

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:30am Walking Club	2 9:30am Yoga
3	4	5 6:00pm <u>Educational Seminar:</u> Dr. Hizon, "Cancer & Nutrition"	6 8:30am Walking Club 7:00pm Self-help Group	7 4:30pm Yoga	8 8:30am Walking Club	9 9:30 am Yoga 1:00–3:00pm Expressive Art Valentines Class
10	11	12	13 8:30am Walking Club 10:30am Metastatic Support Group 1:00pm let's C.H.A.T 6:00pm Survivorship Support Circle	14 ♥HAPPY Valentine's DAY♥ 4:30pm Yoga Cancelled	15 8:30am Walking Club	16 9:30am Yoga
17	18 10:00am Look Good...Feel Better Cancelled 6:00pm Ovarian Support Group	19 5:00pm Esperanza para Mujeres	20 8:30am Walking Club 7:00pm Self-help Group	21 12:00pm Volunteer Luncheon (<i>open to all new & returning volunteers</i>) 4:30pm Yoga 6:30pm Husbands Hangout	22 8:30am Walking Club	23 9:30am Yoga
24	25 10:00am Haircuts 6:00–8:00pm Expressive Art Class	26 5:30pm <u>Educational Seminar:</u> Dr Scola, "Oral Health and Cancer"	27 8:30am Walking Club 5:30pm Metastatic Support Group	28 4:30pm Yoga		

February 2019



Exercise & Movement

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

Classes are led by certified Yoga Instructor Christi Vidrio, 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 JC'Penny & 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. **To schedule your appointment, call or email Melissa. RSVP is required!**

Expressive Art Class: Some Monday's, 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:

As this program is being restructured, we will not be hosting until Spring 2019. Stay tuned for the next class!

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.

Hair & Wig Cuts & 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 or email Melissa.**

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

Let's C.H.A.T.: 2nd Wednesday, 1:00-2:30pm *new*

"Connecting hope and trust" provides a space to breathe, sip coffee, and chat about your cancer journey. Open to all cancers, men and women.

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 Mujeres: 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.

Services by appointment:

Reiki, Look Good Feel Better (currently unavailable), Hair & Wig cuts, & Lymphedema Fittings
Call or email Melissa for more information. melissa@michellesplace.org or 951-699-5455