



March 2019


St. Jude Crosson Cancer Institute Support Groups

Yoga for Cancer Health
Fridays, March 1st, 8th, 15th, 22nd and 29th from 10:00am – 11:15am. This class is suitable for all levels. The emphasis is on gentle movement coordinated with directed breathing to create a calm center. The movements and positions are first done sitting in a chair to expand the range of motion. Second, there is a portion done standing to emphasize strength and balance. Partners & caregivers welcome! Yoga is facilitated by instructor Deborah Kuryan. For information, please call (877) 459-DOCS (3627).



**Relaxation & Visualization
For Wellbeing**

Monday, March 18th from 6:30-8pm. Facilitated by Robert Merlino, Ph.D. For more information, please call (714) 446-5847.



Tai Chi Chuan for Health
Mondays, March 4th, 18th and 25th, 10:15-11:15 a.m. This class is facilitated by instructor Diane Globerman. Practicing Tai Chi is an excellent way to promote good health while quieting the mind and lifting our spirits. For more information, contact Denise Yoshihara, MSW, LCSW, OSW-C at (714) 992-3000 Ext. 2299.



Ladies Night

Tuesday, March 5, 6:30 – 8:00 p.m. Topic: "Mood Management with Essential Oils". Guest Speaker: Bertha Vergas, RT (R,M) RDMS. This group is support for women in treatment or who have completed cancer treatment. Facilitated by Denise Yoshihara, MSW, LCSW, OSW-C. For information or to RSVP by March 1, please call 714-992-3000 Ext. 2299.

Prostate Cancer Discussion Group



Wednesday, March 27th from 6 – 7:30pm, held in the 1st floor conference room. This group provides education on prostate cancer, its treatments, solutions, and resources for symptom management, for men living with advanced prostate cancer. We welcome you to bring one support person along. Facilitated by Rebecca Peebles, RN, BSN. For more information, please call (714) 446-5771.

Brain Tumor Patient & Family Support Group

THERE WILL BE NO MARCH MEETING. Held in the first floor conference room. Facilitated by Robert Merlino, Ph.D. For more information, please call (714) 446-5567.

Shared Journey Program

If you are a patient with breast, prostate or gynecological cancer, we invite you to participate in this unique program that offers a team of trained survivor volunteers who support and mentor patients with similar diagnosis & treatment as they face the challenges of cancer along their "shared journey". For information on how to participate or volunteer, call Lea Ament, RN, and MSN at (714) 446-5505.



Craft Night for Cancer Survivors & Loved Ones

Wednesday, March 20, 6:00 - 9:00 p.m. Guest artist Tamara Lujan, will present a canvas painting workshop. The painting for the evening is "Deep Sea View". There is a \$10 supply fee. Please bring a healthy snack to share. This class is open to patients, family and friends. For more information or to RSVP by March 15, please call Denise Yoshihara, MSW, LCSW, OSW-C (714) 992-3000 Ext. 2299.

Hope

Cancer Patient & Family Support

Mondays, March 11th and March 25th from 6:30–8:30pm, facilitated by Robert Merlino, Ph.D. This support group is for patients with any type of cancer. It features a special breakout session for family and friends. For more information, please call (714) 446-5505.

Unless otherwise noted, all groups & classes are held in the 3rd floor conference room at St. Jude Medical Plaza, 2151 N. Harbor Blvd, Suite 3138, Fullerton, CA 92835.