

UPCOMING EVENTS

January: Cervical Cancer Awareness Month

February: National Cancer Prevention Month

March: Colon Cancer Awareness Month and National Nutrition Month



CELEBRATE-REMEMBER-FIGHT BACK

ONGOING FREE EVENTS

Colorectal Cancer Support Group: **second and fourth Tuesdays of each month** from 6 to 7:30 p.m. Co-sponsored by the American Cancer Society. Facilitated by MaryAnna Palmer, MS, MFT from The Wellness Community.

The Color of Love Group: **first and third Thursdays of each month** from 7 to 8:30 p.m. This group is designed to allow cancer patients and their families to express themselves through art. Facilitated by local artist Kathleen Hagen, who has over eight years of experience in leading this group.

Exercise is Wise (an After Breast Cancer Surgery Exercise Class): **Wednesdays** from 4 to 5 p.m. Classes are held at St. John's Outpatient Therapy Center, 961 N. Rice Avenue #3, Oxnard.

Free Wigs, Hats and Scarves

Group Meditation in Español: **first Saturday of every month** from 9 a.m. to noon. Facilitated by Amalia Sperberg, RM.

Individual Bilingual Counseling for Patients and Caregivers: By appointment only. Call (805) 988-2641.

Kids with Relatives with Cancer Support Group: **Thursdays** from 6:30 to 8 p.m. Facilitated by A. Diane Martell, LMFT. Co-sponsored by The Wellness Community.

Latina Breast Cancer Support Group: **first and third Thursdays of each month** from noon to 1 p.m. Facilitated by Rosie Hernandez, MSW.

Latina Women's Support Group: **second and fourth Mondays of each month** from 10 to 11:30 a.m. for Latina women with any kind of cancer. Facilitated by A. Diane Martell, LMFT. Co-sponsored by The Wellness Community.

Latino Cancer Support Group: **second and fourth Fridays of each month** from 6:30 to 8 p.m. for patients and family members. Facilitated by A. Diane Martell, LMFT. Co-sponsored with The Wellness Community.

Lymphedema Education and Screening Clinic: **third Friday of each month** from 2 to 3 p.m. Individual risk assessments and valuable information for the prevention of chronic lymphedema will be provided by Cassandra Norton, PT.

Nutrition Counseling: **Thursdays** from 9 a.m. to 3 p.m. Individual one-hour sessions with Susan J. Speer, MS, RD, FADA, CSO, a certified nutritionist specializing in diets for cancer patients that can help you eat better and feel better. She can explain problems related to your individual condition and develop a dietary plan to meet your special needs.

Prostate Cancer Support Group: **third Tuesday of each month** from 10 to 11:30 a.m. Facilitated by Helmut K. Hoenigsberg, a volunteer with the American Cancer Society. Co-sponsored by the American Cancer Society.

Relaxation Therapy: **see the Cancer Center calendar for days and times.** Practitioners strategically place their hands on various positions of the body so 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: ***Gentle Yoga for Your Journey with Cancer*–Thursdays** from 1:45 to 3 p.m.; ***Feeling Better and Stronger with Yoga*–Thursdays** from 3 to 4:30 p.m. Taught by Audrey Waltzer, owner and director of Camarillo Yoga Center.

Women with Cancer Support Group: **Tuesdays** from 1 to 2:30 p.m. Facilitated by Joyce Boucher, LCSW, MFT. Co-sponsored by The Wellness Community.

For an appointment, call St. John's Cancer Center of Ventura County at (805) 988-2641.

Classes are held at St. John's Cancer Center of Ventura County,
1700 North Rose Avenue, Suite 145 in Oxnard, unless otherwise indicated.