FREE ONGOING ACTIVITIES

FOR AN APPOINTMENT, PLEASE CALL ST. JOHN'S CANCER CENTER OF VENTURA COUNTY,
988-2641
1700 No. Rose Avenue, Ste 145, Oxnard, CA 93030

APRIL: Testicular, esophageal, head & neck cancer awareness month
MAY: Melanoma, skin and brain cancer awareness month
JUNE: National Cancer Survivor's Month SAVE THE DATE: OUR CELEBRATION WILL BE ON JUNE 8TH.

Colorectal Cancer-2nd & 4th Tuesdays, 6-7:30pm, Co-sponsored with the American Cancer Society, Facilitator MaryAnna Palmer, MS, MFT, Wellness Community

Exercise is Wise, After Breast Cancer surgery Exercises, Wednesdays, 4-5pm, St. John's Outpatient Therapy Center, 961 N. Rice Avenue, #3, Oxnard

Free Wigs, Hats and Scarves

Group Meditation in Espanol, First Saturday of every month, 9:00am-12:00pm, Amalia Sperberg, RM

Individual bilingual counseling for patients and caregivers, by appointment only, call 988-2641.

Kids with relatives with cancer support group, Thursdays 6:30-8:00pm, Facilitator Diane Martell, LMFT, co sponsored by the Wellness Community, except the first Thursday.

Latina Breast Cancer Support Group, 1st and 3rd Thursdays, 12:00-1:00 Facilitator Rosie Hernandez, MSW, St. John's Regional Medical Center

Latino Cancer Support Group, 2ND AND 4TH FRIDAYS, 6:30-8:00pm, for patients and family members. Co-sponsored with the Wellness Community, Facilitator, A. Diane Martell, LMFT

Lymphedema Education and Screening Clinic, Third Fridays, 2:00-3:00pm Individual risk assessments and valuable information for the prevention of chronic lymphedema will be provided by Cassandra Norton, P.T.

Oncology Nurse Navigator, by appointment. Alicia Zaragoza, RN, NP, ONP provides bilingual information regarding diagnosis and treatment and survivorship.

Nutrition Counseling, Thursdays, 9:00am-3:00pm Individual one hour sessions with Susan J. Speer, MS, RD, FADA, CSO a certified nutritionist specializing in diet for cancer can help you eat better and feel better.

Prostate Cancer Support Group– 3rd Tuesday, 10-11:30, co-sponsored by the American Cancer Society, Facilitator Helmut K. Hoenigsberg, ACS Volunteer

Relaxation Therapy in the Reiki Tradition, Practitioners strategically place their hands on various positions of the body so Reiki Energy can begin to flow. Patients often report they have less pain and nausea and are able to sleep better and think more clearly.

Reinhabiting You Yoga Classes , taught by Audrey Waltzer, owner and director of Camarillo Yoga Center Gentle Yoga for your journey with Cancer, Thursdays 1:45-3:00pm Feeling Better and Stronger with Yoga, Thursdays 3:00-4:30pm

Women with Cancer– Every Tuesday, 1-2:30, co-sponsored with the Wellness Community, Facilitated by Joyce Boucher, LCSW MFT

CANCER SUPPORT COMMUNITY
VALLEY/VENTURA/SANTA BARBARA
Formerly The Wellness Community Valley/Ventura

St. John's Hospitals
A Dignity Health Member

American Cancer Society

CELEBRATE-REMEMBER-FIGHT BACK