

October 2008 Support Groups

Monday	Tuesday	Wednesday	Thursday	Friday
	11:00-3:00 Reiki	1 9:00-1:00 Acupuncture Clinic by appointment only 5:45-6:45 Breast Cancer Support Group 6:15-7:30 Yoga	2 10:00-2:00 Reiki 1:00-2:30 Anal Cancer Support Group 5:00-6:00 Meditation	3 1:30-4:30 Acupuncture Clinic by appointment only
6 6:00-7:30 Prostate Cancer Support Group	7 11:00-3:00 Reiki	8 9:00-1:00 Acupuncture Clinic by appointment only 5:45-6:45 Breast Cancer Support Group	9 1:00-2:30 Anal Cancer Support Group 5:00-6:00 Meditation	10 1:30-4:30 Acupuncture Clinic by appointment only
13	14 11:00-3:00 Reiki 2:00-5:00 Massage 6:15-7:30 Qigong	15 9:00-1:00 Acupuncture Clinic by appointment only 12:30-2:00 Latina SHARE 5:45-6:45 Breast Cancer Support Group 6:15-7:30 Yoga	16 1:00-2:30 Anal Cancer Support Group 2:00-5:00 Massage 5:00-6:00 Meditation 7:00-9:00 Multiple Myeloma Support Group	17 1:30-4:30 Acupuncture Clinic by appointment only 2:30-4:00 Skin Care Class RSVP needed
20 6:30-8:00 Gay men's prostate cancer support group	21 11:00-3:00 Reiki 6:15-7:30 Qigong	22 9:00-1:00 Acupuncture Clinic by appointment only 5:45-6:45 Breast Cancer Support group	23 1:00-2:30 Anal Cancer Support Group 5:00-6:00 Meditation	24 1:30-4:30 Acupuncture Clinic by appointment only
27 4:00-6:00 Look Good Feel Better	28 11:00-3:00 Reiki 6:15-7:30 Qigong	29 9:00-1:00 Acupuncture Clinic by appointment only 5:45-6:45 Breast Cancer Support Group	30 10:00-2:00 Reiki 1:00-2:30 Anal Cancer Support Group 5:00-6:00 Meditation	31 1:30-4:40 Acupuncture Clinic by appointment only

October 2008 Support Group Descriptions

Meditation: Thursdays, 5:00-6:00. Main conference room. 15 minutes of meditation followed by Therapeutic Touch treatments for anyone interested. For more information, please contact Mary Ann Juliano RN MSN, 212-367-1869.

Yoga: Wednesday , October 1st, and Wednesday October 15th, 2008 6:15-7:30. Main conference room. Gentle physical exercise is combined with quiet music to help you relax and increase your energy. Bring a towel. Come to any or all of these ongoing classes. For further information, please call Bill McDermott, LMSW 212-604-6097.

Breast Cancer Support Group: Wednesdays, 5:45-6:45. Radiation oncology conference room. Group is facilitated by social worker and clinical nurse specialist. For women who are diagnosed with non-metastatic breast cancer. For further information, please call Dixie Beckham LCSW ACSW, 212-604-6095 or Mary Ann Juliano RN MSN, 212-367-1869.

Myeloma Support Group: October 16th, 2008. 7:00-9:00. Main conference room. Group is facilitated by a long term myeloma survivor. For further information please call Dixie Beckham LCSW, ACSW 212-604-6095.

Qigong: Tuesday October 14th, and October 28th, 2008. 6:15-7:30. Main Conference Room. This form of Tibetan Medical Qigong includes a series of self-healing stretches and is especially designed for chronic imbalances and strengthening bones. Qigong is the art of harmonizing the body with the larger universal energy. Come to any or all of these ongoing classes. For further information, please call Bill McDermott, LMSW, 212-604-6097.

Latina SHARE: Miercoles. 15 de Octubre, 2008 12:30-2:00. Estos grupos son facilitados por voluntarios etrenadas quienes han tenido una experiencia similar. Comparta informacion, experiencias, sentimientos y estrategias para aceptar y combatir aspetos negativos de la enfermedad. Para informacion, llame al 212-719-2943 ext 239

Acupuncture Clinic: This clinic is open to patients of the Cancer Center. If you have chemotherapy related nausea and fatigue and would like to try acupuncture to manage these symptoms in conjunction with conventional medicine, please call Ooi-Thye Chong, Manager, Complementary Therapies Program 212-367-1782.

Reiki: For more information or to schedule an appointment, please call Ooi-Thye Chong 212-367-1782.

Gay Men Prostate Cancer Support Group: Monday, October 20th, 2008, 6:30-8:00. Group is presented in conjunction with Malecare. For further information, please call Bill McDermott, LMSW, 212-604-6097

Prostate Cancer Support Group: Monday, October 6th, 2008. Main Conference Room. This group is presented in conjunction with Malecare. For further information, please call Bill McDermott LMSW, 212-604-6097

Anal Cancer Support Group. Every Thursday, 1:00-2:30pm. Radiation Conference Room. Weekly support group for men who have been diagnosed with non-metastatic anal cancer. Members can be in treatment or finished with treatment. This group is run by a social worker and a physician. Registration is required. Please call Bill McDermott, LMSW at 212-604-6097.

Weight Loss Group for breast cancer patients. Many breast cancer patients are plagued with weight gain either during or after treatment. The program will encompass dietary and lifestyle changes to help breast cancer patients lose weight. It is open to all post-treatment breast cancer patients of SVCCC. Registration and your physician's permission is required. Contact Shayne Small at 212-604-6096 for more information.

Skin Care Class. Friday, October 17, 2008. Main Conference Room. RSVP to Julia Chan at 212-604-6012. Includes free skin care products and cosmetics. Limited seating available.