

classes, programs, events and support services

Monday	Tuesday	Wednesday	Thursday	Friday
2 Yoga 9-10am Crafting Connections @ PHRC 11am-12pm Music Wellness 2-3pm	3 Holistic Nutrition 10-11am Art Therapy 12-3pm Caregivers Networking Group 6-7pm	4 Restorative Yoga @ PHRC 10-11am Chair Yoga 11:30am-12:30pm Healing Hearts 1:30-2:30pm	5 Meditation 9-10am Chi Gong 10-11am Chair Yoga 2:15-3pm	6 Tai Chi 9-10am Chair Yoga @ SCH 12:30-1:30pm
9 Yoga 9-10am Sound Healing 11am-noon Reiki/Reflexology 1-3pm	10 Patient & Family Cancer Networking Group 10-11am Breast Cancer Networking Group 6-7pm	11 Reiki 9:30-11:30am Yoga 11:30am-12:30pm	12 Knit One 1-2:30pm Chair Yoga 2:15-3pm Stretching 3-4pm Caring Together Networking Group @PHRC 5:30-6:30pm	13 Tai Chi 9-10am
16 Yoga 9-10am Meditation 101 @ SCH 10-11am Music Wellness 2-3pm Drumming 3-4pm	17 Kitchen Rx 2-3pm	18 Chair Yoga 11:30am-12:30pm Chair Yoga @ SCH 12:30 - 1:30pm Patient & Family Cancer Networking Group @ SCH 2-3pm Healing Hearts 1:30-2:30pm Prostate Cancer Resource Group @ PHRC 5:30-6:30pm	19 Meditation & Wellness 9-10am Chi Gong 10-11am Chair Yoga 2:15-3pm Breast Cancer Networking Group @ PHRC 6-7pm	20 Tai Chi 9-10am
23 Yoga 9-10am Gynecological Cancer Networking Group 11am-noon	24 Patient & Family Cancer Networking Group 10-11am Breast Cancer Networking Group 6-7pm	25 Yoga 11:30am-12:30pm	26 Knit One 1-2:30pm Chair Yoga 2:15-3pm Stretching 3-4pm Caring Together Networking Group @ SMMC OC 5:30-6:30pm	27 Tai Chi 9-10am Physician Lecture 2-3pm
30 Yoga 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 Outpatient Center (SMMC OC) - 3800 St. Mary Drive, Valparaiso
PHRC - Powers Health Rehabilitation Center - 10215 Broadway, Crown Point