



April 2026



Cancer Resource Center classes, programs, events and support services

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Restorative Yoga @ CCC 10-11am Chair Yoga 11:30am-12:30pm Healing Hearts 1:30-2:30pm	2 Meditation 101 9-10am Chi Gong 10-11am Chair Yoga 2-3pm	3 Tai Chi 9-10am Art Therapy 10:30am-1:30pm Chair Yoga @ SCH 12:30-1:30pm
6 Yoga 9-10am Energy Therapy Sessions @ CCC 9am-noon Music Wellness 2-3pm	7 The Art of Holistic Nutrition 10-11am Crafting Connections @ SCH 11am-noon Caregiver Support Group 6-7pm	8 Energy Therapy Classes@ SCH 9-10:30am Reiki 9:30am-12:30pm Energy Therapy Sessions @ CCC 11:30am-2:30pm Yoga 11:30am-12:30pm	9 Knit One...Nurture Too 1-2:30pm Chair Yoga 2-3pm Stretching 3-4pm	10 Tai Chi 9-10am Nature Journaling 11am-1pm
13 Yoga 9-10am Meditation 101 @ SCH 10-11am Sound Healing 11am-noon Reiki/Reflexology 1-3pm	14 Breast Cancer Support Group 6-7pm	15 Chair Yoga 11:30am-12:30pm Chair Yoga @ SCH 12:30-1:30pm Healing Hearts 1:30-2:30pm Patient & Family Cancer Support Group @ SCH 2-3pm	16 Meditation 101 9-10am Chi Gong 10-11am Chair Yoga 11:30am-12:30pm Chair Yoga 2-3pm Breast Cancer Support Group @ PHRC 6-7pm	17 Tai Chi 9-10am
20 Yoga 9-10am Energy Therapy Sessions @ CCC 9-noon Music Wellness 2-3pm Empowerment Drumming 3-4pm	21 Kitchen Rx 2-3pm	22 Reiki 9:30am-12:30pm Energy Therapy Sessions @ CCC 11:30am-2:30pm Yoga 11:30am-12:30pm	23 Chair Yoga 11:30am-12:30pm Knit One...Nurture Too 1-2:30pm Chair Yoga 2-3pm Stretching 3-4pm	24 Tai Chi 9-10am
27 Yoga 9-10am Gynecological Cancer Support Group 11am-noon	28 Ostomy Support Group 10-11:30am Breast Cancer Support Group 6-7pm	29 Energy Therapy Classes@ SCH 9-10:30am Healing Hearts 1:30-2:30pm	30 Chair Yoga 2-3pm	

All classes take place at the Cancer Resource Center (926 Ridge Road, Munster), unless otherwise indicated. Please register for all programs by calling 219-836-3349. Dates and times are subject to change.

CCC - Cancer Care Center - 10191 Broadway, Crown Point
 SCH - St. Catherine Hospital - 4321 Fir St., East Chicago
 SMMC - St. Mary Medical Center - 1500 S. Lake Park Ave., Hobart
 SMMC OC - SMMC Outpatient Center - 3800 St. Mary Drive, Valparaiso
 PHRC - Powers Health Rehabilitation Center - 10215 Broadway, Crown Point



May 2026

Visit
PHCRF.com
for more
information

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 Tai Chi 9-10am Chair Yoga @ SMMC 9-10am Chair Yoga @ SCH 12:30-1:30pm Art Therapy 12:30-2:30pm
4 Yoga 9-10am Meditation 101 @ CCC 9-10am Chi Gong @ CCC 10-11am Energy Therapy Sessions @ CCC 9am-noon Music Wellness 2-3pm	5 The Art of Holistic Nutrition 10-11am Caregiver Support Group 6-7pm	6 Restorative Yoga @ CCC 10-11am Chair Yoga 11:30am-12:30pm Healing Hearts 1:30-2:30pm	7 Meditation 101 9-10am Chi Gong 10-11am Chair Yoga 2-3pm	8 Tai Chi 9-10am Wigs 101 10:30am-noon Cancer Support Group @ CCC 1-2pm
11 Yoga 9-10am Tai Chi @ CCC 9-10am Meditation 101 @ SCH 10-11am Expressive Art @ SCH 1-3pm Sound Healing 11am-noon Reiki/Reflexology 1-3pm	12 Crafting Connections 10:30-noon Breast Cancer Support Group 6-7pm	13 Energy Therapy Classes @ SCH 9-10:30am Reiki 9:30am-12:30pm Energy Therapy Sessions @ CCC 11:30am-2:30pm Yoga 11:30am-12:30pm	14 Knit One 12:30-2pm Chair Yoga 2-3pm Stretching 3-4pm	15 Tai Chi 9-10am
18 Yoga 9-10am Meditation 101 @ CCC 9-10am Chi Gong @ CCC 10-11am Energy Therapy Sessions @ CCC 9-noon Music Wellness 2-3pm Empowerment Drumming 3-4pm	19 Kitchen Rx 2-3pm	20 Chair Yoga 11:30am-12:30pm Healing Hearts 1:30-2:30pm Patient & Family Cancer Support Group @ SCH 2-3pm	21 Meditation 101 9-10am Chi Gong 10-11am Chair Yoga 11:30am-12:30pm Chair Yoga 2-3pm	22 Tai Chi 9-10am
25 CLOSED MEMORIAL DAY	26 Crafting Connections @ SCH 11am-noon Breast Cancer Support Group 6-7pm	27 Reiki 9:30am-12:30pm Energy Therapy Classes @ SCH 9-10:30am Energy Therapy Sessions @ CCC 11:30am-2:30pm Chair Yoga @ SCH 12:30-1:30pm Yoga 11:30am-12:30pm	28 Chair Yoga 11:30am-12:30pm Knit One 12:30-2pm Chair Yoga 2-3pm Stretching 3-4pm	29 Tai Chi 9-10am

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