




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 8:30am Walking Club <hr/> 7:00pm Self-help Group Cancelled	4  -Closed-	5 Due to the holiday, we will be closed on 7/4 and 7/5. -Closed-	6 9:30am Yoga
7	8 6:00-8:00pm Expressive Art *Cancelled* Rescheduled for 7/22.	9	10 8:30am Walking Club <hr/> 10:30am Metastatic Support Group <hr/> 1:00pm Let's C.H.A.T Cancelled <hr/> 6:00pm Survivorship Support Circle	11 4:30pm Yoga	12 8:30am Walking Club	13 9:30 am Yoga
14	15 10:00am Look Good...Feel Better <hr/> 12:00pm Haircuts <hr/> 6:00pm Ovarian Support Group	16	17 8:30am Walking Club <hr/> 5:00pm Esperanza para Mujeres <hr/> 7:00pm Self-help Group	18 4:30pm Yoga Cancelled <hr/> 6:30pm Husbands Hangout	19 8:30am Walking Club	20 9:30am Yoga
21	22 6:00-8:00pm Expressive Art	23 4:30-7:00pm Volunteer Appreciation Dinner	24 8:30am Walking Club <hr/> 5:30pm Metastatic Support Group	25 4:30pm Yoga	26 8:30am Walking Club	27 9:30am Yoga
28	29 6:00-8:00pm Expressive Art	30	31			

Notes:

July 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. Register online at www.michellesplace.org/lgfb

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

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

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

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

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 women with all cancers are welcome. Please contact Mercedes or Laura at 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.

Volunteer Appreciation Dinner

Tuesday, July 23rd 4:30-7:00pm

Hosted at our founder's residence, this is an evening to honor all the loving, hard work our volunteers put into making Michelle's Place so special. For more information, contact Michele at (951)699-5455 or mbrewer@michellesplace.org.

Services by appointment:

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

Call or email Melissa for more information at melissa@michellesplace.org or 951-699-5455.