

APRIL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 12:30-1:00 Oncology Mindful Meditation 1:30-2:30 Oncology Yoga	4 9:30-11:00 Yoga 11:30-12:30 Cancer Recovery Exercise 12:30-1:30 Oncology Tai-Chi 1:00-2:30 WOMEN'S GROUP: Benefits of Body Tapping with Nancy Gold 2:30-4:00 Men's Group 5:30-6:45 Yoga	5 10:30-11:30 QiGong 11:45-12:45 Mindful Meditation 1:30-2:30 Oncology Recovery Exercise 1:30-3:00 Oral, Head & Neck Support Group 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 JFCS Closed @ 3pm in Observance of Passover HealthFit will be open 12:30-1:00 Oncology Mindful Meditation 1:30-2:30 Oncology Yoga	11 JFCS Closed in Observance of Passover HealthFit will be open 12:30-1:30 Oncology Tai-Chi	12 JFCS Closed in Observance of Passover HealthFit will be open 1:30-2:30 Oncology Recovery Exercise	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 5:30-6:45 Yoga	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 JFCS Closed in Observance of Passover HealthFit will be open 12:30-1:00 Oncology Mindful Meditation 1:30-2:30 Oncology Yoga	18 JFCS Closed in Observance of Passover HealthFit will be open 12:30-1:30 Oncology Tai-Chi See below (4/25) for Men's Group makeup date	19 10:30-11:30 QiGong 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 5:30-6:45 Yoga	21 10:30-11:30 QiGong 1:30-2:30 Oncology Recovery Exercise
24 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 2:30-4:00 Men's Group (makeup group from 18th) 5:30-6:45 Yoga	26 10:00-11:00 Orientation 10:30-11:30 QiGong 11:45-12:45 Mindful Meditation 1:00-2:00 Laughter is Good Medicine 1:30-2:30 Oncology Recovery Exercise 1:30-3:00 Multiple Myeloma Group 2:00-3:30 Expressive Writing	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



For More Information, please contact:
Bambi Furtado, LMHC
 Director, Cancer Support and Wellness
 941-366-2224, ext 167
 BFurtado@JFCS-Cares.org

Sponsored in part by:



Printing costs gifted by:



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

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.)

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
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

Grupo de Apoyo
Cancer Support Group for our Spanish Speaking community

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

Sponsored in part by:

GULF COAST
COMMUNITY
FOUNDATION

Printing costs gifted by:

Stan Rutstein
Let's Talk!
Commercial Real Estate
RE/MAX Alliance Group
941-539-8313 Cell
941-758-7777 Office
stan@stanrutstein.com

