

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 9:30 am- Yoga	2
3 6:30 pm- MP Stitchers	4	5 8:30 am: Walking Club 7:00 pm: Self-help Group Support	6 4:30 pm- Yoga 6:00 pm- Young Women's Support Group	7 8:30 am- Walking Club	8 9:30 am- Yoga 1:00-3:00 pm- Expressive Art Valentines Class	9
10	11	12 8:30 am- Walking Club 10:30 am- Metastatic Support Group 6:00 pm- Survivorship Support Circle	13 4:30 pm- Yoga 6:00 pm- Educational Seminar: Sabine Becker "Empowerment through Self-Love"	14 8:30 am- Walking Club	15 9:30 am- Yoga	16
17 10:00 am- Look Good...Feel Better 12:00 pm- Haircuts 6:00 pm- OASIS Ovarian Support Group	18 5:00 pm- Esperanza para Familias	19 8:30 am- Walking Club 12:30 pm- MP Stitchers *New Time* 7:00 pm- Self-help Support Group	20 12:00 pm- Volunteer Luncheon 4:30 pm- Yoga 6:00 pm- Young Women's Support Group 6:30 pm- Husband's Hangout	21 8:30 am- Walking Club	22 9:30 am- Yoga	23
24 6:00 pm- Expressive Art Class	25	26 8:30 am- Walking Club 5:30 pm- Metastatic Support Group	27 4:30 pm- Yoga	28 8:30 am- Walking Club	29 9:30 am- Yoga	

Monthly Happenings

Exercise & Movement

Yoga Class: Thursday's from 4:30-5:30pm, Saturday's from 9:30-10:30am.

Classes are led by certified Yoga Instructors Christi Vidrio, Kriss Matias, and Adina Ross and are **open to all**. Bring your yoga mat & water bottle. Our gentle yoga class focuses on breathing and relaxation. No experience required. Everyone is welcome.

Walking Club:

Every Wednesday and Friday morning at 8:30am.

The FUN way to get fit with **FRIENDS!** Meets outside the Mall by Starbucks (between JCPenney & Sears, look for the purple shirts).

Mind & Body

Reiki Sessions: days vary, by appointment only

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. **Call to schedule your appointment. RSVP is required!**

Expressive Art Class:

Every other Monday; see schedule.

The expressive art class uses art as a form of therapy and self-exploration! Sessions will help you practice creativity while opening the door to calming strategies and awareness techniques.

***Materials Provided**

Personal Services

Look Good Feel Better:

3rd Monday, 10:00am-12:00pm

The Look Good Feel Better program is a fun way to help patients learn beauty techniques and feel better about themselves during cancer treatment. For more information, visit www.lookgoodfeelbetter.org.

Register online at

www.michellesplace.org/lgfb

Hair & Wig Cuts and Styling: monthly, 3rd Monday by appointment only. A licensed stylist will be at Michelle's Place to cut hair for our clients. **To schedule your appointment, call (951) 699-5455.**

Support Groups

Self-Help

Our self-help groups are designed to benefit women who are recently diagnosed, currently going through treatment, and survivors. Women gather to share their experiences, ask questions, and give support.

Evening: 1st & 3rd Wednesday, 7:00-8:30pm

Metastatic: 2nd Wednesday, 10:30am-12:00pm & 4th Wednesday, 5:30-7:30pm

Ovarian Cancer: 3rd Monday, 6:00-7:30pm

Young Women's Support Group: 1st & 3rd Thursday 6:00-7:30pm

This group is for young women affected by cancer who are seeking a community of their own.

Survivorship Support Circle: 2nd Wednesday, 6:00-7:30pm.

Designed to benefit survivors who have finished treatment and are working through their new "normal". Survivors will share their journey, support, and share resources with one another.

Esperanza para Familias 3rd Tuesday, 5:00-7:00pm

Spanish speaking support group where all family members are welcome. Please contact Mercedes or Laura at Michelle's Place 951-699-5455 or Spanish-nav@michellesplace.org.

Husband's Hangout: 3rd Thursday, 6:30-8:30pm

Old Town Barber- 28410 Old Town Front St., Suite 104, Temecula

Husbands and partners may find themselves in the difficult position of supporting their life partner while managing their own distress. Join other men for a fun hangout with pizza and beer at Old Town Barber to escape day-to-day stresses for a little while.

MP Stitchers: 1st Monday 6:30-8:00pm & 3rd Wednesday 12:30-2:30pm *New Time*

Join this group of amateur and experienced stitchers who come together to crochet, knit, and talk about any topics that may come up.

Services by appointment:

Reiki, Look Good... Feel Better, Hair & Wig Cuts, & Lymphedema Fittings

Call 951-699-5455 for more information.

