

SEPTEMBER 2010

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>* WIG FITTINGS* Please make Appointments at 206-288-2081 or in the Resource Center on the 3rd Floor</p> <p>STOP! If you have any cold or flu symptoms or are wearing a mask, you may not attend classes, support groups, or worship services</p>	<p>1 12:00pm Roman Catholic Communion Service, Sanctuary 1:30pm LTFU Orientation, Rm 1006/1008</p>	<p>2 9:00am Food and Nutrition Essentials, Resource Center Library, 3rd Floor 9:30-10:30am Patient & Caregiver Support Group, Sanctuary 10:00 am Gut Health during Cancer Treatment, Resource Center Library, 3rd Floor 10:30-10:55am Healing Music:3rd Floor, Gloria Ferry-Brennan, Violinist 11:00-11:30am Healing Music:1st Floor, Gloria Ferry-Brennan, Violinist 11:00am Ask the Nurse , Resource Center Library, 3rd Floor 11:30am-12:30pm Support Group for Patients After Transplant, Rm 23</p>	<p>3</p>
<p>6 6:00-7:00pm Team Survivor Northwest, Women's Exercise Class, Rm 1006/1008</p>	<p>7 11:30am Food Safety Class, Rm 1006/1008 12:00-1:00pm Smoking Cessation, Sanctuary 1:00pm Managing Care at Home, Transition class, Rm 1006/1008 2:00-4:00pm "Knit for Life" Main Lobby</p>	<p>8 12:00-1:00pm Lecture and Lunch: What is Normal Anxiety during Cancer Treatment, Rm 1006/1008 1:30pm LTFU Orientation, Rm 1006/1008</p>	<p>9 9:00am Food and Nutrition Essentials, Resource Center Library, 3rd Floor 10:00 am Gut Health during Cancer Treatment, Resource Center Library 3rd Floor 11:30am-12:30pm Support Group for Patients After Transplant, Rm 23 12:30-1:30pm Therapeutic Yoga, Rm 3100/3102</p>	<p>10 1:30-3:00pm FHCRC Building Tour, Thomas Building Lobby</p>
<p>13 11:00am-12:30pm Healing Music: 1st Floor, Jackie Robbins, Cellist 6:00-7:00pm Team Survivor Northwest, Women's Exercise Class, Rm 1006/1008</p>	<p>14 11:30am Food Safety Class, Rm 1006/1008 12:00-1:00pm Smoking Cessation, Sanctuary 1:00pm Managing Care at Home, Transition class, Rm1006/1008 2:00-4:00pm "Knit for Life" Main Lobby</p>	<p>15 12:00pm Roman Catholic Communion Service, Sanctuary 12:00-1:00pm Lecture and Lunch: Understanding your Pathology Report, Rm 1006/1008 1:30pm LTFU Orientation, Rm 1006/1008</p>	<p>16 9:00am Food and Nutrition Essentials, Resource Center Library, 3rd Floor 9:30-10:30am Patient & Caregiver Support Group, Sanctuary 10:00 am Gut Health during Cancer Treatment, Resource Center Library, 3rd Floor 11:00am Ask the Nurse , Resource Center Library, 3rd Floor 11:30am-12:30pm Support Group for Patients After Transplant ,Rm 23 12:30-1:30pm Therapeutic Yoga, Rm 3100/3102</p>	<p>17</p>
<p>20 12:00-1:00pm Real Life Real Food for Cancer Survivors: Tasting Phytonutrients, SCCA House 1:00-1:25pm Healing Music: 4th Floor, Randy Bowles, Folk Guitarist 1:30-2:00pm Healing Music: 3rd Floor, Randy Bowles, Folk Guitarist 1:15-4:00pm Labyrinth Walk, Rm 1006/1008 6:00-7:00pm Team Survivor Northwest, Women's Exercise Class, Rm 1006/1008</p>	<p>21 11:30am Food Safety Class, Rm 1006/1008 12:00-1:00pm Smoking Cessation, Sanctuary 1:00pm Managing Care at Home, Transition class, Rm 1006/1008 2:00-4:00pm "Knit for Life", Main Lobby</p>	<p>22 12:00-1:00pm Laughs and Lunch, Rm 1006/1008 1:30pm LTFU Orientation, Rm 1006/1008</p>	<p>23 9:00am Food and Nutrition Essentials, Resource Center Library, 3rd Floor 10:00 am Gut Health during Cancer Treatment, Resource Center Library, 3rd Floor 11:00am Ask the Nurse , Resource Center Library, 3rd Floor 11:30am-12:30pm Support Group for Patients After Transplant, Rm 23 12:30-1:30pm Therapeutic Yoga, Rm 3100/3102</p>	<p>24</p>
<p>27 6:00-7:00pm Team Survivor Northwest, Women's Exercise Class, Rm 1006/1008</p>	<p>28 11:30am Food Safety Class, Rm 1006/1008 12:00-1:00pm Smoking Cessation, Sanctuary 1:00pm Managing Care at Home, Transition class, Rm 1006/1008 2:00-4:00pm "Knit for Life", Main Lobby</p>	<p>29 12:00-1:00pm Lecture and Lunch: Helping Kids Cope, Rm 1006/1008 1:30pm LTFU Orientation, Rm 1006/1008</p>	<p>30 9:00am Food and Nutrition Essentials, Resource Center Library, 3rd Floor 10:00 am Gut Health during Cancer Treatment, Resource Center Library, 3rd Floor 11:00am Ask the Nurse , Resource Center Library, 3rd Floor 11:30am-12:30pm Support Group for Patients After Transplant, Rm 23 12:30-1:30pm Therapeutic Yoga, Rm 3100/3102</p>	<p>18 Saturday 1:00-3:00pm Navigating Health-Related Legal Documents-Kidney Cancer Survivors-SCCA Rm,1006/08</p>