

Cancer Resource Center - February 2012 Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Resource Room open 5-7 every Tuesday	1	<u>2 Living with Cancer as a Chronic Disease</u> 12-1:30 pm (caregivers welcome) <u>Women's Group</u> 5:30-7:00	3 <u>Men's Breakfast Club</u> 8-9 am (Royal Court) <u>Women's Brownbag Lunch</u> 12-1:30 pm	4 <u>Water Exercise Class</u> 9:45-10:45 am (Island Fitness)
5	6	7 <u>Gentle Yoga</u> 9:30-11 am (Island Fitness) Free this month <u>Young Adult Group</u> 5:30-6:30 pm (caregivers welcome)	8	9 <u>Women's Group</u> 5:30-7:00	10 <u>Men's Breakfast Club</u> 8-9 am (Royal Court) <u>Women's Brownbag Lunch</u> 12-1:30 pm	11 <u>Water Exercise Class</u> 9:45-10:45 am (Island Fitness) Last class of 6 week session
12	13	14 <u>Gentle Yoga</u> 9:30-11 am (Island Fitness) Free this month	15 <u>Prostate Cancer Support Group</u> 5:00-6:30 pm (caregivers welcome)	16 <u>Living with Cancer as a Chronic Disease</u> 12-1:30 pm (without caregivers) <u>Women's Group</u> 5:30-7:00	17 <u>Men's Breakfast Club</u> 8-9 am (Royal Court) <u>Women's Brownbag Lunch</u> 12-1:30 pm	18 <u>Water Exercise Class</u> 9:45-10:45 am (Island Fitness) First class of new 6 week session
19	20	21 <u>Gentle Yoga</u> 9:30-11 am (Island Fitness) Free this month <u>Young Adult Group</u> 5:30-6:30 pm (caregivers welcome)	22	23 <u>Women's Group</u> 5:30-7:00	24 <u>Men's Breakfast Club</u> 8-9 am (Royal Court) <u>Women's Brownbag Lunch</u> 12-1:30 pm	25 <u>Water Exercise Class</u> 9:45-10:45 am (Island Fitness)
26	27	28 <u>Gentle Yoga</u> 9:30-11 am (Island Fitness) Free this month	29	All programs at the Cancer Resource Center (612 W. State St.) unless otherwise noted. We are open M-F, 9-5, with extended hours until 7 pm on Tuesdays. Call 277-0960 for more information about any program.		