

Cancer Resource Center classes, programs, events and support services

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Restorative Yoga @ PHRC 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 Music Wellness 2-3pm	7 Caregivers Support Group 6-7pm	8 Reiki 9:30-11:30am Yoga 11:30am-12:30pm	9 Knit One 1-2:30pm Chair Yoga 2-3pm Stretching 3-4pm Caring Together Networking Group @ PHRC 5:30-6:30pm	10 Tai Chi 9-10am
13 Yoga 9-10am Sound Healing 11am-noon Reiki/Reflexology 1-3pm	14 Patient & Family Cancer Support Group 10-11am Breast Cancer Support Group 6-7pm	15 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	16 Meditation 101 9-10am Chi Gong 10-11am Chair Yoga 2-3pm Breast Cancer Networking Group @ PHRC 6-7pm	17 Tai Chi 9-10am Chair Yoga @ SMMC OC 9-10am Art Therapy @ SMMC OC 11am-2pm Physician Lecture @ SMMC OC 2:30-3:30pm
20 Yoga 9-10am Meditation 101 @ SCH 10-11am Music Wellness 2-3pm Drumming 3-4pm	21 Energy Medicine @ SCH 9-10:30am Head & Neck Cancer Support Group 10-11am Kitchen Rx 2-3pm	22 Yoga 11:30am-12:30pm Physician Lecture @ SMMC 2-3pm	23 Knit One 1-2:30pm Chair Yoga 2-3pm Stretching 3-4pm Caring Together Support Group @ SMMC OC 5:30-6:30pm	24 Tai Chi 9-10am Emotional Wellness Series 1-2:30pm
27 Yoga 9-10am Gynecological Cancer Support Group 11am-noon	28 Ostomy Support Group 10-11:30am Crafting Connections @ SCH 11am-noon Breast Cancer Support Group 6-7pm	29 Healing Hearts 1:30-2:30pm	30 Chair Yoga 2-3pm	31 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