

November 2004

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>1</p> <ul style="list-style-type: none"> • Art Class 10am - 12 • Yoga for Strength 12³⁰ - 1³⁰pm • Gentle Yoga 1³⁰ - 2³⁰pm 	<p>2</p>	<p>3</p> <ul style="list-style-type: none"> • Yoga for Strength 2 - 3pm • Gentle Yoga 3 - 4pm 	<p>4</p> <ul style="list-style-type: none"> • Transitions Support Group 4 - 5pm 	<p>5</p> <ul style="list-style-type: none"> • Yoga for Strength 10³⁰ - 11³⁰am • Gentle Yoga 11³⁰am - 12³⁰pm 	<p>6</p>
<p>8</p> <ul style="list-style-type: none"> • Art Class 10am - 12 • Yoga for Strength 12³⁰ - 1³⁰pm • Gentle Yoga 1³⁰ - 2³⁰pm • Poetry for Healing 3 - 5pm 	<p>9</p> <ul style="list-style-type: none"> • T'ai Chi Chih 10³⁰am - 12 	<p>10</p> <ul style="list-style-type: none"> • Yoga for Strength 2 - 3pm • Gentle Yoga 3 - 4pm 	<p>11</p> <ul style="list-style-type: none"> • Community Cancer Support Group 12 - 1pm • Prostate Education 2³⁰ - 3³⁰pm • Living with Lung Cancer 4 - 5³⁰pm • Brain Tumor Group 5³⁰ - 7pm 	<p>12</p> <ul style="list-style-type: none"> • Yoga for Strength 10³⁰ - 11³⁰am • Gentle Yoga 11³⁰am - 12³⁰pm 	<p>7</p> <p>13</p>
<p>15</p> <ul style="list-style-type: none"> • Art Class 10am - 12 • Yoga for Strength 12³⁰ - 1³⁰pm • Gentle Yoga 1³⁰ - 2³⁰pm • Poetry for Healing 3 - 5pm 	<p>16</p> <ul style="list-style-type: none"> • T'ai Chi Chih 10³⁰am - 12 • Prostate Group 2³⁰ - 3³⁰pm 	<p>17</p> <ul style="list-style-type: none"> • Lymphedema Group 1³⁰ - 2³⁰pm • Yoga for Strength 2 - 3pm • Gentle Yoga 3 - 4pm 	<p>18</p> <ul style="list-style-type: none"> • Art Class 1 - 4pm • Transitions Support Group 4 - 5pm 	<p>19</p> <ul style="list-style-type: none"> • Yoga for Strength 10³⁰ - 11³⁰am • Gentle Yoga 11³⁰am - 12³⁰pm 	<p>14</p> <p>20</p>
<p>22</p> <ul style="list-style-type: none"> • Art Class 10am - 12 • Yoga for Strength 12³⁰ - 1³⁰pm • Gentle Yoga 1³⁰ - 2³⁰pm • Poetry for Healing 3 - 5pm 	<p>23</p> <ul style="list-style-type: none"> • T'ai Chi Chih 10³⁰am - 12 	<p>24</p> <ul style="list-style-type: none"> • Yoga for Strength 2 - 3pm • Gentle Yoga 3 - 4pm 	<p>25</p> <p>Holiday</p>	<p>26</p> <ul style="list-style-type: none"> • Yoga for Strength 10³⁰ - 11³⁰am • Gentle Yoga 11³⁰am - 12³⁰pm 	<p>21</p> <p>27</p>
<p>29</p> <ul style="list-style-type: none"> • Yoga for Strength 12³⁰ - 1³⁰pm • Gentle Yoga 1³⁰ - 2³⁰pm • Poetry for Healing 3 - 5pm 	<p>30</p> <ul style="list-style-type: none"> • T'ai Chi Chih 10³⁰am - 12 	<p>Beauty and Prosthesis Consults - Weekly consultations available with beauty and prosthesis professional. Wigs, hats, make-up and prosthesis are available at the Cancer Center free of charge. For information, contact Beth Higgins toll free at (888) 848-7965.</p> <p>Visitors Program - Former patients are available to share their experience and answer questions for those recently diagnosed. Call 682-7300 for information.</p>		<p>If you no longer wish to receive this calendar, please call Annette at 898-2204 by Tuesday, November 30th.</p>	

These programs and classes are open to anyone in the community who has been touched by cancer.

December 2004

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>• <i>Art for Healing</i> classes are offered in collaboration with SBCC Adult Education • The <i>Strength for Caring</i> class is co-sponsored by Ortho Biotech and the American Cancer Society • “I Count Too” and “I Can Cope” are co-sponsored by the American Cancer Society • <i>WellFit Program</i> is offered in collaboration with the Santa Barbara Athletic Club • <i>Laugh Jest for the Health of It, Music as Medicine</i> and <i>Poetry for Healing</i> are co-sponsored by Hospice of Santa Barbara, Inc.</p>		<p>1</p> <ul style="list-style-type: none"> • Yoga for Strength 2 - 3pm • Gentle Yoga 3 - 4pm 	<p>2</p> <ul style="list-style-type: none"> • Transitions Support Group 4 - 5pm 	<p>3</p> <ul style="list-style-type: none"> • Yoga for Strength 10³⁰ - 11³⁰am • Gentle Yoga 11³⁰am - 12³⁰pm 	<p>4</p>
<p>6</p> <ul style="list-style-type: none"> • Yoga for Strength 12³⁰ - 1³⁰pm • Gentle Yoga 1³⁰ - 2³⁰pm • Poetry for Healing 3 - 5pm 	<p>7</p> <ul style="list-style-type: none"> • T'ai Chi Chih 10³⁰am - 12 	<p>8</p> <ul style="list-style-type: none"> • Ovarian Group 12 - 1pm • Yoga for Strength 2 - 3pm • Gentle Yoga 3 - 4pm 	<p>9</p> <ul style="list-style-type: none"> • Community Cancer Support Group 12 - 1pm • Living with Lung Cancer 4 - 5³⁰pm • Brain Tumor Group 5³⁰ - 7pm 	<p>10</p> <ul style="list-style-type: none"> • Yoga for Strength 10³⁰ - 11³⁰am • Gentle Yoga 11³⁰am - 12³⁰pm 	<p>11</p>
					<p>12</p> <ul style="list-style-type: none"> • Lymphedema Group 1³⁰ - 2³⁰pm
<p>13</p> <ul style="list-style-type: none"> • Yoga for Strength 12³⁰ - 1³⁰pm • Gentle Yoga 1³⁰ - 2³⁰pm 	<p>14</p> <ul style="list-style-type: none"> • T'ai Chi Chih 10³⁰am - 12 	<p>15</p> <ul style="list-style-type: none"> • Yoga for Strength 2 - 3pm • Gentle Yoga 3 - 4pm 	<p>16</p> <ul style="list-style-type: none"> • Transitions Support Group 4 - 5pm 	<p>17</p> <ul style="list-style-type: none"> • Yoga for Strength 10³⁰ - 11³⁰am • Gentle Yoga 11³⁰am - 12³⁰pm 	<p>18</p>
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Registration required for some programs. Check class descriptions for details.