

## workshops & events

Friday, September 10, 12:30 pm – 2:00 pm  
Nutritional Lunch

*"Using Flower Essences for More Happiness & Health"*  
with Janet Schultz, MA, Certified Homeopath

Life stresses can leave us feeling overwhelmed and depleted of vitality and strength. Flower essences are a simple and natural method of correcting emotional imbalances, encouraging equilibrium and harmony and strengthening the body's natural ability to throw off illness. Flower essences can help give clarity to one's life purpose and the courage, strength and enthusiasm to follow and pursue one's goals and dreams. Learn how you can develop a higher level of intuition, self-esteem, spirituality, creativity and fun!

A healthy lunch is donated by World Famous The Spot Restaurant.

Wednesday, September 15, 6:00 pm – 7:30 pm  
*"Ask the Doctor: Prostate Cancer"*  
with Timothy Lesser, MD - South Bay Urology

Join prostate cancer survivors and their family members and discuss current treatment options and post treatment management.

The prostate networking group will begin at 5:00 pm,  
followed by a discussion with Dr. Lesser.

■ Un Viernes por mes, 17 Septiembre de 5 – 7 pm, *Celebrando la Vida.*

Este grupo en español, es para pacientes, sobrevivientes, y familiares combatiendo el cáncer. Reúnase con nosotros para encontrar apoyo, amistad, compasión, esperanza y para aprender como mejor combatir esta enfermedad. Celebrando la Vida, Grupo en Español con Maria Gallo, MA. Por favor, para mas información y para registrarse.

Llame al 310-837-5372. El programa es completamente gratis.

■ Saturday, September 18, 9 am - 12 pm, *"Writing for Wellness"* with Barbara Abercrombie. This monthly program offers everyone affected by cancer, participants, family and friends ways to express themselves through writing. Barbara is a favorite with participants and teaches at the UCLA Writer's Program and is the author of many books. **Drop in.**

Monday, September 20, 6:00 pm – 8:00 pm

*"Frankly Speaking About Cancer: Coping with the Cost of Care"*  
Presented by Tiffany Sirikulvadhana

Tiffany Sirikulvadhana, staff attorney with Cancer Legal Resource Center, a national center for legal information and resources, and Tom May, Program Director, this program aims to streamline the crucial resources available to people in treatment for cancer. Created by Cancer Support Community, the workshop and booklet sheds light on the psychological impact of incurring debt, sometimes for the first time, in combination with psychological impact of coping with a cancer diagnosis. The program provides a practical guide to navigating the numerous and complex challenges of managing the cost of cancer care.

Saturday, September 25, 10:00 am – 12:30 pm

*"Survivorship Concerns After A Breast Cancer Diagnosis"*  
Presented by James R. Waisman, MD,  
Breast Medical Oncologist, Breastlink Medical Group

Dr. James Waisman will discuss the many survivorship concerns after a diagnosis of breast cancer. Because many women live long, productive lives after a breast cancer diagnosis, survivorship is an area of focus for him. Survivorship concerns are rarely addressed and are important to all women after their own diagnosis. He is pleased to present the opportunity for you to learn and discuss this developing topic.

The Wellness Community will be closed  
Monday, September 6, 2010  
in observation of Labor Day.

Listings in **BLACK**=ongoing weekly support groups, **RED**=drop in, **GREY**=fundraisers and events

# september 2010

monday	tuesday	wednesday	thursday	friday	saturday
	<b>NEW!</b> <b>USING RELAXATION/VISUALIZATION</b> Relaxation and visualization is a kind of directed daydreaming, a way of using the imagination very specifically. To help mind and body heal, stay strong and even perform as needed. Join Scott Bonnel, LMFT, as he guides you through the key principles of Relaxation and Visualization. <b>This is a drop-in group. Fridays at 1 – 2 pm</b> <b>NOTE: No group when there is a Nutritional Lunch scheduled.</b>	<b>1</b> <b>EARLY YOGA</b> 9:30 am – 10:30 am <b>PROSTATE NETWORKING</b> 5:00 pm – 7:00 pm • NEWLY DIAGNOSED BREAST CANCER GROUP • FAMILY/PARTNERS GROUP • CANCER PATIENT GROUP 6:00 pm – 8:00 pm	<b>2</b> <b>WELLNESS WALKABOUT*</b> 12:00 pm – 1:00 pm <b>CANCER PATIENT GROUP</b> 2:00 pm – 4:00 pm <b>GENTLE HATHA YOGA</b> 6:00 pm – 7:00 pm	<b>3</b> <b>WELCOME TO WELLNESS</b> 11:00 am <b>USING RELAXATION/VISUALIZATION</b> 1:00 pm - 2:00 pm	<b>4</b>
<b>6</b>	<b>7</b> <b>PILATES</b> 2:00 pm – 3:00 pm <b>RELAXATION AND VISUALIZATION</b> 5:15 pm – 6:00 pm • NEWLY DIAGNOSED BREAST CANCER GROUP • FAMILY/PARTNERS GROUP • CANCER PATIENT GROUP 6:00 pm – 8:00 pm	<b>8</b> <b>EARLY YOGA</b> 9:30 am – 10:30 am <b>PROSTATE NETWORKING AT KAISER</b> 5:00 pm – 7:00 pm • NEWLY DIAGNOSED BREAST CANCER GROUP • FAMILY/PARTNERS GROUP • CANCER PATIENT GROUP 6:00 pm – 8:00 pm	<b>9</b> <b>WELLNESS WALKABOUT*</b> 12:00 pm – 1:00 pm <b>LEUKEMIA/LYMPHOMA SOCIETY PATIENT/FAMILY SUPPORT GROUP</b> 1:00 pm – 3:00 pm <b>CANCER PATIENT GROUP</b> 2:00 pm – 4:00 pm <b>GENTLE HATHA YOGA</b> 6:00 pm – 7:00 pm <b>COLO-RECTAL NTWKG</b> 6:00 – 8:00 pm	<b>10</b> <b>WELCOME TO WELLNESS</b> 11:00 am <b>NUTRITION LUNCH</b> <i>"Using Flower Essences..."</i> Janet Schultz, MA 12:30 - 2:00 pm	<b>11</b> <b>GYNECOLOGICAL NETWORKING</b> 10:00 am – 12:00 pm <b>CARCINOID &amp; NEURO-ENDOCRINE TUMOR NETWORKING</b> 10:30 am – 12:30 pm <b>SARCOMA ALLIANCE NETWORKING</b> 11:00 am – 1:00 pm
<b>CLOSED LABOR DAY WEEKEND</b>					
<b>13</b> <b>MORNING YOGA</b> 9:30 am – 10:45 am <b>BRAIN TUMOR NETWORKING</b> 1:00 pm – 3:00 pm <b>HATHA YOGA</b> 1:30 pm – 2:30 pm <b>FAMILY TRANSITION GROUP</b> 6:00 pm – 8:00 pm <b>AFTER TREATMENT BREAST CANCER NETWORKING</b> 6:00 pm – 8:00 pm <b>WELCOME TO WELLNESS</b> 6:30 pm	<b>14</b> <b>PILATES</b> 2:00 pm – 3:00 pm <b>RELAXATION AND VISUALIZATION</b> 5:15 pm – 6:00 pm • NEWLY DIAGNOSED BREAST CANCER GROUP • FAMILY/PARTNERS GROUP • CANCER PATIENT GROUP 6:00 pm – 8:00 pm	<b>15</b> <b>EARLY YOGA</b> 9:30 am – 10:30 am <b>PROSTATE NETWORKING</b> 5:00 pm – 6:00 pm <b>"ASK THE DOCTOR: PROSTATE CANCER"</b> with Timothy Lesser, MD 6:00 pm – 7:30 pm • NEWLY DIAGNOSED BREAST CANCER GROUP • FAMILY/PARTNERS GROUP • CANCER PATIENT GROUP 6:00 pm – 8:00 pm	<b>16</b> <b>WELLNESS WALKABOUT*</b> 12:00 pm – 1:00 pm <b>CANCER PATIENT GRP</b> 2:00 – 4:00 pm <b>GENTLE HATHA YOGA</b> 6:00 – 7:00 pm <b>LUNG CANCER NETWORKING</b> 6:00 – 8:00 pm <b>HOPS FOR HEALTH</b> San Pedro Brewing Co. 7:00 pm	<b>17</b> <b>WELCOME TO WELLNESS</b> 11:00 am <b>USING RELAXATION/VISUALIZATION</b> 1:00 pm - 2:00 pm <b>CELEBRANDO LA VIDA</b> 5:00 pm – 7:00 pm	<b>18</b> <b>WRITING FOR WELLNESS</b> Barbara Abercrombie 9:00 am – 12:00 pm
<b>20</b> <b>MORNING YOGA</b> 9:30 am – 10:45 am <b>HATHA YOGA</b> 1:30 pm – 2:30 pm <b>FAMILY TRANSITION GROUP</b> 6:00 pm – 8:00 pm <b>"FRANKLY SPEAKING ABOUT CANCER: COPING WITH THE COST OF CARE"</b> Presented by Tiffany Sirikulvadhana 6:00 pm – 8:00 pm <b>WELCOME TO WELLNESS</b> 6:30 pm	<b>21</b> <b>PILATES</b> 2:00 pm – 3:00 pm <b>RELAXATION AND VISUALIZATION</b> 5:15 pm – 6:00 pm • NEWLY DIAGNOSED BREAST CANCER GROUP • FAMILY/PARTNERS GROUP • CANCER PATIENT GROUP 6:00 pm – 8:00 pm	<b>22</b> <b>EARLY YOGA</b> 9:30 am – 10:30 am • NEWLY DIAGNOSED BREAST CANCER GROUP • FAMILY/PARTNERS GROUP • CANCER PATIENT GROUP 6:00 pm – 8:00 pm	<b>23</b> <b>WELLNESS WALKABOUT*</b> 12:00 pm – 1:00 pm <b>CANCER PATIENT GROUP</b> 2:00 pm – 4:00 pm <b>GENTLE HATHA YOGA</b> 6:00 pm – 7:00 pm	<b>24</b> <b>WELCOME TO WELLNESS</b> 11:00 am <b>USING RELAXATION/VISUALIZATION</b> 1:00 pm - 2:00 pm <b>REIKI ENERGY CIRCLE</b> 12:30 pm – 3:00 pm	<b>25</b> <b>"SURVIVORSHIP CONCERNS AFTER A BREAST CANCER DIAGNOSIS"</b> Presented by James R. Waisman, MD 10:00 am – 12:30 pm
<b>27</b> <b>MORNING YOGA</b> 9:30 am – 10:45 am <b>HATHA YOGA</b> 1:30 pm – 2:30 pm <b>FAMILY TRANSITION GROUP</b> 6:00 pm – 8:00 pm <b>AFTER TREATMENT BREAST CANCER NETWORKING</b> 6:00 pm – 8:00 pm <b>WELCOME TO WELLNESS</b> 6:30 pm	<b>28</b> <b>LYMPHEDEMA NETWORKING AT TORRANCE MEMORIAL MEDICAL CTR</b> 12:00 pm – 1:30 pm <b>PILATES</b> 2:00 pm – 3:00 pm <b>RELAXATION AND VISUALIZATION</b> 5:15 pm – 6:00 pm • NEWLY DIAGNOSED BREAST CANCER GROUP • FAMILY/PARTNERS GROUP • CANCER PATIENT GROUP 6:00 pm – 8:00 pm	<b>29</b> <b>EARLY YOGA</b> 9:30 am – 10:30 am • NEWLY DIAGNOSED BREAST CANCER GROUP • FAMILY/PARTNERS GROUP • CANCER PATIENT GROUP 6:00 pm – 8:00 pm	<b>30</b> <b>WELLNESS WALKABOUT*</b> 12:00 pm – 1:00 pm <b>CANCER PATIENT GROUP</b> 2:00 pm – 4:00 pm <b>GENTLE HATHA YOGA</b> 6:00 pm – 7:00 pm		

### \*WELLNESS WALKABOUT

Class will now meet at **ShapeShift™ By The Sea Pilates Studio**,  
1848 S. Elena Ave. Suite K, Redondo Beach, 90277  
310.310.378.4455 • [www.shapeshiftpilates.com](http://www.shapeshiftpilates.com)  
(In the Riviera Village)