

Cancer Resource Center classes, programs, events and support services

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Art of Holistic Nutrition 10-11am Patient and Family Cancer Support Group 6-7pm	2 Restorative Yoga @ CCC 10-11am	3 Meditation 101 9-10am Chi Gong 10-11am Chair Yoga 2-3pm	4 Tai Chi 9-10am Chair Yoga @ SCH 12:30-1:30pm Art Therapy 12:30-2:30pm
7 LABOR DAY NO CLASSES	8 Breast Cancer Support Group 6-7pm ACS Webinar 6-7pm	9 Reiki 9:30am-12:30pm Healing Hearts 1:30-2:30pm Energy Therapy Classes @ SCH 9-10:30am Energy Therapy Sessions @ CCC 11:30am-2:30pm	10 Knit One 12:30-2pm Chair Yoga 2-3pm Stretching 3-4pm Breast Cancer Support Group @ PHRC 6-7pm	11 Tai Chi 9-10am Cancer Support Group @ CCC 1-2pm
14 Yoga 9-10am Sound Healing 11am-noon Reiki/Reflexology 1-3pm Meditation 101 @ CCC 9-10am Chi Gong @ CCC 10-11am	15 Kitchen Rx 2-3pm	16 Chair Yoga @ SCH 12:30-1:30pm Patient & Family Cancer Support Group @ SCH 2-3pm	17 Walk and Talk Event @ CCC 9am Meditation 101 9-10am Chi Gong 10-11am Chair Yoga 2-3pm Breast Cancer Support Group @ PHRC 6-7pm	18 Tai Chi 9-10am Art Therapy @ SCH 1-3pm
21 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	22 Crafting Connections @ SCH 11am-noon Physician Lecture 2-3pm Breast Cancer Support Group 6-7pm	23 Reiki 9:30am-12:30pm Survivorship Series Session #1 11am-12:30pm Healing Hearts 1:30-2:30pm Energy Therapy Classes @ SCH 9-10:30am Energy Therapy Sessions @ CCC 11:30am-2:30pm	24 Chair Yoga 11:30am-12:30pm Knit One 12:30-2pm Chair Yoga 2-3pm Stretching 3-4pm	25 Tai Chi 9-10am
28 Yoga 9-10am Gynecological Cancer Support Group 11am-noon Meditation 101 @ CCC 9-10am Chi Gong @ CCC 10-11am	29	30 Survivorship Series Session #2 11am-12:30pm		

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