

# FEBRUARY 2010

Connecting Mind Body & Spirit  
Complementary Classes and Support Activities at the

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>1:00pm</b> Look Good, Feel Better Program, Resource Center Library <b>6:00-7:00pm</b> Team Survivor Northwest, Women's Exercise Class, Room 1006/1008	<b>2</b> <b>11:30am</b> Food Safety Class, Room 1006/1008 <b>1:00pm</b> Managing Care at Home, Transition class, Room 1006/1008 <b>2:00-4:00pm</b> "Knit for Life" Knitting group, Main Lobby	<b>3</b> <b>12:00pm</b> Roman Catholic Communion Service, Sanctuary <b>12:00pm</b> Lecture & Lunch: Stress Management, Room 1006/1008 <b>1:30pm</b> LTFU Orientation, Room 1006/1008	<b>4</b> <b>9:30-10:30am</b> Patient & Caregiver Support Group, Sanctuary <b>11:30am-12:30pm</b> Support Group for Patients After Transplant, Room 23 <b>12:30-1:30pm</b> Therapeutic Yoga, Room 3100/3102	<b>5</b>  <b>7 Sunday</b> <b>2:00pm</b> Bible Study (Christian perspective), Pete Gross House
<b>8</b> <b>1:00-2:00pm</b> Real Life, Real Food for Cancer Survivors, Weight Management, Room 1006/1008 <b>6:00-7:00pm</b> Team Survivor Northwest, Women's Exercise Class, Room 1006/1008	<b>9</b> <b>11:30am</b> Food Safety Class, Room 1006/1008 <b>1:00pm</b> Managing Care at Home, Transition class, Room 1006/1008 <b>2:00-4:00pm</b> "Knit for Life" Knitting group, Main Lobby	<b>10</b> <b>12:00pm</b> SCCA Patient & Family Fair, Room 1006/1008 <b>1:30pm</b> LTFU Orientation, Room 1006/1008	<b>11</b> <b>11:30am-12:30pm</b> Support Group for Patients After Transplant, Room 23 <b>12:30-1:30pm</b> Therapeutic Yoga, Room 3100/3102	<b>12</b> <b>1:30pm</b> FHCRC Building Tour, Thomas Building  <b>14 Sunday</b> <b>2:00pm</b> Bible Study (Christian perspective), Pete Gross House
<b>15</b> <b>HOLIDAY</b>	<b>16</b> <b>11:30am</b> Food Safety Class, Room 1006/1008 <b>12:00pm</b> Smoking Cessation Information & Support, Sanctuary <b>1:00pm</b> Managing Care at Home, Transition class, Room 1006/1008 <b>2:00-4:00pm</b> "Knit for Life" Knitting group, Main Lobby	<b>17</b> <b>12:00pm</b> Ash Wednesday Service, Sanctuary <b>12:00pm</b> Laughs at Lunch: I love Lucy, Room 1006/1008 <b>1:30pm</b> LTFU Orientation, Room 1006/1008	<b>18</b> <b>9:30-10:30am</b> Patient & Caregiver Support Group, Sanctuary <b>11:30am-12:30pm</b> Support Group for Patients After Transplant, Room 23 <b>12:30-1:30pm</b> Therapeutic Yoga, Room 3100/3102	<b>19</b>  <b>21 Sunday</b> <b>2:00pm</b> Bible Study (Christian perspective), Pete Gross House
<b>22</b> <b>6:00-7:00pm</b> Team Survivor Northwest, Women's Exercise Class, Room 1006/1008 <b>10:00-11:00am</b> De-Stress Fest, Room 1006/1008	<b>23</b> <b>11:30am</b> Food Safety Class, Room 1006/1008 <b>1:00pm</b> Managing Care at Home, Transition class, Room 1006/1008 <b>2:00-4:00pm</b> "Knit for Life" Knitting group, Main Lobby	<b>24</b> <b>12:00pm</b> Lecture & Lunch: Social Security & Disability, Room 1006/1008 <b>1:30pm</b> LTFU Orientation, Room 1006/1008	<b>25</b> <b>11:30am-12:30pm</b> Support Group for Patients After Transplant, Room 23 <b>12:30-1:30pm</b> Therapeutic Yoga, Room 3100/3102	<b>26</b>  <b>28 Sunday</b> <b>2:00pm</b> Bible Study (Christian perspective), Pete Gross House



**STOP!** If you have any cold or flu symptoms or are wearing a mask, you may not attend classes support groups, or worship service

For more information or a copy of this calendar, please stop by the Patient & Family Resource Center or call 288-2081