

JULY 2017



For More Information, please contact:
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 JUNE 12:30-1:00 Oncology Mindful Meditation 1:30-2:30 Oncology Yoga	27 JUNE 9:30-11:00 Yoga 11:30-12:30 Cancer Recovery Exercise 12:30-1:30 Oncology Tai-Chi 5:30-6:45 Yoga	28 JUNE 10:30-11:30 Tai Chi 11:45-12:45 Mindful Meditation 1:30-2:30 Oncology Recovery Exercise 1:00-2:00 Laughter is the Best Medicine 1:30-3:00 Multiple Myeloma Group 2:00-3:30 Expressive Writing	29 JUNE 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	30 JUNE 10:30-11:30 QiGong 1:30-2:30 Oncology Recovery Exercise
3 JULY 12:30-1:00 Oncology Mindful Meditation 1:30-2:30 Oncology Yoga	4 CLOSED IN OBSERVANCE OF JULY 4	5 10:30-11:30 Tai Chi 11:45-12:45 Mindful Meditation 1:30-2:30 Oncology Recovery Exercise 2:00-3:30 Expressive Writing	6 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	7 10:30-11:30 QiGong 1:30-2:30 Oncology Recovery Exercise
10 12:30-1:00 Oncology Mindful Meditation 1:30-2:30 Oncology Yoga	11 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	12 10:30-11:30 Tai Chi 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	13 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	14 9:30-1:30 Stitch & Chat Knitted Knockers with Knitting & Fitting  10:30-11:30 QiGong 1:30-2:30 Oncology Recovery Exercise
17 12:30-1:00 Oncology Mindful Meditation 1:00-1:30 Orientation 1:30-2:30 Oncology Yoga	18 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	19 10:30-11:30 Tai Chi 11:45-12:45 Mindful Meditation 1:30-2:30 Oncology Recovery Exercise 2:00-3:30 Expressive Writing	20 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	21 10:30-11:30 QiGong 1:30-2:30 Oncology Recovery Exercise 12:30 - 2:00 ZENTANGLE
24 12:30-1:00 Oncology Mindful Meditation 1:30-2:30 Oncology Yoga 31 JULY 12:30-1:00 Oncology Mindful Meditation 1:30-2:30 Oncology Yoga	25 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	26 1:30-2:30 Oncology Recovery Exercise 1:00-2:00 Laughter is the Best Medicine 1:30-3:00 Multiple Myeloma Group 2:00-3:30 Expressive Writing NO TAI CHI CLASS OR MINDFUL MEDITATION TODAY	27 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	28 9:30-1:30 Stitch & Chat Knitted Knockers with Knitting & Fitting  10:30-11:30 QiGong 1:30-2:30 Oncology Recovery Exercise

***ALL CLASSES AND SUPPORT GROUPS ARE OFFERED FREE OF CHARGE**

LEGEND	HealthFit Facility	JFCS - Fruitville Campus	JFCS - S. Tuttle Campus
	5880 Rand Blvd #102, Sarasota, FL 34238	2688 Fruitville Road, Sarasota, FL 34237	1050 S. Tuttle Ave., Bldg. 1, Sarasota, FL 34237

CANCER SUPPORT & WELLNESS – OFF-SITE LOCATIONS

BRADENTON

Yoga - Renaissance on 9th
Tuesdays 2:00 - 3:30 p.m.

Instructor: Anne Silverman, RYT

Address: Renaissance on 9th — 1816 9th Street West., Bradenton, 34205

No class July 4

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

Belly Dancing - Renaissance on 9th
Wednesdays 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
Fridays 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
Tuesdays 10:00-11:00 a.m.
Instructor: Artie Aviles

No class July 4

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 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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