



## CHATSWORTH CALENDAR OF EVENTS

The Wellness Community Valley/Ventura, co-located with the **Jennifer Diamond Cancer Foundation** at 9410 Owensmouth Ave, Chatsworth, is pleased to announce the following programs taking place in September. All programs are free of charge.

### Needle Arts: Women's Circle

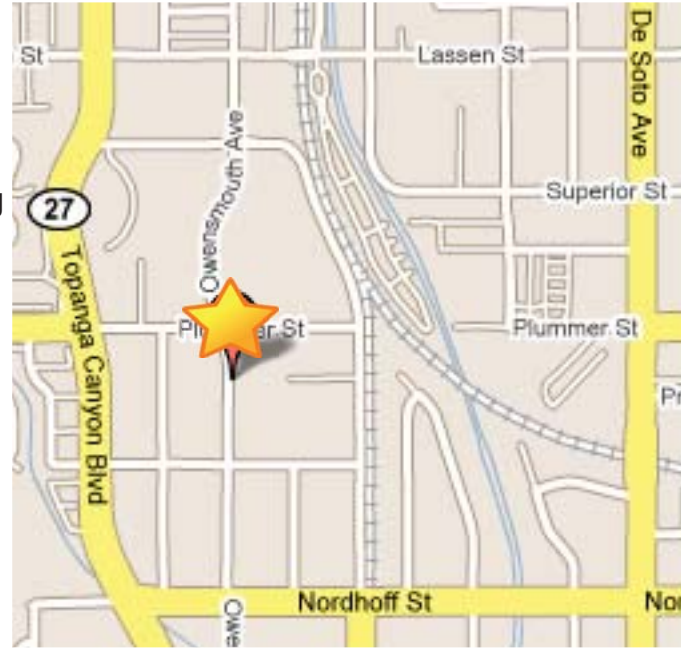
Tuesdays, 1:00 – 3:00 pm

This drop-in women's group honors all traditional needle arts including knitting, crocheting, needlework, hand sewing, and quilting. Group leader Virginia Dare has over 40 years experience in quilting and knitting. All levels of skill welcome; no experience or special equipment needed. Bring an ongoing project to work on or start a new one! For more information please call 805.379.4777.

### Cancer Support Group

Wednesdays, 10:00 - 11:30am

This weekly group is open to people with any type of cancer who are newly diagnosed, in treatment or up to 18 months post-treatment. The group offers a safe place to share thoughts, feelings and concerns with other cancer survivors, to exchange information about coping with cancer, and to learn that no one has to fight cancer alone. Facilitator Jodi McIntosh, MS, MFT, is a licensed marriage and family therapist, clinical supervisor at the Mitchell Family Counseling Clinic in Northridge and faculty in the Department of Educational Psychology and Counseling at California State University, Northridge. She is also a long-term cancer survivor. Advance registration is required. For more information or to register please call 805.379.4777.



### Relaxation & Guided Imagery

First 3 Wednesdays of the month, 12:00 pm

Learn to take an active role in your healing process using imagery and relaxation techniques. Benefits may include reduced anxiety, enhanced immune system, more effective management of surgery and treatment side effects. Open to cancer patients, survivors and their families. Led by Paula Getty-Shearer, Certified Hypnotherapist. For more information please call 805.379.4777.

### Watercolor Classes

Tuesdays, 10:00 am – 12:00 pm or 1:00-3:00 pm

Explore the world of watercolor in a friendly and supportive environment with instructor, Millie Kornfeld. No experience (or talent) necessary. For more information please call 805.379.4777.

### Gentle Yoga

Thursdays, 11:00 am

Open to cancer patients, survivors and their families. Led by Wendy Banks, Registered Yoga Teacher (RYT 500). For more information please call 805.379.4777.