



WINNETKA CALENDAR OF EVENTS

The Wellness Community Valley/Ventura provides the following programs taking place at our **Winnetka Satellite, located at Our Redeemer Lutheran Church**
8520 Winnetka Avenue, Winnetka, CA 91306

For more information, please call 818-407-1695. All programs are free of charge.

ENGLISH PROGRAMS

Creative Visualization For Wellness

Mondays, 10:30am-12pm, South Hall

Using creative metaphors to invoke the power of your imagination for enhanced health and well-being. Learn to take an active role by using imagery and relaxation techniques. Benefits may include reduced anxiety, enhanced immune system and more effective management of surgery and treatment side effects.

Presented by Marilyn Stolzman, Ph.D.,MFT.

Dr. Stolzman is a licensed Marriage, Family, Child Therapist in private practice in Woodland Hills since 1981. She is a National Board Certified Clinical Hypnotist and has taught Creative Visualization to cancer patients for seven years at Tarzana Regional Medical Center. She uses a mind-body approach and is a Somatic Experiencing Practitioner. She co-authored two books, THE HEALING POWER OF GRIEF and THE HEALING POWER OF LOVE.

Quilting

1st and 3rd Tuesdays of the month

10:00-11:30am, North Hall

Open to cancer patients, survivors and their families. All levels of skill welcome; no experience or special equipment needed. Led by Nadine Reed.

Support Group Forming

Wednesdays

A brief preparatory interview is required, please call Jacqueline Nederlk, MSW, if interested in joining. 818.269.9582.

Gentle Yoga

Wednesdays, 11am-12pm, North Hall

Open to cancer patients, survivors and their families. Led by Angela Reiner, AFAA Certified Instructor.

Yoga with Wendy

Thursdays, 3-4pm, North Hall

Led by Wendy Banks, Registered Yoga Teacher.

SPANISH & BILINGUAL PROGRAM

Cancer Support Group (Spanish)

Mondays, except the 1st Monday of the month,

6:30-8:30pm, North Hall

Open to people with cancer and their family members.

For information call 818-269-9582.

Facilitated by Lucia Liberman-Bert, MFC.

Teen and Kids Circle (Bilingual)

Mondays, except the 1st Monday of the month

6:30-8:30pm, South Hall

Support group for young people with a loved one with cancer.

For information call 818-269-9582. Facilitated by Jacqueline Nederlk, MSW.

Social Monday (Spanish)

Monday, February 6th, 6-8pm, North Hall

Pot Luck - RSVP 818-407-1695 or 818-269-9582.

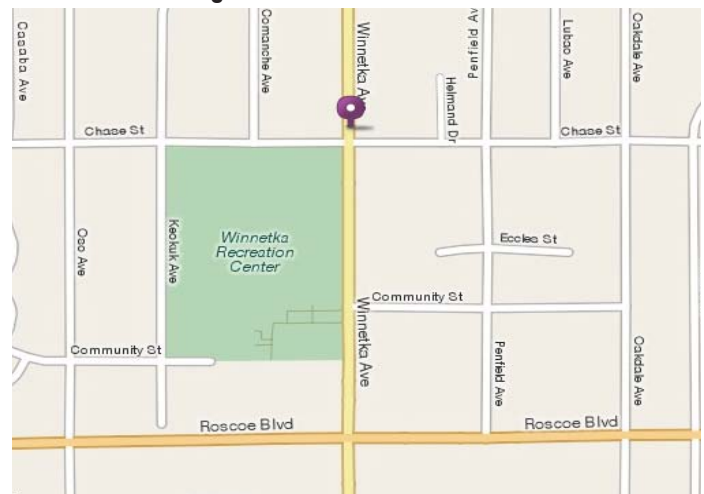
Bilingual Gentle Yoga

Wednesdays, 6:30-7:30pm, North Hall

Bilingual Strength-Training Yoga

Wednesdays, 7:30-8:30pm, North Hall

Both of the above yoga classes are open to cancer patients, survivors and their families and led by Mari Paz Garcia, certified Hatha Yoga Instructor.



Located at Our Redeemer Lutheran Church