Looking forward to celebrating YOU June 1-6!

June 2 is the 32nd National Cancer Survivorship Day®, serving as a reminder to celebrate those who have survived, to inspire those who are recently diagnosed, to gather in support of families and outreach with the community. So whether you were just diagnosed, or finished treatment 5 years ago, we want to celebrate you!

**Saturday, June 1 • Cancer Survivors Day® • 9-11am**

Health & Wellness Center
847 Easton Road • Warrington, PA 18976

Dr. Yvonne Kaye, Keynote speaker!

Breakfast • Giveaways • Chair Massages

*To register: www.doylestownhealth.org/classes or call 215-345-2121*

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**GILDA’S CLUB**

**Monday, June 3 • 11:30am**

Nutritious Smoothies

**Tuesday, June 4 • 11am**

Complementary Therapies & Juicing with Paula Beiger: The Healing Memoir Guided Cure

**Wednesday, June 5 • 1pm**

Beaded Cancer Ribbon Craft

**Thursday, June 6 • 5pm**

Celebration of Survivorship: Dr. Pam Ginsberg, PhD.

Celebrate with other survivors over food. Bring a snack to share. At 6pm, Dr. Ginsberg will discuss Post Traumatic Growth: Surviving & Thriving After Cancer. Post Traumatic Growth is personal growth that occurs as the result of a highly challenging, stressful life event.

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**THE SUZANNE MORGAN CENTER**

**Monday, June 3 • 10am**

Writing About Your Cancer Experiences

**Tuesday, June 4 • 10am**

Beyond the Mat: Bringing the Bliss of Yoga Into Everyday Life

**Wednesday, June 5 • 2pm**

Cooking with Chef Monica: Simply Healthy Nutrition

**Thursday, June 6 • 6pm**

Celebration of Survivorship: Dr. Heather Wright, ND

Let’s celebrate and support ourselves and others with food and fellowships. Bring appetizers to share. Dr. Wright will share the evidence on specific natural therapies and how they can complement traditional western medicine.

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*Check out page 4 for more information about The Children and Teens Program*
<table>
<thead>
<tr>
<th>Monday</th>
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</table>
| **Thinking of Joining CSCGP?**<br>**We provide FREE services for all people with cancer and their loved ones. Learn more by attending an Orientation Meeting, check out the calendar below for dates and times. Please RSVP to 215-879-7733 or 215-441-3290. These informal sessions will introduce you to our program of hope and support and are a requirement before participating in support groups.**<br><br>**Writing About Your Cancer Experience**<br>10-11:30am<br>**Chronic Pain Support Group**<br>11am-12:30pm<br>**Qigong**<br>1-2:30pm | **Beyond the Mat: Bring Your Yoga Into Everyday Life**<br>10-11:30am<br>**Tai chi & Qigong**<br>9:30-11:30am<br>**Family & Friends Support Group**<br>11am-12:30pm<br>**Workout Wednesday** • 1-2pm<br>**Cooking with Chef Monica: Simply Healthy Nutrition**<br>2-3:30pm<br>**Movement & Meditation**<br>5:30-7pm<br>**Bereavement Support Group Series**<br>6-7:30pm | **Guided Meditation Series**<br>10-11am<br>**Making Connections While Navigating Cancer**<br>11:30am-1pm<br>**Knitting Circle** • 12-1:30pm<br>**Restorative Yoga**<br>1:30-2:30pm<br>**Survivor Celebration: Dinner & Discussion with Dr. Heather Wright**<br>6-8pm | **Guided Meditation Series**<br>10-11am<br>**Making Connections While Navigating Cancer**<br>11:30am-1pm<br>**Knitting Circle** • 12-1:30pm<br>**Restorative Yoga**<br>1:30-2:30pm<br>**New Member Orientation**<br>6-7pm | **National Cancer Survivors Day**<br>1<br><br>**Chronic Pain Support Group**<br>11am-12:30pm<br>**What is Qigong? Intro to the Practice & Its Benefits**<br>1-2:30pm<br><br>**Ridgeland Art Collective: Open Art Studio**<br>10:30am-12pm<br>**Blood Cancer Networking Group sponsored by the Leukemia & Lymphoma Society**<br>1-2:30pm<br>**Repase Yoga at Movement Rx**<br>1:30-2:45pm | **Tai chi & Qigong**<br>9:30-11:30am<br>**Family & Friends Support Group**<br>11am-12:30pm<br>**Workout Wednesday** • 1-2pm<br>**Movement & Meditation**<br>5:30-7pm<br>**Bereavement Support Group Series**<br>6-7:30pm<br>**Colorectal Cancer Networking Group**<br>6-7:30pm | **Guided Meditation Series**<br>10-11am<br>**Making Connections While Navigating Cancer**<br>11:30am-1pm<br>**Knitting Circle** • 12-1:30pm<br>**Restorative Yoga**<br>1:30-2:30pm<br>**New Member Orientation**<br>6-7pm | **Guisted Meditation Series**<br>10-11am<br>**Making Connections While Navigating Cancer**<br>11:30am-1pm<br>**Knitting Circle** • 12-1:30pm<br>**Restorative Yoga**<br>1:30-2:30pm<br>**New Member Orientation**<br>6-7pm | **Gentle Yoga**<br>10-11am<br>**Men's Group: Topics on Survivorship – How to Be an Advocate**<br>10am-12pm | **3**<br>**4**<br>**5**<br>**6**<br>**7**<br>**8**<br>**9**<br>**10**<br>**11**<br>**12**<br>**13**<br>**14**<br>**15**<br>**16**<br>**17**<br>**18**<br>**19**<br>**20**<br>**21**<br>**22**<br>**23**<br>**24**<br>**25**<br>**26**<br>**27**<br>**28**<br>**29**<br>**103456_CSC_June_Calendar_v4.indd   2**

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 • *Movement Rx is located at 333 E Lancaster Avenue, Suite 4, Wynnewood, PA 19096. The class is a suggested $5 donation, which is not affiliated with the Cancer Support Community of Greater Philadelphia. The studio can be reached at 610-896-1575.
## Gilda’s Club (Warminster)

### June 2019

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td><strong>Tai chi</strong> 10-11am</td>
<td><strong>Pilates • 9:30-10:30am</strong></td>
<td><strong>Chair Yoga 9:30-10:30am</strong></td>
<td><strong>NIA Presented by the Bob Brockman NIA Fund 10-11am</strong></td>
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<tr>
<td><strong>Nutritious Smoothies 11:30am-1pm</strong></td>
<td><strong>Tea Time • 10:30-11am</strong></td>
<td><strong>Reiki Share 10:30-11:30am</strong></td>
<td><strong>Living with Cancer Support Group 1-2:30pm</strong></td>
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<tr>
<td><strong>New Member Orientation 1-2pm</strong></td>
<td><strong>Talking About Complementary Therapies with Paula Beiger 11am-12pm</strong></td>
<td><strong>Beaded Jewelry Making: Cancer Ribbons 1-3pm</strong></td>
<td><strong>Survivor Celebration: Dinner &amp; Discussion with Dr. Pamela Ginsberg 5-7:30pm</strong></td>
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<tr>
<td><strong>Technology &amp; Health 6:30-8pm</strong></td>
<td><strong>New Member Orientation 11am-12pm</strong></td>
<td><strong>Yoga 6:30-7:45pm</strong></td>
<td><strong>Technology &amp; Health 6:30-8pm</strong></td>
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<tr>
<td><strong>Pilates • 9:30-10:30am</strong></td>
<td><strong>Chair Yoga 9:30-10:30am</strong></td>
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<td><strong>Qigong 10-11am</strong></td>
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<tr>
<td><strong>Tea Time • 10:30-11am</strong></td>
<td><strong>Tea Time • 10:30-11am</strong></td>
<td><strong>Laughing About Life with Dr. Yvonne Kaye 11am-12:30pm</strong></td>
<td><strong>Living with Cancer Support Group 1-2:30pm</strong></td>
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<tr>
<td><strong>Mindful Meditation 11am-12pm</strong></td>
<td><strong>Mindful Meditation 11am-12pm</strong></td>
<td><strong>Brain Games 12:30-1:30pm</strong></td>
<td><strong>Reiki Share 6-8pm</strong></td>
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<tr>
<td><strong>New Member Orientation 11am-12pm</strong></td>
<td><strong>New Member Orientation 11am-12pm</strong></td>
<td><strong>Mahjong 1-3pm</strong></td>
<td><strong>Inspiring Women Book Club: The Immortal Life of Henrietta Lacks 6-7:30pm</strong></td>
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<tr>
<td><strong>Living After Cancer Support Group 1-3pm</strong></td>
<td><strong>Living After Cancer Support Group 1-3pm</strong></td>
<td><strong>Night of Remembrance 6-7:30pm</strong></td>
<td><strong>Wali Pepple 11am-12pm</strong></td>
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<tr>
<td><strong>Ovarian Cancer Networking Group 6:30-8pm</strong></td>
<td><strong>Ovarian Cancer Networking Group 6:30-8pm</strong></td>
<td><strong>Blood Cancer Networking Group sponsored by the Leukemia &amp; Lymphoma Society 6:30-8pm</strong></td>
<td><strong>Breast Cancer Networking Group: Lymphedema Therapy with Lauren McCracken 6:30-8pm</strong></td>
<td>22</td>
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<tr>
<td><strong>Tai chi 10-11am</strong></td>
<td><strong>Tai chi 10-11am</strong></td>
<td><strong>Arleen Boyes Quilting Circle 11am-3pm</strong></td>
<td><strong>Laughing About Life with Dr. Yvonne Kaye 11am-12:30pm</strong></td>
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<td><strong>Tea Time • 10:30-11am</strong></td>
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<td><strong>Meditation with Melissa 11am-12pm</strong></td>
<td><strong>Meditation with Melissa 11am-12pm</strong></td>
<td><strong>New Member Orientation 2-3pm</strong></td>
<td><strong>New Member Orientation 2-3pm</strong></td>
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<tr>
<td><strong>Crafts with Ellen 1-3pm</strong></td>
<td><strong>Crafts with Ellen 1-3pm</strong></td>
<td><strong>Yoga • 6:30-7:45pm</strong></td>
<td><strong>Yoga • 6:30-7:45pm</strong></td>
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<tr>
<td><strong>Blood Cancer Networking Group sponsored by the Leukemia &amp; Lymphoma Society 6:30-8pm</strong></td>
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<td><strong>Breast Cancer Networking Group: Lymphedema Therapy with Lauren McCracken 6:30-8pm</strong></td>
<td><strong>Reiki Share 6-8pm</strong></td>
<td>28</td>
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<tr>
<td><strong>Pilates • 9:30-10:30am</strong></td>
<td><strong>Journaling &amp; Beyond: Writing for Health &amp; Happiness 10-11:30am</strong></td>
<td><strong>Healing with Color Meditation 11am-12pm</strong></td>
<td><strong>Volunteer Training 6-7:30pm</strong></td>
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<tr>
<td><strong>Tea Time • 10:30-11am</strong></td>
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<td><strong>Mahjong • 1-3pm</strong></td>
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<tr>
<td><strong>Friends &amp; Family Networking Group 6:30-8pm</strong></td>
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<td><strong>Yoga 6:30-7:45pm</strong></td>
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Make sure to check out all of our new and exciting programs; thanks to some new volunteer facilitators. Without them we wouldn’t have a unique mix of programs. Don’t be afraid to try new programs, bring a friend, and check out the description page for more info. **You never know who you will meet or what you will learn!**

### National Cancer Survivors Day

**1**

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.
<table>
<thead>
<tr>
<th>Tuesday</th>
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<tbody>
<tr>
<td>Outdoor Games &amp; Crafts 6:30-8pm</td>
<td>Games with Dan 6:30-8pm</td>
<td>Hang Out 6:30-8pm</td>
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<tr>
<td>Baking with Suzanne 6:30-8pm</td>
<td>Living with Loss 6:30-8pm</td>
<td>Hang Out 6:30-8pm</td>
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<td>11</td>
<td>12</td>
<td>13</td>
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<tr>
<td>Games with Dan 6:30-8pm</td>
<td>Camp Counselor Orientation 6-8pm</td>
<td>Hang Out 6:30-8pm</td>
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<td>Camp Kids Monday-Friday</td>
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**Living with Loss • Wednesday, June 12 • 6:30-8pm**
Bereavement Group for those who lost their person to cancer. We use art, games and activities to facilitate our discussions. A separate group for parents/guardians coincides. Contact Christina to sign up. This is the final group for this series. Next Series will begin September 11th.

**Outdoor Movie • Saturday, June 15 • 8:30pm**
We will be showing Captain Marvel. Please bring blankets and chairs. We will have the snacks. Also, the entrance by the house will be closed for safety so please enter by the fence. Everyone is welcome to attend. Sign up by noon Thursday, June 13.

**Christmas in July: Dessert Potluck & Outdoor Movie**
Saturday, July 27 • 7-10:30pm
Santa loves taking a break from his vacation to come and spend some time with us! Please sign up with child’s name, age and dessert you plan to bring. Registration closed by Monday, July 22. We will be watching *How to Train Your Dragon: The Hidden Worlds*.

To request information or to register please contact:
At Gilda's Club – Christina at 215-441-3290 • christina@cancersupportphiladelphia.org
At Ridgeland – Chinwe at 215-879-7733 • chinwe@cancersupportphiladelphia.org

Please register 48 hours in advance unless otherwise indicated.
Satellite Locations

Abington Jefferson Health
Asplundh Cancer Pavilion • 215-481-4642
Open Mondays • 3941 Commerce Ave. • Willow Grove, PA 19090
Located on the 1st floor next to Image Recovery.

Doylestown Hospital • 215-345-2022
Open Tuesdays & 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

June 4 – 12-1pm Mindfulness Meditation
2-4pm Mixed Media Painting Workshop
5-6pm All Levels Yoga
7-8:30pm Bereavement Support Group
7-9pm Reiki/Meditation

June 11 – 11am-12:30pm Living with Cancer Support Group
2-4pm Mixed Media Painting Workshop II
5-6pm All Levels Yoga
7-8:30pm Breast Cancer Support Group
   Speaker Jill Sonlin will focus on nutrition during cancer

June 18 – 12-1pm Mindfulness Meditation
2-4pm Watercolor and Acrylic Painting Workshop
5-6pm All Levels Yoga
7-8:30pm My Spouse Has Cancer Support Group
7-8:30pm Prostate Cancer Support Group

June 25 – 11am-12:30pm Living with Cancer Support Group
2-3:30pm Brain Cancer Networking Group
5-6pm All Levels Yoga
7-8:30pm Young Adult (17-29) Support Group

THURSDAYS

June 6 – 11am-12:30pm Colorectal Cancer Support Group
12:30-1pm Ostomy Support Group

June 13 – 11am-12:30pm Pancreatic Cancer Support Group
12:30-1pm Mindfulness Meditation

June 20 – 11am-12:30pm Blood Cancer Support Group
12:30-1pm Mindfulness Meditation

June 27 – 11am-12:30pm Gynecological Cancer Networking Group
12:30-1pm Relaxation Workshop

Please Note: FREE Valet Parking is NOW Available at Doylestown Hospital, tipping is not allowed. Valet is available at the Main Entrance from 7am to 5pm and at the Pavilion from 7:30am to 4:30pm. Cancer Support Community members are welcome to use valet for attending our CSC programs. Please feel free to use this service when coming to treatment or programs at the hospital.

Save the Dates

For three days from July 29-31, Gilda’s Club will host the 5th Annual Camp Gilda focusing on self-care. Talking about things like skin care, acupressure, self-exams, exercise and more, we have a great schedule filled with guest speakers and community resources. Priority will be given to women who have never attended before, with registration opening in July for repeat attendees. If you are currently in treatment and are worried about committing to all three days, don’t hesitate, please reach out! If you have any questions or are interested, please contact Aly at 215-441-3290 or aly@cancersupportphiladelphia.org.

Back to School Parties
Gilda’s Club: Tuesday, August 6 • 6:30-8pm
Ridgeland: Thursday, August 8 • 6:30-8pm

Last day to register is Monday, July 29th for both parties. Please register with child’s name, grade and school. We will have games, crafts and raffles. Each registered child will receive some school supplies to help out for this upcoming school season. This party is a blast!!
Gilda's Club (Warminster)

Talking about Complementary Therapies with Paula Beiger • Tuesday, June 4 • 11am-12pm
Come hear the story of Paula Beiger, author of Guided Cure: A Healing Memoir as she talks about her experiences with complementary therapies and cancer. Then participate in a discussion on what you may have tried, or have questions about. Paula and her husband Jack will finish up guiding a juicy demonstration!

Technology & Health • Tuesday, June 4 • 6:30-7:30pm
Join us for a demonstration of ways that you can harness technology to improve your health. Whether you need to track symptoms, focus on healthy eating, improve your habits or relax, there's an app for you that can help! We'll have tablets to demonstrate apps and have a discussion time around your needs.

Night of Remembrance • Wednesday, June 12 • 6-7:30pm
Come join us for our annual Night of Remembrance, when we take the time to commemorate the people in our community that we have lost over the years due to cancer. Please bring a significant item that is tied to a unique memory of your loved one or friend, we would love to use this time to share these memories and support one another.

Healing with Color Meditation Wednesday, June 26 • 11am-12pm
Stacey Friedman, CHHC, CHMRP, will lead you through a powerful group meditation to help you release past medical traumas and envision yourself living your healthiest, most joyful life possible! Holographic Memory Resolution® is a client-centered, mind-body-energy-color therapy that facilitates access to past memories to help resolve the painful emotions associated with them. HMR® helps clients resolve the distortions in the cells and fields of their body caused by past trauma through two integrative techniques, emotional reframing and color immersion, subsequently boosting immune system functioning. This technique is profoundly empowering for those who wish to tap into their own inner healing abilities.

The Suzanne Morgan Center at Ridgeland (Philadelphia)

Beyond the Mat: Bringing the Bliss of Yoga Into Everyday Life • Tuesday, June 4 • 10-11am
Join Karen Gagnier and Maureen Szkaradnik as they guide you through a truly blissful experience beyond yoga postures. This workshop will include simple yoga postures (no experience necessary), breath work, meditation, and yoga nidra (yogic sleep). The instructors will also utilize gentle essential oils to deepen the experience. Treat yourself and experience the jewels of the practice to help restore and renew your body, mind, and spirit, and promote a sense of calmness and deep restorative relaxation.

Cooking with Chef Monica: Simply Healthy Nutrition Wednesday, June 5 • 2-3:30pm
Join us as Chef Monica helps you to integrate healthy nutrition into your life in simple ways for wellbeing both during and after treatment. There will be samples of the food to share, and you will leave with the recipes from the program.

Guided Meditation Series Thursdays, June 6 through 27 • 10-11am
Join us for a guided meditation series from June 6 to June 27 with program coordinator Morgan Rakay, MA, LPC, BC-DMT. Each session will take you through a different guided meditation, along with how to incorporate this practice into your life. Signing up for the whole series is recommended to get the most out of the program.

What is Qigong? Intro to the Practice and Its Benefits Monday, June 10 • 1-2:30pm
Come learn about the practice of Qigong (pronounced chee-gong)! This practice is an ancient Chinese exercise and healing technique that involves meditation, controlled breathing and movement exercises. Qi Gong can harmonize, strengthen and have a healing effect on the functioning of all the internal organs and bodily systems. No prior experience necessary.

Caring for Your Skin During & After Treatment Monday, June 24 • 1-3pm
Join us for this educational program that features information on skin changes due to cancer treatments and how to best nurture your skin through these changes. There will be professionals present to talk about choosing products that fit your skin, how essential oils can help, and information on choosing wigs.
On Monday, July 8, 2019, we will host our 21st Annual Golf Outing. We are excited to be hosting the outing at a new venue this year: The Philadelphia Cricket Club, one of the finest private clubs in America. The Cricket Club hosted the 2015 PGA Professional National Championship and the 2016 Constellation SENIOR PLAYERS Championship, and will host the 2020 U.S. Amateur Four-Ball Championship.

This year we will be honoring Philip P. Jaurigue, Chairman and CEO of Sabre Systems, Inc. with the inaugural VE Award at the golf outing. This award is given to a brave, heroic, and courageous individual that has given selflessly to the community. This individual has impeccable character and is viewed as a leader. The VE award is named in honor of Phil’s father, the late Dr. Venerando Jaurigue who exemplified those qualities in his work and family life.

PRICES TO PLAY GOLF:
$375 per player if registered by June 1, 2019, $400 per player after.
$1,500 – Ticket price per foursome if registered by June 1, 2019, $1,600 if registered after.

We will have both the Wissahickon AND Militia Hill courses available on the day of the golf outing.
The Wissahickon Course is walk only with caddie.
The Militia Hill course is cart only.

Don’t golf? You can still join us for cocktails and dinner at approximately 4:30pm for $100.
Sponsorships and program ads available.

Did you know?

On March 26, Vice President Joe Biden, at an event organized by the Biden Cancer Initiative, announced Airbnb’s strategic partnership with the Cancer Support Community. Through this collaboration, the Airbnb community will provide free housing for cancer patients and caregivers who meet certain geographic and income criteria. Please share the toll-free number and website dedicated to this service with your friends and families.

1.877.793.0498
Providing FREE Cancer Support for All People Affected by Cancer.

Locations
Ridgeland in Philadelphia
215-879-7733
Gilda’s Club in Warminster
215-441-3290
Abington Jefferson Health
215-481-4642
Doylestown Hospital
215-345-2022
Alliance Cancer Specialists @ Grand View Outpatient Center
215-453-3300
Alliance Cancer Specialist @ Crozer Chester Medical Center
610-876-5166

The Suzanne Morgan Center at Ridgeland
4100 Chamounix Drive • Philadelphia, PA 19131
215-879-7733
Gilda’s Club
200 Kirk Road • Warminster, PA 18974
215-441-3290
www.cancersupportphiladelphia.org