Powers HEALTH®

November 2026

Cancer Resource Center classes, programs, events and support services

Visit PHCRF.com for more information

Monday	Tuesday	Wednesday	Thursday	Friday
2 Tai Chi @ CCC 9-10am Energy Therapy Sessions @ CCC 9am-noon Yoga 9-10am Music Wellness 2-3pm	3 Art of Holistic Nutrition 10-11am Patient & Family Cancer Support Group 6-7pm	4 Restorative Yoga @ CCC 10-11am Healing Hearts 1:30-2:30pm Lung Cancer Symposium @ Community Hospital Auditorium 1-4pm	5 Meditation 101 9-10am Chi Gong 10-11am Chair Yoga 2-3pm	6 Tai Chi 9-10am Chair Yoga @ SCH 12:30-1:30pm Art Therapy 12:30-2:30pm
9 Yoga 9-10am Sound Healing 11am-noon Reiki/Reflexology 1-3pm Meditation 101 @ CCC 9-10am Chi Gong @ CCC 10-11am	10 Breast Cancer Support Group 6-7pm Crafting Connections 10:30am-noon	11 Reiki 9:30am-12:30pm Energy Therapy Classes @ SCH 9-10:30am Energy Therapy Sessions @ CCC 11:30am-2:30pm	12 Knit One 12:30-2pm Chair Yoga 2-3pm Stretching 3-4pm	13 Tai Chi 9-10am Cancer Support Group @ CCC 1-2pm
16 Yoga 9-10am Music Wellness 2-3pm Drumming 3-4pm Meditation 101 @ SCH 10–11am Tai Chi @ CCC 9-10am Energy Therapy Sessions @ CCC 9am-noon	17 Kitchen Rx 2-3pm Crafting Connections @ SCH 11am-noon	18 Chair Yoga @ SCH 12:30-1:30pm Healing Hearts 1:30-2:30pm Patient & Family Cancer Support Group @ SCH 2-3pm	19 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	20 Tai Chi 9-10am Art Therapy @ SCH 1–3pm
23 Yoga 9-10am Gynecological Cancer Support Group 11am–noon Meditation 101 @ CCC 9-10am Chi Gong @ CCC 10-11am	24 Breast Cancer Support Group 6-7pm	25 Reiki 9:30am-12:30pm Energy Therapy Classes @ SCH 9-10:30am Energy Therapy Sessions @ CCC 11:30am-2:30pm	26 Happy Thanksgiving! (Closed)	27 Tai Chi 9-10am
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.

CCC-Cancer Care Center - 10191 Broadway, Crown Point
SCH - St. Catherine Hospital - 4321 Fir St., East Chicago
PHRC - Powers Health Rehabilitation Center - 10215 Broadway, Crown Point