immune system interacts with cancer, treatments that are currently available, as well as treatments that are being developed, and tips to manage common side effects. In addition, participants will learn about ways to cope with the social and emotional challenges of a cancer diagnosis. Dr. Wade Nishimoto is Board Certified and certified Medical Oncologist specializing in Hematology. He has been in private practice at California Hematology Oncology Medical Group for over 25 years. 12:30pm – 1:00pm Lunch and Social Time. Lunch donated by the world famous “THE SPOT” restaurant in Hermosa Beach.
### SEPTEMBER 2018

#### WEEKLY SUPPORT GROUP
(Registration Required)

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<tr>
<td></td>
<td>Provenge Immunotherapy for Prostate Cancer 5pm - 6:30pm</td>
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#### OFFSITE ACTIVITY/GROUP
(See page 6 for location info)

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>6</td>
<td>Morning Yoga 10 - 11:15am</td>
<td>Welcome Meeting 11am</td>
<td>Welcome Meeting 11am</td>
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<td></td>
<td>Leukemia/Lymphoma 1 - 3pm</td>
<td>Basic Yoga 11am - 12pm</td>
<td>Basic Yoga 11am - 12pm</td>
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<td></td>
<td>Cancer Patient Group 2 - 4pm</td>
<td>Lunch Discussion: Healthy Cooking Can Be Simple, Tasty &amp; Fun with Pam Braun 1pm - 2:30pm</td>
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<td>Teens Connect 4:30pm - 6pm</td>
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<td>Cancer Patient Group 5 - 7pm</td>
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<td>Long Beach Cancer Group 5 - 7pm</td>
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<td></td>
<td>Guided Meditation 5pm - 5:45pm</td>
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<td>Cancer Patient Group 6 - 8pm</td>
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<td>Family/Partners Group</td>
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<td>Newly Diag Breast Cancer</td>
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#### MIND-BODY ACTIVITY
(Drop-in)

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<tr>
<td>7</td>
<td>Ocean View Tai Chi 9:30am</td>
<td>Welcome Meeting 11am</td>
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<td>Welcome Meeting 11am</td>
<td>Basic Yoga 11am - 12pm</td>
<td>Basic Yoga 11am - 12pm</td>
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<tr>
<td></td>
<td>Morning Yoga 10am - 11:15am</td>
<td>Celebrando la Vida 5pm - 7pm</td>
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<td>Teens Connect 4:30pm - 6pm</td>
<td>Sound Therapy 9am - 10am</td>
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<td>Cancer Patient Group 2 - 4pm</td>
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<td>Long Beach Cancer Group 5 - 7pm</td>
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<td>Gentle Hatha Yoga 6 - 7pm</td>
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<td>Cancer Patient Group 6 - 8pm</td>
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*See page 7 for more info*
TEENS CONNECT

1st & 3rd Thursdays
August 2 & 16, September 6 & 20
4:30pm - 6:00pm
Teens Connect is a support group for teens ages 13-17 who have a family member battling cancer. Teens will explore their feelings of fear, guilt, confusion, anger and neglect. They will also learn life coping skills to help them deal with changing events in their lives that will help them into adulthood.

Teens Grief & Transition Group
August 9 & 23, September 13 & 27
4:30pm - 6:00pm
This transitional support group is for teens who are grieving the loss of a parent, grandparent, sibling or any other family member with cancer. In a small, support group setting, teens 13-17 years old will be supported through understanding death and loss and be guided through the grieving process. For more information or to register, please contact Jill Gray, LMFT at 310-376-3550 x112.

KIDS COMMUNITY

2nd & 4th Tuesdays: August 14, 28 & September 11, 25
5pm - 6:30pm
Kid’s Community© is a free support program for children 5–12 who have a family member with cancer. This group offers children an opportunity to make friends and learn new skills for living with the stresses of having cancer in the family. In a small, supportive group setting, children will talk, learn, and grow together with other children living with cancer.

Kids Grief & Transition Group
1st & 3rd Wednesday • August 1, 15 & September 5 & 19
4pm - 5:30pm
CSCRB offers a support group for children ages 5-12 who are grieving the loss of a parent, grandparent, sibling, or any other family member to cancer.

In a small, supportive group setting, children will be supported through understanding death and loss and be guided through the grieving process. The goal of the group is to normalize the healing process. Activities such as art and play will be utilized. For more information please contact Jill Gray, MA, LMFT, MFC 99995, Kids Community Coordinator at 310-376-3550 or email jill@cancersupportredondobeach.org.

COUNSELING

Individual, Couples & Family Counseling

Cancer Support Community Redondo Beach offers free short-term counseling to Community members, to couples and family members. Joining a weekly support group is also strongly encouraged.

Attendance at a Welcome Meeting is required before beginning counseling. The counseling is short-term and provided by our graduate interns under the supervision of our licensed clinical staff. For information, please contact Nancy Lomibao, MS, LMFT at 310-376-3550.

Celebando La Vida Grupo en Redondo Beach

Primero y Tercero viernes • cada mes
Viernes en la tarde a las 5 a 7pm.

La ubicación: Cancer Support Community 109 W. Torrance Blvd. Redondo Beach

Grupo de apoyo gratuito, en español, para pacientes, sobrevivientes y familiares combatiendo el cáncer.

Favor de llamar a: Juan Altamirano – 310-210-6685 para más información y confirmar su presencia.

GROUPS, PROGRAMS & ACTIVITIES PROVIDED AT OTHER LOCATIONS

Prostate Cancer Support Group
2nd Wednesday • 5pm - 7pm
August 8 and September 12
Kaiser Permanente Parkview Building
3rd Floor Conference Rm at PCH Entrance
1050 Pacific Coast Hwy, Harbor City, 90710

General Cancer Support Group
2nd Wednesday • Spanish • 9:30am - 11am
4th Friday • English • 9:30am - 11am
Harbor-UCLA Outpatient Cancer Clinic
1000 W. Carson St, Torrance, CA 90509

Long Beach Memorial Medical Center
Todd Cancer Institute Pavilion • 2810 Long Beach Blvd., Long Beach, CA 90806 – 2nd Floor, Group Room #2

Cancer Patient Group
Facilitated by Jo Ann Panitch, LMFT
Every Thursday • 5pm - 7pm

Spousal Bereavement Group
Facilitated by Dr. Stephen Lottenberg
Monday, August 13, 27 • 5pm - 7pm
Monday, September 10, 24 • 5pm - 7pm

Young Cancer Survivorship
1st & 3rd Tuesdays • 6:30pm - 8pm
August 7, 21 & September 4, 18.
Lakewood Family YMCA
5835 E. Carson Street, Lakewood, CA 90713

Breast Cancer Support Group
Every Tuesday • 5:30pm - 7:30pm
Providence Little Company of Mary
San Pedro
1300 W. 7th Street, San Pedro, CA 90732
Meet at Conference Room D
A support and educational group for women diagnosed with breast cancer.

Cancer Support Group
1st & 3rd Mondays • 6:30pm - 8pm
For people with cancer, their families and friends. Drop-in attendees welcome.

Orange County Mission Hospital - Conference Center
26726 Crown Valley Pkwy, Mission Viejo, 92691

Embrace Kids Program
Torrance Unified School District
Lawnsdale Elementary School District
Manhattan Beach Unified School District
Embrace Kids is a free, one hour in-school program that helps support children ages 5-13 who have a family member battling cancer. We are currently providing support at Torrance Unified School District, Lawnsdale Elementary School District and Manhattan Beach Unified School District. For more information please contact Jill Gray or Nancy Lomibao at 310-376-3550.

“Fit And Well Worth It” End Results Health & Wellness Center
This fitness and wellness class is for cancer patients who are newly diagnosed, current and post treatment, and their support people. Fit and Well Worth It class will introduce functional exercises specifically designed for survivors. RSVP 24 hours in advance by calling (424) 390-4008 or endresultswellness@gmail.com.

“Cancer Wellfit” • Bay Club Redondo Beach formerly Spectrum Club Redondo Beach
819 North Harbor Drive, Redondo Beach, CA 90277
This exercise program is a 10-week group mind/body fitness course designed for adult cancer survivors that are less than a year out of treatment. The group classes focus on resistance and flexibility training to help improve functional ability. To register please call Dan Schwab at 310-376-9443.

Kundalini Yoga • We Love Yoga
2038 E. 4th Street, Long Beach, CA 90814
562-396-4230. Move & breathe with us to find, solace, to heal, to expand, to commune and to acquire true knowledge of your glorious self through YOGA.

Kundalini Yoga classes are offered to Cancer Support Community participants. Call We Love Yoga or Cancer Support Community for schedule.
UPCOMING FUNDRAISERS

THE 4TH ANNUAL
ROW FOR A REASON

Friday & Saturday, September 7 & 8, 2018
at Body One Fitness in Redondo Beach
201 Herondo Street, Suite 100
www.RowForAReason.org

The 4th Annual Row For A Reason is a unique fundraiser that combines a great workout with a great cause. Participants sign up to row in half-hour time slots for a $50 donation. Row at your own pace, invite a friend to share the rowing with you, or push yourself to log as many meters as you can. Rowing times are Friday, September 7 from 4pm - 10pm and Saturday, September 8 from 7am - 12pm. Register online at www.rowforareason.org.

The 16th Annual...

Girls night out

Tuesday, Wednesday, Thursday • October 2, 3 & 4, 2018
at The Comedy & Magic Club in Hermosa Beach
www.GirlsNightOutCSCRB.org

Join CSCRB for an evening of humor to celebrate the women in our lives who have been touched by cancer. Festivities begin each night at 5:30pm with the opening of the bar and silent auction—followed by dinner, live auction, a fabulous show, a world class line-up of top comedians, a fun raffle and lots of laughs. Each evening will also include an inspirational speaker who will share their story of cancer survivorship. For more information and to purchase tickets ($100), please visit www.girlsnightoutcscrb.org or call 310-376-3550.

HELP SUPPORT CSCRB

$50 Supports one Welcome Meeting for new participants.

$100 Pays for the cost of four individual counseling sessions for a cancer patient or loved one.

$250 Will provide one weekly cancer patient or family support group for up to 14 at CSCRB.

$500 Will fund one year of the Life After Cancer support group.

$1,000 Funds one educational workshop pertaining to cancer for 50 participants, given by a physician or professional.

$2,500 Supports two months of weekly kids and teens counseling and activities for those experiencing cancer in their family.

$5,000 Funds one year of Kids & Teens Bereavement sessions.

www.CancerSupportRedondoBeach.org/donate

BENEFIT MOBILE

Help CSCRB by shopping at your favorite stores!

CSCRB has raised $1,000 so far with the Benefit app! Benefit is a free iPhone or Android app that can be used to pay for your everyday purchases. A percent (up to 20%) of your purchase goes directly back to Cancer Support Community Redondo Beach! Retailers like Starbucks, The Home Depot, Target, Amazon and many more! Download the app and add Cancer Support Community Redondo Beach as your beneficiary to start giving! For more information, please visit:

www.benefit-mobile.com

Our Partners Who Provide $25,000 Or More In Support Of Our Programs:

HIRSBERG FOUNDATION FOR Pancreatic CANCER RESEARCH

PENINSULA

Beach Cities Health District
**MISSION STATEMENT OF THE CANCER SUPPORT COMMUNITY**

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community.