



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 8:30am Walking Club <hr/> 7:00pm Self-help Group	<b>2</b> 4:30pm Yoga	<b>3</b> 8:30am Walking Club	<b>4</b> 9:30am Yoga
<b>5</b>	<b>6</b> 6:00pm Expressive Art	<b>7</b> 11:00am-5:00pm Open House <hr/> 6:00-7:30pm Educational Seminar: Dr. Namm, "Melanoma"	<b>8</b> 8:30am Walking Club <hr/> 10:30am Metastatic Support Group <hr/> 1:00pm Let's C.H.A.T <hr/> 6:00pm Survivorship Support Circle	<b>9</b> 4:30pm Yoga	<b>10</b> 8:30am Walking Club	<b>11</b> 9:30 am Yoga Canceled
<b>12</b> 	<b>13</b> 6:00pm Expressive Art	<b>14</b>	<b>15</b> 8:30am Walking Club <hr/> 7:00pm Self-help Group	<b>16</b> 12:00pm Volunteer Luncheon <hr/> 4:30pm Yoga Canceled <hr/> 6:30pm Husbands Hangout	<b>17</b> 8:30am Walking Club	<b>18</b> 9:30am Yoga Canceled <hr/> 1:00-3:30pm Open House <hr/> 6:00-10:00pm *Pink & Black Spring Fling
<b>19</b>	<b>20</b> 10:00am Look Good...Feel Better <hr/> 12:00pm Haircuts <hr/> 6:00pm Ovarian Support Group	<b>21</b> 5:00pm Esperanza para Mujeres	<b>22</b> 8:30am Walking Club <hr/> 5:30pm Metastatic Support Group	<b>23</b> 4:30pm Yoga Canceled <hr/> 4:00-7:00pm Wings of Hope member Open House	<b>24</b> 8:30am Walking Club	<b>25</b> 9:30am Yoga Canceled
<b>26</b>	<b>27</b>  -Closed-	<b>28</b>	<b>29</b> 8:30am Walking Club <hr/> 6:00pm Seminar: Dr. Hizon & Dr. Larson, "Men's Health Awareness: Lifestyle Medicine and Prostate Cancer"	<b>30</b> 4:30pm Yoga	<b>31</b> 8:30am Walking Club	

Notes:

---



---



---

May 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 Instructors Christi Vidrio and Kriss Matias, 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. **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:**

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](http://www.lookgoodfeelbetter.org). Register online at [www.michellesplace.org/lgfb](http://www.michellesplace.org/lgfb)

**Hair & Wig Cuts & Styling:** monthly, 3<sup>rd</sup> Monday by appointment only.

A licensed stylist will be at Michelle's Place to cut hair for our clients. To schedule your appointment, call us at (951) 699-5455.

## Support Groups

Our support groups are designed to benefit individuals who are recently diagnosed, currently going through treatment, and survivors. Participants gather to share their experiences, ask questions, and give support.

**Self-Help:** 1<sup>st</sup> & 3<sup>rd</sup> Wednesday, 7:00-8:30pm

**Let's C.H.A.T.:** 2<sup>nd</sup> Wednesday, 1:00-2:30pm, *open to all cancers, men & women.*

**Metastatic:** 2<sup>nd</sup> Wednesday, 10:30am-12:00pm & 4<sup>th</sup> Wednesday, 5:30-7:30pm

**Ovarian Cancer:** 3<sup>rd</sup> Monday, 6:00-7:30pm

**Survivorship Support Circle:** 2<sup>nd</sup> 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:** 3<sup>rd</sup> Tuesday, 5:00-7:00pm

Spanish speaking support group where women with all cancers are welcome. Please contact Mercedes or Laura at 951-699-5455 or [Spanish-nav@michellesplace.org](mailto:Spanish-nav@michellesplace.org).

**Husband's Hangout:** 3<sup>rd</sup> 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.

*\* Pink & Black Spring Fling*

Saturday, May 18<sup>th</sup> 6:00-10:00pm.  
Tickets can be purchased online at [www.michellesplace.org/events](http://www.michellesplace.org/events)

*Wings of Hope Open House*

Thursday, May 23<sup>rd</sup> 4:00-7:00pm.  
Please RSVP to [Nancy@michellesplace.org](mailto:Nancy@michellesplace.org) or (951)699-5455. You can sign up to become a Wings of Hope Member at [www.michellesplace.org/donate](http://www.michellesplace.org/donate) or at the event.

Services by appointment:

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

Call or email Melissa for more information at [melissa@michellesplace.org](mailto:melissa@michellesplace.org) or 951-699-5455.