

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b>
<p>🗣 = En Español ☎ = RSVP to 310-314-2555 or www.cancersupportla.org</p> <p>All programs are drop-in unless otherwise noted with the icon. Dedicated support groups are not reflected. For more information, attend an Orientation Meeting, or call 310-314-2555.</p>					<p>Easy Yoga 9:30–10:30 am</p> <p>☎ Child, Teen &amp; Family: Superhero Event—Capes and Cookies 11:30 am–1:30 pm</p>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<p>EveryBody Dance 11 am–12 pm</p> <p>Therapeutic Yoga 12:15–1:15 pm</p> <p>Time to Talk 2:30–4:30 pm</p> <p>Brain Tumor &amp; Caregivers 6–8 pm</p> <p>Breast Cancer 6–8 pm</p>	<p>Restorative Yoga 10–11:15 am</p> <p>Sound Guided Meditation 3–3:45 pm</p> <p>Time for Caregivers 4–6 pm</p> <p>Metastatic Breast Cancer 6–8 pm</p> <p>Orientation 6–7 pm</p>	<p>Feldenkrais 12:15–1:45 pm</p> <p>Blood Cancer 1–3 pm</p> <p>Writing 1–3 pm</p> <p>Osteoball 2–2:45 pm</p> <p>Yoga of Breath 3–4 pm</p> <p>Bereavement 4–6 pm</p> <p>Pancreatic Cancer 4–6 pm</p> <p>☎ Mindfulness Self Compassion (9 Week Series) 5:15–7:45 pm</p> <p>Young Adults 6–8 pm</p>	<p>Gentle Yoga 10–11 am</p> <p>Strengthen, Stretch &amp; Stabilize 12–1 pm</p> <p>Mindfulness Meditation 5–5:45 pm</p> <p>Gynecologic 6–8 pm</p>	<p>Orientation 10–11 am</p> <p>T'ai Chi 10–11 am</p> <p>☎ Lunch &amp; Learn: Living with Meaning 12–1:30 pm</p> <p>☎ De-Clutter 101: Clutter Trouble? Ask the Expert! 3:15–4:45 pm</p>	<p>Easy Yoga 9:30–10:30 am</p> <p>Circle Singing 10:45 am–12 pm</p>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<p>EveryBody Dance <b>CANCELLED</b></p> <p>Therapeutic Yoga 12:15–1:15 pm</p> <p>Time to Talk 2:30–4:30 pm</p> <p>Breast Cancer 6–8 pm</p> <p>Prostate Cancer 6–8 pm</p>	<p>Restorative Yoga 10–11:15 am</p> <p>Yoga 4 Cancer 2–2:50 pm</p> <p>Sound Guided Meditation 3–3:45 pm</p> <p>Time for Caregivers 4–6 pm</p> <p>Comedy Night <b>CANCELLED</b></p> <p>Metastatic Breast Cancer 6–8 pm</p> <p>Orientation 6–7 pm</p>	<p>Feldenkrais 12:15–1:45 pm</p> <p>Writing 1–3 pm</p> <p>Osteoball 2–2:45 pm</p> <p>Yoga of Breath 3–4 pm</p> <p>Bereavement 4–6 pm</p> <p>☎ Mindfulness Self Compassion (9 Week Series) 5:15–7:45 pm</p> <p>Young Adults 6–8 pm</p>	<p>Gentle Yoga 10–11 am</p> <p>Body Wisdom 11:15 am–12:30 pm</p> <p>Mindfulness Meditation 5–5:45 pm</p> <p>Gynecologic 6–8 pm</p>	<p>Orientation 10–11 am</p> <p>T'ai Chi 10–11 am</p> <p>☎ Lunch &amp; Learn: ChangeAbility – Embracing Change (Whether you Love it or not) 12–1:30 pm</p> <p><b>CSCLA CLOSING AT 3PM</b></p>	<p><b>CSCLA CLOSED FOR PRESIDENT'S DAY</b></p>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p><b>CSCLA CLOSED FOR PRESIDENT'S DAY</b></p>	<p>Restorative Yoga 10–11:15 am</p> <p>Sound Guided Meditation 3–3:45 pm</p> <p>Time for Caregivers 4–6 pm</p> <p>Metastatic Breast Cancer 6–8 pm</p> <p>Orientation 6–7 pm</p>	<p>Feldenkrais 12:15–1:45 pm</p> <p>Blood Cancer 1–3 pm</p> <p>Writing 1–3 pm</p> <p>Osteoball 2–2:45 pm</p> <p>Yoga of Breath 3–4 pm</p> <p>Bereavement 4–6 pm</p> <p>Breast Cancer Post-Treatment 4–6 pm</p> <p>☎ Mindfulness Self Compassion (9 Week Series) 5:15–7:45 pm</p> <p>Young Adults 6–8 pm</p>	<p>Gentle Yoga 10–11 am</p> <p>Creative Crafting 11 am–4 pm</p> <p>Mindfulness Meditation 5–5:45 pm</p> <p>Gynecologic 6–8 pm</p> <p>Reiki Energy Circle 6–7:30 pm</p>	<p>Orientation 10–11 am</p> <p>T'ai Chi 10–11 am</p> <p>☎ Lunch &amp; Learn: Self-Care Through Skin Care—Creating Organic Skincare Products for Home Care 12–1:30 pm</p>	<p>Easy Yoga 9:30–10:30 am</p>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p>EveryBody Dance 11 am–12 pm</p> <p>Therapeutic Yoga 12:15–1:15 pm</p> <p>Time to Talk 2:30–4:30 pm</p> <p>Breast Cancer 6–8 pm</p> <p>Life After Cancer 6–8 pm</p>	<p>Restorative Yoga 10–11:15 am</p> <p>Sound Guided Meditation 3–3:45 pm</p> <p>Time for Caregivers 4–6 pm</p> <p>Metastatic Breast Cancer 6–8 pm</p> <p>Orientation 6–7 pm</p>	<p>Feldenkrais 12:15–1:45 pm</p> <p>Writing 1–3 pm</p> <p>Osteoball 2–2:45 pm</p> <p>Yoga of Breath 3–4 pm</p> <p>Bereavement 4–6 pm</p> <p>☎ Mindfulness Self Compassion (9 Week Series) 5:15–7:45 pm</p> <p>Young Adults 6–8 pm</p>	<p>Gentle Yoga 10–11 am</p> <p>Body Wisdom 11:15 am–12:30 pm</p> <p>Mindfulness Meditation 5–5:45 pm</p> <p>Gynecologic 6–8 pm</p>	<p>Orientation 10–11 am</p> <p>T'ai Chi 10–11 am</p> <p>☎ Lunch &amp; Learn: The Best Diet for Breast Cancer Protection 12–1:30 pm</p>	<p>Easy Yoga 9:30–10:30 am</p> <p>☎ Mindfulness Self Compassion Retreat (9 Week Series) 11:00 am–3:00 pm</p>

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<p>Qi Gong at Clover Park 10–11:30 am</p> <p>🗨 Grupo de Apoyo: Cáncer del Seno en White Memorial 3–5 pm</p> <p>Qi Gong with Tao of Wellness at Saint John’s Health Center 6:30–7:30 pm</p>	<p>Qi Gong at Roxbury Park 10–11:30 am</p> <p>🗨 Grupo de Apoyo: Cáncer del Seno en White Memorial 10 am–12 pm</p> <p>Patient &amp; Caregiver Support Group at Saint John’s Health Center 6–8 pm</p> <p>Gay Men’s Prostate Group at LA LGBT Center 7–9 pm</p>	<p>Nordic Walking at Clover Park 10–11 am</p>	<p>Qi Gong at Roxbury Park 10–11:30 am</p>	<p>Qi Gong at Clover Park 10–11:30 am</p>
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<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
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<b>Everybody Dance</b> 11 am–12 pm <b>Therapeutic Yoga</b> 12:15–1:15 pm <b>Time to Talk</b> 2:30–4:30 pm <b>Brain Tumor &amp; Caregivers</b> 6–8 pm <b>Breast Cancer</b> 6–8 pm	<b>Restorative Yoga</b> 10–11:15 am <b>Sound Guided Meditation</b> 3–3:45 pm <b>Time for Caregivers</b> 4–6 pm <b>Metastatic Breast Cancer</b> 6–8 pm  <b>An Integrative Approach to Oncology with Chinese Herbal Supplements and Nutrition</b> 6–7:30 pm <b>Orientation</b> 6–7 pm	<b>Feldenkrais</b> 12:15–1:45 pm <b>Blood Cancer</b> 1–3 pm <b>Writing</b> 1–3 pm <b>Osteoball</b> 2–2:45 pm <b>Yoga of Breath</b> 3–4 pm <b>Bereavement</b> 4–6 pm <b>Pancreatic Cancer</b> 4–6 pm  <b>Mindfulness Self Compassion (9 Week Series)</b> 5:15–7:45 pm <b>Young Adults</b> 6–8 pm	<b>Gentle Yoga</b> 10–11 am <b>Strengthen, Stretch &amp; Stabilize</b> 12–1 pm <b>Kids Support Group (Ages 7-11)</b> 4–5pm <b>Mindfulness Meditation</b> 5–5:45 pm <b>Gynecologic</b> 6–8 pm	<b>Orientation</b> 10–11 am <b>T'ai Chi</b> 10–11 am	<b>Easy Yoga</b> 9:30–10:30 am
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
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<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
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<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
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<b>30</b>	<b>31</b>	<p> = En Español   = <b>RSVP to 310-314-2555</b>  or <a href="http://www.cancersupportla.org">www.cancersupportla.org</a></p> <p>All programs are drop-in unless otherwise noted with the icon.  Dedicated support groups are not reflected. For more information, attend an Orientation Meeting, or call 310-314-2555.</p>			
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<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
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