

CANCER SUPPORT & WELLNESS SARASOTA

Programs and services are offered at the **S. Tuttle Campus: 1050 S. Tuttle Ave., Bldg. 1, Sarasota. (F) indicates Fruitville Campus, 2688 Fruitville Rd. Sarasota. SEE REVERSE SIDE FOR PROGRAMS IN VENICE, BRADENTON, LAKEWOOD RANCH, NORTH SARASOTA AND PORT CHARLOTTE.**



MARCH 2017 FEATURED EVENTS

Women's Group Guest Speaker:
Angela Long, founder of Breast Investigators
 3/7/17 from 1:00 to 2:30
NEW CLASS: LAUGHTER AS GOOD MEDICINE
 with Emily Levin 3/8/17 from 1:00-2:30 p.m.

MARCH 2017

	<p>7 TUESDAY 9:30-11:00 Yoga 11:30-12:30 Cancer Recovery Exercise 1:00-2:30 WOMEN'S GROUP: guest speaker ANGELA LONG 2:30-4:00 Men's Group (F) 5:30-6:45 Yoga</p>	<p>14 TUESDAY 9:30-11:00 YOGA for Strong Bones 11:30-12:30 Cancer Recovery Exercise 5:30-6:45 Yoga</p>	<p>21 TUESDAY 9:30-11:00 Yoga 11:30-12:30 Cancer Recovery Exercise 2:30-4:00 Men's Group (F) 5:30-6:45 Yoga</p>	<p>28 TUESDAY 9:30-11:00 Yoga 11:30-12:30 Cancer Recovery Exercise 1:00-2:30 Adv. Breast Cancer Grp 5:30-6:45 Yoga</p>
<p>1 WEDNESDAY 10:30-11:30 QiGong 11:45-12:45 Meditation 1:30-3:00 Oral, Head & Neck Support Group 2:00-3:30 Expressive Writing</p>	<p>8 WEDNESDAY 10:30-11:30 QiGong 11:45-12:45 Meditation *1:00-2:00 Laughter as Good Medicine 2:00-3:30 Expressive Writing</p>	<p>15 WEDNESDAY 10:30-11:30 QiGong 11:45-12:45 Meditation 2:00-3:30 Expressive Writing</p>	<p>22 WEDNESDAY 10:30-11:30 QiGong 11:45-12:45 Meditation *1:00-2:00 Laughter as Good Medicine 1:30-3:00 Multiple Myeloma Grp. 2:00-3:30 Expressive Writing</p>	<p>29 WEDNESDAY 10:30-11:30 QiGong 11:45-12:45 Meditation 2:00-3:30 Expressive Writing</p>
<p>2 THURSDAY 9:30-11:00 Yoga 10:00-11:30 Patient Support Group 11:30-12:30 Cancer Recovery Exercise 1:00-2:30 Caregiver Support Group 1:00-2:30 Patient Support Group</p>	<p>9 THURSDAY 9:30-11:00 Yoga 10:00-11:30 Patient Support Group 11:30-12:30 Cancer Recovery Exercise 1:00-2:30 Caregiver Support Group 1:00-2:30 Patient Support Group</p>	<p>16 THURSDAY 9:30-11:00 Yoga 10:00-11:30 Patient Support Group 11:30-12:30 Cancer Recovery Exercise 1:00-2:30 Caregiver Support Group 1:00-2:30 Patient Support Group</p>	<p>23 THURSDAY 9:30-11:00 Yoga 10:00-11:00 Ask The Attorney (F) 10:00-11:30 Patient Support Group 11:30-12:30 Cancer Recovery Exercise 1:00-2:30 Caregiver Support Group 1:00-2:30 Patient Support Group</p>	<p>30 THURSDAY 9:30-11:00 Yoga 10:00-11:30 Patient Support Group 11:30-12:30 Cancer Recovery Exercise 1:00-2:30 Caregiver Support Group 1:00-2:30 Patient Support Group</p>
<p>3 FRIDAY 10:30-11:30 QiGong</p>	<p>10 FRIDAY 9:30-1:30 Stitch & Chat with Knitted Knockers: Knitting 10:30-11:30 QiGong</p>	<p>17 FRIDAY 10:30-11:30 QiGong</p>	<p>24 FRIDAY 9:30-1:30 Stitch & Chat and Knitted Knockers-with Knitting & Fitting  10:30-11:30 QiGong</p>	<p>31 FRIDAY 10:30-11:30 QiGong</p>

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*Pre-registration appreciated

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 Empowering individuals and families toward self-sufficiency

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CANCER SUPPORT & WELLNESS

BRADENTON, VENICE, NORTH SARASOTA, LAKEWOOD RANCH & PORT CHARLOTTE PROGRAMS

BRADENTON

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

Instructor: Anne Silverman, RYT

Introduction to Yoga and its health benefits enables you to develop flexibility, strength and balance. Caregivers are welcome. Groups meet at Renaissance on 9th, 1816 9th Street West., Bradenton

Belly Dancing - Renaissance on 9th
Wednesdays from 10:30 - 11:30 a.m.

Instructor: Tahja

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. The group meets at Renaissance on 9th, 1816 9th Street West., Bradenton

Qigong - Westminster Presbyterian Church-Bradenton
Fridays from 10:00 - 11:30 a.m.

Instructor: John Orsborn AP, DOM

Chinese exercise practiced for its relaxing, energizing and health-enhancing benefits. Groups meet at Westminster Presbyterian Church on the corner of 19th Avenue and 30th Street West., Bradenton

VENICE

Most Venice programs meet at Jacaranda Trace, 3600 William Penn Way, in the Cadbury Commons Building. (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.)

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.

TaiChi Mind-Balance-Motion
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.

Yoga for Wellness - Mondays from 4:30 - 6:00 p.m.
Instructor: Linda Lee, LMT, RYT

Gentle Yoga to cultivate healing and awareness and to help reduce stress. Groups meet in the Multipurpose room on the 1st floor.

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, Suite 1217, Jacaranda Boulevard and Center Road Intersection, Venice FL 941.408.9572

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.

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

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 2-4:30 p.m.

Facilitator: Brenda Gonzalez, LCSW
3524 Tamiami Trail, Bldg. D, Ste. 201, Port Charlotte

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