




MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 12:30-1:00 Oncology Mindful Meditation 1:30-2:30 Oncology Yoga	2 9:30-11:00 Yoga 11:30-12:30 Cancer Recovery Exercise 12:30-1:30 Oncology Tai-Chi 1:00-2:30 <i>WOMEN'S GROUP: Benefits of Body Tapping with Nancy Gold</i> 2:30-4:00 Men's Group 5:30-6:45 Yoga	3 10:30-11:30 QiGong 11:45-12:45 Mindful Meditation 1:30-2:30 Oncology Recovery Exercise 2:00-3:30 Expressive Writing	4 9:30-11:00 Yoga 10:00-11:30 Patient Support Group 11:30-12:30 Cancer Recovery Exercise 12:30-1:30 Oncology Tai-Chi 1:00-2:30 Patient Support Group 1:00-2:30 Caregiver Support Group	5 10:30-11:30 QiGong 1:30-2:30 Oncology Recovery Exercise
8 12:30-1:00 Oncology Mindful Meditation 1:30-2:30 Oncology Yoga	9 9:30-11:00 Yoga 11:30-12:30 Cancer Recovery Exercise 12:30-1:30 Oncology Tai-Chi 5:30-6:45 Yoga	10 10:30-11:30 QiGong 11:45-12:45 Mindful Meditation 1:00-2:00 Laughter is the Best Medicine 1:30-2:30 Oncology Recovery Exercise 2:00-3:30 Expressive Writing	11 9:30-11:00 Yoga 10:00-11:30 Patient Support Group 11:30-12:30 Cancer Recovery Exercise 12:30-1:30 Oncology Tai-Chi 1:00-2:30 Patient Support Group 1:00-2:30 Caregiver Support Group	12 9:30-1:30 Stitch & Chat  Knitted Knockers with Knitting & Fitting 10:30-11:30 QiGong 1:30-2:30 Oncology Recovery Exercise
15 12:30-1:00 Oncology Mindful Meditation 1:30-2:30 Oncology Yoga	16 9:30-11:00 Yoga 11:30-12:30 Cancer Recovery Exercise 12:30-1:30 Oncology Tai-Chi 2:30-4:00 Men's Group 5:30-6:45 Yoga	17 10:30-11:30 QiGong 11:45-12:45 Mindful Meditation 1:30-2:30 Oncology Recovery Exercise 2:00-3:30 Expressive Writing	18 9:30-11:00 Yoga 10:00-11:30 Patient Support Group 11:30-12:30 Cancer Recovery Exercise 12:30-1:30 Oncology Tai-Chi 1:00-2:30 Patient Support Group 1:00-2:30 Caregiver Support Group	19 10:30-11:30 QiGong 12:30-2:00 Zentangle (Preregistration Required) 1:30-2:30 Oncology Recovery Exercise
22 12:30-1:00 Oncology Mindful Meditation 1:30-2:30 Oncology Yoga	23 9:30-11:00 Yoga 11:30-12:30 Cancer Recovery Exercise 12:30-1:30 Oncology Tai-Chi 1:00-2:30 Adv. Breast Cancer Grp 5:30-6:45 Yoga	24 10:00-11:00 Orientation 10:30-11:30 QiGong 11:45-12:45 Mindful Meditation 1:00-2:00 Laughter is the Best Medicine 1:30-2:30 Oncology Recovery Exercise 1:30-3:00 Multiple Myeloma Group 2:00-3:30 Expressive Writing	25 9:30-11:00 Yoga 10:00-11:30 Patient Support Group 11:30-12:30 Cancer Recovery Exercise 12:30-1:30 Oncology Tai-Chi 1:00-2:30 Patient Support Group 1:00-2:30 Caregiver Support Group	26 9:30-1:30 Stitch & Chat  Knitted Knockers with Knitting & Fitting 10:30-11:30 QiGong 1:30-2:30 Oncology Recovery Exercise
29 12:30-1:00 Oncology Mindful Meditation ONCOLOGY YOGA CANCELLED IN OBSERVANCE OF MEMORIAL DAY (HealthFit closes at 1:00 p.m.)	30 9:30-11:00 Yoga 11:30-12:30 Cancer Recovery Exercise 12:30-1:30 Oncology Tai-Chi JFCS CLOSSES AT 5:00 P.M. IN OBSERVANCE OF SHAVUOT	31 JFCS CLOSED IN OBSERVANCE OF SHAVUOT 1:30-2:30 Oncology Recovery Exercise	NOTE: JFCS CLOSED JUNE 1, 2017 IN OBSERVANCE OF SHAVUOT	

 HealthFit Facility
5880 Rand Blvd #102,
Sarasota, FL 34238

 JFCS - Fruitville Campus
2688 Fruitville Road
Sarasota, FL 34237

 JFCS - S. Tuttle Campus
1050 S. Tuttle Ave., Bldg. 1
Sarasota, FL



For More Information, please contact:
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CANCER SUPPORT & WELLNESS – OFF-SITE LOCATIONS

BRADENTON

Yoga - Renaissance on 9th
Tuesday from 2:00 - 3:30 p.m.
Instructor: Anne Silverman, RYT
Address: Renaissance on 9th — 1816 9th Street West., Bradenton, 34205

Introduction to Yoga and its health benefits enables you to develop flexibility, strength and balance. Caregivers are welcome.

Belly Dancing - Renaissance on 9th
Wednesdays from 10:30 - 11:30 a.m.
Instructor: Tahja
Address: Renaissance on 9th — 1816 9th Street West., Bradenton, 34205

Belly dancing creates self acceptance and celebrates the gift of life and movement. It is a wonderful way to make new friends, build confidence and relax. You can build energy with this exercise and have fun.

Qigong - Westminster Presbyterian Church-Bradenton
When: Fridays from 10:00 - 11:30 a.m.
Instructor: John Orsborn AP, DOM
Westminster Presbyterian Church — 3011 19th Ave W, Bradenton, 34205

Chinese exercise practiced for its relaxing, energizing and health-enhancing benefits.

VENICE

Most Venice programs meet at Jacaranda Trace,
3600 William Penn Way, Venice 34293

Classes are held in the Cadbury Commons Building.

Directions: East on to Jacaranda Blvd. from Rt. 41, left on Parkmere Blvd., left to William Penn Way, OR from I-75, take exit #193 and proceed west on Jacaranda. Continue on Jacaranda for 4.7 miles.

Jacaranda Trace is on the right as you approach Rt. #41.)

Cancer Support Group
Mondays 10:00-11:30 a.m.
Facilitator: Karen Kelley, LMHC

Groups meet in the 2nd floor Enrichment Center A support group for people with cancer and/or support persons. The group is designed to explore ways to decrease stress and improve quality of life.

Tai Chi Mind - Balance-Motion
Tuesday 10:00-11:00 a.m.
Instructor: Artie Aviles

Using traditional Tai Chi concepts and movements, this class creates a stronger mind and body connection for better breathing, balance, awareness and motion. Groups meet in the Multipurpose Room on the 1st floor across from beauty salon.

Yoga for Wellness
Mondays from 4:00-5:30 p.m.
Instructor: Linda Lee, LMT, RYT

Gentle Yoga to cultivate healing and awareness and to help reduce stress. Class meets in the Multipurpose room on the 1st floor across from beauty salon.

Venice Breast Cancer Networking
3rd Monday of each month, 11:00 a.m. - Noon

Support and sharing with other breast cancer survivors at Venice Health Park, 1201 Jacaranda Blvd, Suite 1217, Venice, FL 34292 (Jacaranda Boulevard and Center Road Intersection)
941.408.9572 or JFCS @ 941.366.2224 x. 167

NORTH SARASOTA

North SRQ Library
2801 Newtown Blvd, Sarasota, FL 34234
2nd Tuesday of each month
6:00 p.m. - 7:30 p.m.

Join Facilitator Elizabeth Bornstein, LCSW along with Gwen Atkins, RN for an interesting discussion on managing and reducing stress during cancer. Light dinner provided by Jackie Lampkin. Meetings include "Ask Dr. Lisa" - an informal question and answer session with Lisa Merritt, M.D.

LAKWOOD RANCH

Breast Cancer Group
2nd Saturday of each month 10:00-11:30 a.m.

Address: Lakewood Ranch Medical Center, 8330 Lakewood Ranch Blvd Conference Room One

PORT CHARLOTTE

Cancer Support Group for our Spanish Speaking community
Grupo de Apoyo

2nd Wednesday of each month
of each month 2:00-4:30 p.m.
Facilitator: Brenda Gonzalez, LCSW
Address: 3524 Tamiami Trail, Bldg. D, Ste. 201, Port Charlotte

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