

Program Calendar

Providing **FREE**
professional programs
and emotional support,
education and hope for
people impacted
by cancer,
**so that no one faces
cancer alone.**

Join Us

The New Member Meeting is an opportunity to meet with staff to learn about CSCGP's programs and support groups. To schedule a "New Member Meeting" and begin taking part in our FREE programming, please call the corresponding locations phone number to schedule a time to meet with us.

Locations

Ridgeland (Philadelphia)
215-879-7733

Gilda's Club (Warminster)
215-441-3290

Abington Jefferson Health
215-481-6700

Doylestown Hospital
215-345-2022

Dear CSCGP Member,

During this Holiday Season, we would like to thank each and every member for your continued support and dedication towards achieving our vision that no one faces cancer alone. We invite all of you to the Holiday Parties at our two main locations this month. Come prepared for some great food and entertainment. Feel free to bring as many friends and family as you would like. Just be sure to RSVP.

In 2018 we resolve to offer a greater variety of programs and to reduce our environmental footprint. **In order to meet both these goals, we have made the difficult decision to eliminate mailing calendars to individual homes beginning January 2018.** Hard copies will be available for pick up at all our sites and everyone will receive an electronic version. Thank you for your understanding and patience as we all adjust.

With Much Gratitude,

Cancer Support Community Greater Philadelphia





 Cancer Support Community Greater Philadelphia
 &
 Alliance Cancer Specialists present

FRANKLY SPEAKING ABOUT CANCER
Melanoma

This FREE workshop will provide an update on new treatments for Melanoma, information on treatment decision-making and side effect management, tips to improve quality of life, and survivorship care planning for those at high risk of recurrence. We hope to answer many of your questions about Melanoma to help you (or your loved one) manage the disease more successfully. Patients, caregivers, healthcare providers, and students are welcome to attend.

****Parking vouchers and food will be provided!****

Featured Speaker:
Christina Clay, M.D. completed her fellowship in Hematology and Oncology at University of Southern California. Dr. Clay graduated from the Honors Program in Medical Education at Northwestern's Feinberg School of Medicine in Chicago, Illinois in 1985. She completed her residency in Internal Medicine at UCLA.



Dr. Clay has worked in Delaware County since 1996. She has been a Top Doc on the Mainline many times including an extended interview in 2009.

Date: Thursday, December 21st, 2017
Time: Choose a session! 12PM - 1:30PM or 4PM - 5:30PM
Location: Terrace Room in the Vivacqua Cancer Pavilion
 Crozer-Chester Medical Center
 30 Medical Center Blvd
 Upland, PA 19013

This event is open to the public, but **RSVP is required**. For more details and registration, call 215-879-7733 or email joy@cancersupportphiladelphia.org
This program is provided through unrestricted educational grant from:

 Bristol-Myers Squibb
 

Check out page 4 for
more information about
The Children and
Teens Program

All Cancer Support Community Greater Philadelphia locations will be closed December 22, 2017 to January 1, 2018. Programs will resume on Tuesday, January 2, 2018.

The Suzanne Morgan Center at Ridgeland (Philadelphia) DECEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Saturday
<p>Writing About Your Cancer Experience <i>facilitated by Janet Falon, award winning writer and writing teacher</i> 10-11:30am</p> <p>Blood Cancer Networking Group 11:30am-1pm</p> <p>QiGong for Radiant Health: Meditation, Breath and Movement 12:30-1:30pm</p> <p style="text-align: right;">4</p>	<p>Express Yourself with Music Therapy 12-1pm</p> <p>Zumba Gold: Chair 1-1:45pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p style="text-align: right;">5</p>	<p>Tai Ji and Qigong 9:30-11am</p> <p>Family and Friends Support Group 11am-12:30pm</p> <p>Metabolic Strength Training at Focus Fitness* 12-1pm</p> <p>Movement and Meditation 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm</p> <p style="text-align: right;">6</p>	<p>Making Connections While Navigating Cancer 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Yoga 1:30-2:30pm</p> <p>Singing Circle 6-7pm</p> <p>Cancer Transitions: Moving Beyond Treatment (pre-registration is required) 6-8pm</p> <p style="text-align: right;">7</p>	<p>Helpful Strategies for Dealing with Negative Feelings <i>presented by psychologist, Pam Ginsberg, PhD, in collaboration with Drexel Undergraduate Interns, Antoneta Karaj and Kaitlyn Evans</i> 4-6pm</p> <p style="text-align: center;">Friday 8</p> <p style="text-align: right;">9</p>
<p>QiGong for Radiant Health: Meditation, Breath and Movement 12:30-1:30pm</p> <p>Colorectal Cancer Meeting 1:30-3:30pm</p> <p>Ridgeland Holiday Party 5:30-7:30pm</p> <p style="text-align: right;">11</p>	<p>Holiday Arts, Crafts and Music 11:30am-1pm</p> <p>Zumba Gold: Chair 1-1:45pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p>Hanukkah Begins at Sunset</p> <p style="text-align: right;">12</p>	<p>Tai Ji and Qigong 9:30-11am</p> <p>Family and Friends Support Group 11am-12:30pm</p> <p>Metabolic Strength Training at Focus Fitness* 12-1pm</p> <p>Movement and Meditation 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm</p> <p style="text-align: right;">13</p>	<p>NIA: Holistic Dance Fitness <i>sponsored by the Bob Brockman NIA Fund</i> 10-11am</p> <p>Making Connections While Navigating Cancer 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Yoga 1:30-2:30pm</p> <p>Singing Circle 6-7pm</p> <p style="text-align: right;">14</p>	<p>Mindfulness Workshop: Honoring Joy and Sorrow During the Holidays <i>facilitated by mindfulness educator, Maria Fanelli</i> 12-2pm</p> <p style="text-align: right;">16</p>
<p>Gynecological Cancer Networking Group 11:30am-1pm</p> <p>QiGong for Radiant Health: Meditation, Breath and Movement 12:30-1:30pm</p> <p style="text-align: right;">18</p>	<p>Lung Cancer Networking Group 11am-12:30pm</p> <p>Ridgeland Art Collective: Canvas Painting Class 11am-1pm</p> <p>Zumba Gold: Chair 1-1:45pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p style="text-align: right;">19</p>	<p>Tai Ji and Qigong 9:30-11am</p> <p>Family and Friends Support Group 11am-12:30pm</p> <p>Metabolic Strength Training at Focus Fitness* 12-1pm</p> <p>Movement and Meditation 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm</p> <p>Hanukkah Ends</p> <p style="text-align: right;">20</p>	<p>Making Connections While Navigating Cancer 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Yoga 1:30-2:30pm</p> <p>First Day of Winter</p> <p style="text-align: right;">21</p>	<p style="text-align: right;">23</p>
<p>← Happy Holidays →</p>				
<p>Closed</p>				
<p>Christmas Day</p> <p style="text-align: right;">25</p>	<p>Kwanzaa Begins</p> <p style="text-align: right;">26</p>	<p style="text-align: right;">27</p>	<p style="text-align: right;">28</p>	<p style="text-align: right;">30</p>

Please call **215-879-7733** to register for all activities. If you no longer can attend, kindly call us to cancel. Our address is 4100 Chamounix Drive, Philadelphia, PA 19131 • *Focus Fitness is located at 1111 East Lancaster Avenue, Bryn Mawr, PA 19010 and can be reached by calling **610-525-5515**.

Monday	Tuesday	Wednesday	Thursday	Saturday
<p>Tai Ji and Qigong 10-11am</p> <p style="text-align: right;">4</p>	<p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Living After Cancer Support Group 1-3pm</p> <p>Yoga 6:30-7:45pm</p> <p>Lung Cancer Networking Group 6:30-8pm</p> <p style="text-align: right;">5</p>	<p>Chair Yoga 9:30-10:30am</p> <p>Reiki Share 10:30-11:30am</p> <p>Beaded Jewelry Making 1-3pm</p> <p>Young Survivors Coalition 6:30-8pm</p> <p style="text-align: right;">6</p>	<p>NIA Holistic Dance <i>sponsored by The Bob Brockman NIA Fund</i> 10-11am</p> <p>Laughing about Life with Dr. Yvonne Kaye 11am-12pm</p> <p>Living with Cancer Support Group and Lunch 1-2:30pm</p> <p>Winter Scene Snowglobes 5:30-7pm</p> <p style="text-align: right;">7</p>	<p style="text-align: right;">9</p>
<p>Tai Ji and Qigong 10-11am</p> <p>Beat Cancer with your Fork <i>presented by BeatCancer.org</i> 11am-12:30pm</p> <p style="text-align: right;">11</p>	<p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Meditation with Melissa 11am-12:30pm</p> <p>Living After Cancer Support Group: Ginger Bread House Prep 1-3pm</p> <p>Ovarian Cancer Networking Group 6:30-8pm</p> <p>Hanukkah Begins at Sunset</p> <p style="text-align: right;">12</p>	<p>Chair Yoga 9:30-10:30am</p> <p>Journaling and Beyond: Writing for Health and Happiness 10-11:30am</p> <p>Holidays and Grief with Dr. Yvonne Kaye 11am-12pm</p> <p>Mahjong 1-3pm</p> <p>Yoga 6:30-7:45pm</p> <p>Living with Loss Networking Group 6:30-8pm</p> <p>Living with Loss Support Group - Spouse/Partner 6:30-8pm</p> <p style="text-align: right;">13</p>	<p>Morning Walk 10-10:30am</p> <p>DIY Greeting Cards 11am-12:30pm</p> <p>Arleen Boyes Quilting Circle 11am-3pm</p> <p>Living with Cancer Support Group and Lunch 1-2:30pm</p> <p>Winecork Ornaments 5:30-7pm</p> <p style="text-align: right;">14</p>	<p style="text-align: right;">16</p>
<p>Tai Ji and Qigong 10-11am</p> <p style="text-align: right;">18</p>	<p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Living After Cancer Support Group 1-3pm</p> <p>Blood Cancer Networking Group <i>sponsored by Leukemia and Lymphoma Society</i> 6:30-8pm</p> <p style="text-align: right;">19</p>	<p>Chair Yoga 9:30-10:30am</p> <p>Reiki Share 10:30-11:30am</p> <p>Holiday Party 5-7pm</p> <p>Hanukkah Ends</p> <p style="text-align: right;">20</p>	<p>NEW! Let Your Yoga Dance 10-11am</p> <p>Living with Cancer Support Group and Lunch 1-2:30pm</p> <p>Movie Discussion and Trivia: "November Christmas" 1-4pm</p> <p>Reiki Share 6-8pm</p> <p>Mindful Meditation 7-8pm</p> <p>First Day of Winter</p> <p style="text-align: right;">21</p>	<p style="text-align: right;">23</p>
<p>← Happy Holidays →</p>				
<p>Closed</p>				
<p>Christmas Day</p> <p style="text-align: right;">25</p>	<p>Kwanzaa Begins</p> <p style="text-align: right;">26</p>	<p style="text-align: right;">27</p>	<p style="text-align: right;">28</p>	<p style="text-align: right;">30</p>

Please call 215-441-3290 to register for all activities. If you no longer can attend, kindly call us to cancel.

Our address is 200 Kirk Road • Warminster, PA 18974. All NIA classes offered by CSCGP are generously supported by the Bob Brockman NIA Fund.

Children and Teens Program

DECEMBER 2017

Tuesday	Wednesday	Thursday	Saturday
<p>Family Support 6:30-8pm</p> <p style="text-align: right;">5</p>	<p>Youth Activities Committee 6:30-8pm</p> <p style="text-align: right;">6</p>	<p><u>Ridgeland</u> Family Support 6:30-8pm</p> <p style="text-align: right;">7</p>	<p style="text-align: right;">9</p>
<p>Gingerbread House Decorating Party 6-8pm</p> <p style="text-align: right;">12</p>	<p>Hang Out 6:30-8pm</p> <p>Hanukkah Begins 13</p>	<p>Homework Help with Joseph 6:30-8pm</p> <p><u>Ridgeland</u> Holiday Gift Workshop 6:30-8pm</p> <p style="text-align: right;">14</p>	<p>Gift Wrapping Event 9:30am-12:30pm (Registration required by Monday, December 11)</p> <p style="text-align: right;">16</p>
<p>Dinner and a Holiday Movie 6-8pm</p> <p style="text-align: right;">19</p>	<p>Gilda's Club Holiday Party 5-7pm</p> <p><u>Ridgeland</u> Holiday Movie 6-8pm</p> <p>Hanukkah Ends 20</p>	<p>Hang Out 6:30-8pm</p> <p>First Day of Winter 21</p>	<p style="text-align: right;">23</p>
<div style="border: 1px solid black; padding: 5px; display: inline-block;">Happy Holidays</div>			
<div style="border: 1px solid black; padding: 5px; display: inline-block;">Closed</div>			
<p>Kwanzaa Begins 26</p>	<p style="text-align: right;">27</p>	<p style="text-align: right;">28</p>	<p style="text-align: right;">30</p>

Programs in BLACK are held at Gilda's Club in Warminster. Programs in RED are held at Ridgeland in Philadelphia.

To request information or to register please contact:

At Gilda's Club - Christina at 215-441-3290 • christina@cancersupportphiladelphia.org

At Ridgeland - Liz at 215-879-7733 • liz@cancersupportphiladelphia.org.

Please register 48 hours before program begins.

Breakfast with Santa

Saturday, December 9 • Ann's Choice

Registration is now closed. Contact Christina or Liz if you have any questions. The wonderful folks at Ann's Choice will be hosting us again this year. Expect to see special guests in red and blue, lots and lots of food, crafts, games, music by Tamanend Middle School Gold'n'Blues, Dave Soldano of Sounds of Freedom DJ's, professional photography by Brenda of Bren Photography and a great time to dance with friends.

Gingerbread House Decorating Party

Tuesday, December 12 • 6-8pm

Enjoy a night of family and friendship making a gingerbread house. Keep the mess here and your house clean! Bring your own house or use a graham cracker house we will provide. We will have all the supplies ready. Space is limited. Sign up by noon Monday, December 11.

Enhancing Connections

We are participating in a research study providing cancer education to parents. Enhancing Connections is a free, 5 session psychoeducational program delivered in a group format to parents with a cancer diagnosis (Stage 0-3) who have a child between the ages of 5-17years. If you are interested in participating, please contact Christina or Liz for the next session.



Family Support at Gilda's Club and Ridgeland

Open to all our CTP Members no matter where they are in their cancer experience. This group will have combined family group and also time for separate kids, teens and parents groups. We will have a topic each time we meet. You do not need to commit to all groups but it is encouraged. Topics for the week will be shared in the CTP weekly email blast.

Hang Out • Various Nights • 6:30-8pm

While parents/guardians are attending their own group or activity, kids/teens can enjoy all the games, activities and craft supplies we have in our program. 48 hours pre-registration required.

Gilda's Club in Warminster

Youth Activities Committee

Wednesday, December 6 • 6:30-8pm

A great opportunity to get some volunteer hours in for school or whatever your goal is. We will be preparing for our December party. Lots to do! This is open to all tweens and teens.

Homework Help with Joseph

Thursdays, December 14 • 6:30-8pm

Joseph will be available to assist with basic arithmetic, algebra, calculus, trig, statistics, geometry, and physics. Please bring your questions. Registration required.

Dinner and A Holiday Movie

Tuesdays, December 19 • 6-8pm

Enjoy the magic of the season with a holiday movie. We will take a vote in the weeks prior decide which movie. Kids are welcome to come in their PJs and to bring blankets and pillows. We will make spaghetti for dinner. Sign up by Monday December 18.

Ridgeland in Philadelphia

Thursday, December 14 • 6:30-8pm

Come to our holiday workshop to make and wrap a gift for a loved one for the holidays. 48 hour pre-registration is required.

Holiday Movie Night

Wednesday, December 20 • 6-8pm

Enjoy the magic of the season with a holiday movie. Kids are welcome to come in their PJs and to bring blankets and pillows. Movie snacks will be provided.

Helping Little Hands Gift Wrappers at Gilda's Club from Hatboro Horsham High School

Saturday, December 16 • 9-12pm

Registration deadline Monday, December 11

Bring your holiday gifts to be wrapped by an amazing group of teens. This is open to everyone, and is FREE for our members. Donation requested for non-members. Registration required. We will have some wrapping paper, but please bring your own paper, boxes, special ribbons and/or cards. If you would like to sign up contact 215-441-3290 or at Christina@cancersupportphiladelphia.org

*NOTE: There will be NO calendar mailing in 2018. Don't forget to email info@cancersupportphiladelphia.org to update your current email address to ensure accurate electronic calendar delivery. Those *without* email access should call Beth at 215-441-3290 in order to continue receiving a mailed copy each month. All communication needs to take place before Tuesday, December 19 in order to ensure a smooth transition. CSCGP's bottom line and the environment thank you for your cooperation.*

Satellite Locations

Doylestown Hospital • 215-345-2022

Open Tuesdays and Thursdays

595 West State Street • Doylestown, PA 18901

Located on the hospital's first level near the main entrance

Join us behind the Red Door located on the corridor off the Main Lobby; second door on the right

TUESDAYS

December 5 – 12-1pm **Mindfulness Meditation**

2-4pm **Holiday Card Making Workshop**

5-6pm **All Levels Yoga**

7-7:30pm **Guided Meditation and Imagery**

7:30-9pm **Reiki Share**

December 12 – 11am-12:30pm **Living with Cancer Support**

2-4pm **Scrapbooking for the Holidays**

5-6pm **All Levels Yoga**

7-8:30pm **Breast Cancer Support Group**
(Cancer Support Community Office)

December 19 – 12-1pm **Mindfulness Meditation**

2-4pm **Scrapbooking for the Holidays**

5-6pm **All Levels Yoga**

7-8:30pm **My Spouse Has Cancer Support Group**

December 26 – Closed for Holidays

THURSDAYS

December 7 – 11am-12:30pm **Colorectal Cancer Support Group**

1-2pm **Holiday Card Making Workshop**

December 14 – 11am-12:30pm **Pancreatic Cancer Networking Group**

1-2pm **Making Holiday Videos with your Phone Workshop**

December 21 – 11am-12:30 **Blood Cancer Support Group**

12:30-1pm **Guided Meditation**

1-2pm **Reiki Share**

December 28 – Closed for Holidays

Holiday Card Making Workshop

We have beautiful card making kits, just bring yourself and your creativity. You will have some lovely holiday cards to take home with you!

Scrapbooking for the Holidays

Bring your own scrapbook – We have all the paper and the embellishments! Make a beautiful scrapbook of this year, for a gift, a birthday etc.

Open Tuesdays, 10am-9pm and Thursdays, 10am-2pm.

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Abington Jefferson Health • 215-481-6700

Open Mondays • 1200 Old York Road • Abington, PA 19001

Located in the Garden Training Room on the Ground Floor of the Widener Building, Parking Passes Provided

MONDAYS

December 4 – 10-11am **Chair Yoga**

11am-12:30pm **Living with Cancer Support Group**

12:30-2pm **Reiki** (Held on the 2nd floor in "Quiet Room" in Inpatient Oncology)

December 11 – 10-11am **Chair Yoga**

11am-12:30pm **Living with Cancer Support Group**

12:30-2pm **Writing Workshop for Health and Healing**

December 18 – 10-11am **Chair Yoga**

11am-12:30pm **Living with Cancer Support Group**

12:30-2pm **Reiki Share** (Held on the 2nd Floor in "Quiet Room" in Inpatient Oncology)

1-2pm **Prostate Cancer Support Group**

December 25 – Closed - Happy Holidays

CSCGP Programs will resume at Abington Jefferson Hospital on Monday, January 8, 2018.



Gilda's Club (Warminster)

Winter Scene Snowglobes

Thursday, December 7 • 5:30-7pm

Don't throw out that empty glass jar—instead, turn it into a mini winter wonderland. Create some festive decorations that will last through the winter season, either for yourself or to give someone as a gift! Bring an empty jar and lid if you have one—if not, don't worry, we will have extras available!

Holidays and Grief with Dr. Yvonne Kaye

Wednesday, December 13 • 11am-12pm

"The harder you fall, the higher you bounce."

"Fall seven times, stand up eight." – Japanese proverb

"She stood in the storm and when the wind did not blow her way, she adjusted her sails." – Elizabeth Edwards

These quotes all relate to an incredibly valuable trait... resilience. We all experience challenges in our lives, some much more difficult than others. Grief can turn your life upside down and it may feel like you'll never return to any sense of balance. The Holiday Season gives added disruption to grief. But we can choose how we respond in a way that allow us to emerge on the other side with strength and a new perspective on life...which can even be transformative. Come prepared to have an open discussion on missing loved ones over the holidays as well as present ways to honor and celebrate their life.

Continued...

DIY Greeting Cards

Thursday, December 14 • 11am-12:30pm

Engage your creative self and express gratitude towards to others this Holiday Season by making your own holiday greetings cards. Each card will be unique to your individual style. Cards will be designed using a variety of mediums and textures.

Winecork Ornaments • Thursday, December 14 • 5:30-7pm

Upcycle some homemade art this holiday season with some wine cork decorations. We will be making a variety of ornaments for the holidays and the winter season—if you have extra corks, bring them, but we will have supplies here to make snowflakes, trees and reindeer! Registration is required to ensure we have enough for everyone!

NEW! Let Your Yoga Dance®

Thursday, December 21 • 10-11am

The mission of Let Your Yoga Dance: Grace in Motion® is to spread joy and consciousness throughout the world by transmitting body health, brain health, heart health, and soul health to all populations. Come ready to move; open to all mobility levels.



Holiday Party • Wednesday, December 20 • 5-7pm

Don't miss our annual Holiday Party for all staff, members, volunteers and their loved ones. Let's spread some holiday cheer together on this special evening. We will provide the beverages and entertainment. We are excited to host the William Tennent Madrigals again this December. If you are able, we ask everyone to bring an appetizer to share. Thank you in advance. Please register by December 14.



The Suzanne Morgan Center at Ridgeland (Philadelphia)

Writing About Your Cancer Experience *facilitated by Janet Falon, award winning writer and writing teacher*
Monday, December 4 • 10-11:30am

Writing about a challenging experience like dealing with cancer is healing. In this class, we'll write about the feelings and experiences of cancer, telling our truths in a supportive and accepting atmosphere. We'll also cover some of the to-do's of good writing, although no writing experience or expertise is needed to participate. Come write about what you know, with the possible goal of sharing our writing with other cancer-related individuals and groups. Open to patients, survivors, family, caregivers, and anyone touched by cancer. RSVP is required.

Helpful Strategies for Dealing with Negative Feelings *presented by psychologist, Pamela Ginsberg, PhD, in collaboration with Drexel Undergraduate Interns, Antoneta Karaj and Kaitlyn Evans* • Friday, December 8 • 4-6pm

This workshop is open to people who are currently in treatment or post-treatment and dealing with negative feelings. Negative feelings include anxiety, difficulty coping with stressors, and negative thoughts about oneself or others. Helpful coping strategies will be reviewed during the presentation with ample time for group discussion. This workshop is also inclusive of friends and family members who wish to learn more.

NIA: Holistic Dance Fitness *sponsored by the Bob Brockman NIA Fund* • Thursday, December 14 • 10-11am

As a holistic approach to dance fitness, NIA is a tool for accessing the universal human need to move. Through using a blend of dance, martial-arts, and mind-body practices, you will be invited to explore alignment, sustain energy, and most of all, experience deeply the sensations of movement to increase the pleasure and joy. This highly adaptable practice is done to soulful world music which will take you on a beautiful journey within your home for life: your body.

Mindfulness Workshop: Honoring Joy and Sorrow During the Holidays *facilitated by mindfulness educator, Maria Fanelli* • Saturday, December 16 • 12-2pm

Grieving is a complex process that can become even more pronounced during the holiday season. Whether it is the loss of a loved one or the loss of your ability to celebrate the holidays in same manner as previous years, mindfulness meditation can provide an method for being able to handles these stressors. Mindfulness Instructor, Maria Fanelli, will guide this workshop in the use of mindfulness techniques and exercises to aid in the process of honoring joy and sorrow during the holidays.

Movement and Meditation *facilitated by certified yoga therapist, Michelle Stortz*
Every Wednesday Evening at Ridgeland • 5:30-7pm

This class combines instruction on the basics of meditation with offerings of simple, mindful movement. Movement styles range from yoga/chair yoga, Qi Gong, dance, to open movement explorations. Meditation instruction will encompass different practices and applications. All levels welcome. No experience necessary. Walk-ins welcome. No prior singing experience is required and all skills levels are welcome! RSVP by emailing alexis@cancer-supportphiladelphia.org or by calling 215-879-7733.



The Suzanne Morgan Center at Ridgeland
4100 Chamounix Drive • Philadelphia, PA 19131
www.cancersupportphiladelphia.org

Address Service Request

2017 December Program Calendar



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Providing FREE Cancer Support
for All People Affected
by Cancer.

Locations

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