St. John's Hospitals
A Dignity Health Member

St. John's Cancer Center of Ventura County

APRIL, MAY & JUNE 2013

Mon	Tue	Wed	Thu	Fri
Relaxation Therapy 9– 4:00pm	Women with Cancer Support Group 1-2:30pm Oxnard: Relaxation Therapy 9-4:00pm and 5:30-7:30	Relaxation Therapy 9am- 4:00pm Exercise is Wise 4-5:00pm	Nutrition Counseling 9-3:00pm Yoga I 1:45-3pm, Yoga II 3-4:30pm LATINA BREAST CANCER GROUP 12-1PM Relaxation Therapy CAMARILLO 9:am-12:00pm OXNARD 9-4	Relaxation Therapy 9am-- 12:00pm
Relaxation Therapy 9–4:00pm	Women with Cancer Support Group 1-2:30 Relaxation Therapy 9-4:00pm and 5:30-7:30 **Colorectal Cancer Support Group 6:00-7:30pm**	Relaxation Therapy 9am-4:00pm Exercise is Wise 4-5:00pm	Nutrition Counseling 9-3:00pm Gentle Yoga 1:45-3:00pm Felling Stronger with Yoga 3-4:30pm CAMARILLO: Relaxation Therapy 9:00am-12:00pm OXNARD: Relaxation Therapy 9-4 *Kids w/relatives w/cancer 6:30-8:00pm*	Relaxation Therapy 9am- 12:00pm Latino Cancer Support Group 6:30-8:00pm
Relaxation Therapy 9–4:00pm	Prostate Support 10-11:30am Relaxation Therapy 9-4:00pm and 5:30-7:30 Women with Cancer Support Group 1-2:30	Relaxation Therapy 9:am-4:00pm Exercise is Wise 4-5:00pm	Nutrition Counseling 9-3:00pm Yoga I 1:45-3pm, Yoga II 3-4:30pm LATINA BREAST CANCER GROUP 12-1PM Relaxation Therapy CAMARILLO 9:am-12:00pm OXNARD 9-4 *Kids w/relatives w/cancer 6:30-8:00pm*	Relaxation Therapy 9am- 12:00pm Lymphedema Education and Screening Clinic 2-3:00pm, RICE ROAD FACILITY
Relaxation Therapy 9–4:00pm	Women with Cancer Support Group 1-2:30 Relaxation Therapy 9-4:00pm and 5:30-7:30 **Colorectal Cancer Support Group 6:00-7:30pm**	Relaxation Therapy 9am-4:00pm Exercise is Wise 4-5:00pm	Nutrition Counseling 9-3:00pm Gentle Yoga 1:45-3:00pm Felling Stronger Yoga 3-4:30pm CAMARILLO: Relaxation Therapy 9:00am -12:00pm OXNARD: Relaxation Therapy 9-4 *Kids w/relatives w/cancer 6:30-8:00om*	Relaxation Therapy 9am- 12:00pm Latino Cancer Support Group 6:30-8:00pm
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