

St. John's Cancer Center of Ventura County Free Classes in January, February and March 2012

Mon	Tue	Wed	Thu	Fri
Relaxation Therapy: 9 a.m. - 4 p.m.	<p>Women with Cancer Support Group: 1 - 2:30 p.m.</p> <p>Relaxation Therapy: Oxnard--9 a.m. - 4 p.m. and 5:30 - 7:30 p.m.</p>	<p>Relaxation Therapy: 9 a.m. - 4 p.m.</p> <p>Exercise is Wise: 4 - 5 p.m.</p>	<p>Nutrition Counseling: 9 a.m. - 3 p.m. Gentle Yoga: 1:45 - 3 p.m. Feeling Stronger with Yoga: 3 - 4:30 p.m. Latina Breast Cancer Group: noon - 1 p.m. Relaxation Therapy: Oxnard--9 a.m. - 4 p.m.; Camarillo--9 a.m. - noon Kids with Relatives with Cancer: 6:30 - 8 p.m. The Color of Love: 7 - 8:30 p.m.</p>	Relaxation Therapy: 9 a.m. - noon
<p>Relaxation Therapy: 9 a.m. - 4 p.m.</p> <p>Women's Latina Support Group: 10 - 11:30 a.m.</p>	<p>Women with Cancer Support Group: 1 - 2:30 p.m.</p> <p>Relaxation Therapy: 9 a.m. - 4 p.m. and 5:30 - 7:30 p.m.</p> <p>Colorectal Cancer Support Group: 6 - 7:30 p.m.</p>	<p>Relaxation Therapy: 9 a.m. - 4 p.m.</p> <p>Exercise is Wise: 4 - 5 p.m.</p>	<p>Nutrition Counseling: 9 a.m. - 3 p.m.</p> <p>Gentle Yoga: 1:45 - 3 p.m. Feeling Stronger with Yoga: 3 - 4:30 p.m.</p> <p>Relaxation Therapy: Oxnard--9 a.m. - 4 p.m.; Camarillo--9 a.m. - noon</p> <p>Kids with Relatives with Cancer: 6:30 - 8 p.m.</p>	<p>Relaxation Therapy: 9 a.m. - noon</p> <p>Latino Cancer Support Group: 6:30 - 8 p.m.</p>
Relaxation Therapy: 9 a.m. - 4 p.m.	<p>Prostate Support: 10 - 11:30 a.m.</p> <p>Relaxation Therapy: 9 a.m. - 4 p.m. and 5:30 - 7:30 p.m.</p> <p>Women with Cancer Support Group: 1 - 2:30 p.m.</p>	<p>Relaxation Therapy: 9 a.m. - 4 p.m.</p> <p>Exercise is Wise: 4 - 5 p.m.</p>	<p>Nutrition Counseling: 9 a.m. - 3 p.m. Gentle Yoga: 1:45 - 3 p.m. Feeling Stronger with Yoga: 3 - 4:30 p.m. Latina Breast Cancer Group: noon - 1 p.m. Relaxation Therapy: Oxnard-- 9 a.m. - 4 p.m.; Camarillo--9 a.m. - noon Kids with Relatives with Cancer: 6:30 - 8 p.m. The Color of Love: 7 - 8:30 p.m.</p>	<p>Relaxation Therapy: 9 a.m. - noon</p> <p>Lymphedema Education and Screening Clinic: 2 - 3 p.m. (Rice Road Facility)</p>
<p>Relaxation Therapy: 9 a.m. - 4 p.m.</p> <p>Women's Latina Support Group: 10 - 11:30 a.m.</p>	<p>Women with Cancer Support Group: 1 - 2:30 p.m.</p> <p>Relaxation Therapy: 9 a.m. - 4 p.m. and 5:30 - 7:30 p.m.</p> <p>Colorectal Cancer Support Group: 6 - 7:30 p.m.</p>	<p>Relaxation Therapy: 9 a.m. - 4 p.m.</p> <p>Exercise is Wise: 4 - 5 p.m.</p>	<p>Nutrition Counseling: 9 a.m. - 3 p.m.</p> <p>Gentle Yoga: 1:45 - 3 p.m. Feeling Stronger with Yoga: 3 - 4:30 p.m.</p> <p>Relaxation Therapy: Oxnard-- 9 a.m. - 4 p.m.; Camarillo--9 a.m. - noon</p> <p>Kids with Relatives with Cancer: 6:30 - 8 p.m.</p>	<p>Relaxation Therapy: 9 a.m. - noon</p> <p>Latino Cancer Support Group: 6:30 - 8 p.m.</p>
Relaxation Therapy: 9 a.m. - 4 p.m.	<p>Women with Cancer Support Group: 1 - 2:30 p.m.</p> <p>Relaxation Therapy: 9 a.m. - 4 p.m. and 5:30 - 7:30 p.m.</p>	<p>Relaxation Therapy: 9 a.m. - 4 p.m.</p> <p>Exercise is Wise: 4 - 5 p.m.</p>	<p>Nutrition Counseling: 9 a.m. - 3 p.m.</p> <p>Gentle Yoga: 1:45 - 3 p.m. Feeling Stronger with Yoga: 3 - 4:30 p.m.</p> <p>Relaxation Therapy: Oxnard-- 9 a.m. - 4 p.m.; Camarillo--9 a.m. - noon</p> <p>Kids with Relatives with Cancer: 6:30 - 8 p.m.</p>	Relaxation Therapy: 9 a.m. - noon