



St. John's Regional Medical Center  
 St. John's Pleasant Valley Hospital  
 Members of CHW

# St. John's Cancer Center of Ventura County

## OCTOBER, NOVEMBER, DECEMBER 2010

Call (805) 988-2641 for more information.  
 Free classes for cancer patients and their families.

Mon	Tue	Wed	Thu	Fri
Relaxation Therapy: 9 a.m. – 4 p.m.	<i>Women with Cancer Support Group: 1 – 2:30 p.m.</i>  Relaxation Therapy: 9 a.m. – 4 p.m. and 5:30 – 7:30 p.m.	Relaxation Therapy: 9 a.m. – 4 p.m.  <i>Exercise is Wise: 4 – 5 p.m.</i>	Nutrition Counseling: 9 a.m. – 3 p.m. <i>Gentle Yoga: 1:45 – 3 p.m.</i> Feeling Stronger with Yoga: 3 – 4:30 p.m. Relaxation Therapy • CAMARILLO: 9 a.m. – noon Relaxation Therapy • OXNARD: 9 a.m. – 4 p.m. <i>The Color of Love: 7 – 8:30 p.m.</i>	Relaxation Therapy: 9 a.m. – noon
Relaxation Therapy: 9 a.m. – 4 p.m.	<i>Women with Cancer Support Group: 1 – 2:30 p.m.</i>  Relaxation Therapy: 9 a.m. – 4 p.m. and 5:30 – 7:30 p.m.  Colorectal Cancer Support Group: 6 – 7:30 p.m.	Relaxation Therapy: 9 a.m. – 4 p.m.  <i>Exercise is Wise: 4 – 5 p.m.</i>	Nutrition Counseling: 9 a.m. – 3 p.m. <i>Gentle Yoga: 1:45 – 3 p.m.</i> Feeling Stronger with Yoga: 3 – 4:30 p.m. Relaxation Therapy • CAMARILLO: 9 a.m. – noon Relaxation Therapy • OXNARD: 9 a.m. – 4 p.m.	Relaxation Therapy: 9 a.m. – noon
Relaxation Therapy: 9 a.m. – 4 p.m.	<i>Prostate Cancer Support Group: 10 – 11:30 a.m.</i>  Relaxation Therapy: 9 a.m. – 4 p.m. and 5:30 – 7:30 p.m.  <i>Women with Cancer Support Group: 1 – 2:30 p.m.</i>	Relaxation Therapy: 9 a.m. – 4 p.m.  <i>Exercise is Wise: 4 – 5 p.m.</i>	Nutrition Counseling: 9 a.m. – 3 p.m. <i>Gentle Yoga: 1:45 – 3 p.m.</i> Feeling Stronger with Yoga: 3 – 4:30 p.m. Relaxation Therapy • CAMARILLO: 9 a.m. – noon Relaxation Therapy • OXNARD: 9 a.m. – 4 p.m. <i>The Color of Love: 7 – 8:30 p.m.</i>	Relaxation Therapy: 9 a.m. – noon  <i>Lymphedema Education and Screening Clinic: 2 – 3 p.m. Outpatient Therapy Center 961 Rice Avenue #3 in Oxnard</i>
Relaxation Therapy: 9 a.m. – 4 p.m.	<i>Women with Cancer Support Group: 1 – 2:30 p.m.</i>  Relaxation Therapy: 9 a.m. – 4 p.m. and 5:30 – 7:30 p.m.  Colorectal Cancer Support Group: 6 – 7:30 p.m.	Relaxation Therapy: 9 a.m. – 4 p.m.  <i>Exercise is Wise: 4 – 5 p.m.</i>	Nutrition Counseling: 9 a.m. – 3 p.m. <i>Gentle Yoga: 1:45 – 3 p.m.</i> Feeling Stronger with Yoga: 3 – 4:30 p.m. Relaxation Therapy • CAMARILLO: 9 a.m. – noon Relaxation Therapy • OXNARD: 9 a.m. – 4 p.m.	Relaxation Therapy: 9 a.m. – noon  Cancer Support Group • Latino: 6:30 – 8 p.m.
Relaxation Therapy: 9 a.m. – 4 p.m.	<i>Women with Cancer Support Group: 1 – 2:30 p.m.</i>  Relaxation Therapy: 9 a.m. – 4 p.m. and 5:30 – 7:30 p.m.	Relaxation Therapy: 9 a.m. – 4 p.m.  <i>Exercise is Wise: 4 – 5 p.m.</i>	Nutrition Counseling: 9 a.m. – 3 p.m. <i>Gentle Yoga: 1:45 – 3 p.m.</i> Feeling Stronger with Yoga: 3 – 4:30 p.m. Relaxation Therapy • CAMARILLO: 9 a.m. – noon Relaxation Therapy • OXNARD: 9 a.m. – 4 p.m.	Relaxation Therapy: 9 a.m. – noon