

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Tai Chi 9-10am Art Therapy 10:30am-1:30pm Chair Yoga @ SCH 12:30 – 1:30pm
4 Yoga 9-10am Music Wellness 2-3pm	5 Healthcare & Tech Lecture 10-11:30am Caregivers Support Group 6-7pm	6 Restorative Yoga @ PHRC 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
11 Yoga 9-10am Sound Healing 11am-Noon Reiki/Reflexology 1-3pm Expressive Art Action @ SCH 1-3pm	12 Patient & Family Cancer Support Group 10-11am Crafting Connections 10:30am-Noon Breast Cancer Networking Group 6-7pm	13 Reiki 9:30-11:30am Yoga 11:30am-12:30pm	14 Knit One 1-2:30pm Chair Yoga 2-3pm Stretching 3-4pm Caring Together Networking Group @ PHRC 5:30-6:30pm	15 Tai Chi 9-10am Nature Journaling 11am-1pm
18 Yoga 9-10am Meditation 101 @ SCH 10-11am Music Wellness 2-3pm Drumming 3-4pm	19 Energy Medicine @ SCH 9-10:30am Crafting Connections @ SCH 11am-Noon Kitchen Rx 2-3pm	20 Chair Yoga 11:30am-12:30pm Chair Yoga @ SCH 12:30-1:30pm Patient & Family Cancer Support Group @ SCH 2-3pm Healing Hearts 1:30-2:30pm Prostate Cancer Resource Group @ PHRC 5:30-6:30pm	21 Meditation 101 9-10am Chi Gong 10-11am Chair Yoga 2-3pm Physician Lecture @ SMMC 2 – 3pm Breast Cancer Networking Group @ PHRC 6-7pm	22 Tai Chi 9-10am Emotional Wellness Series 1-2:30pm
25 Yoga 9-10am Gynecological Cancer Support Group 11am-Noon	26 Breast Cancer Networking Group 6-7pm	27 Yoga 11:30am-12:30pm	28 Knit One 1-2:30pm Chair Yoga 2-3pm Stretching 3-4pm Caring Together Support Group @ SMMC OC 5:30-6:30pm	29 Tai Chi 9-10am

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.

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