

# CALENDAR OF EVENTS

**FREE CANCER SUPPORT**

## ARE YOU NEW TO THE WELLNESS COMMUNITY?

We provide free programs of education, emotional support, and hope for adults with cancer and their loved ones. Use this calendar to find out about our programs in English and Spanish that are offered at a variety of locations in the San Fernando Valley and Ventura County. **Learn more about our services by attending an Orientation Meeting, held Tuesday evenings at 7pm and Friday mornings at 10am.** A cancer survivor will introduce you to The Wellness Community programs and services. Adults with cancer, family members and friends meet with members of The Wellness Community, get valuable information about coping with cancer, and learn they are not alone.

## THE HEART OF OUR PROGRAM: WEEKLY SUPPORT GROUPS

On-going, professionally facilitated support groups for people with cancer and/or support persons are the heart of The Wellness Community. Adult group members of all ages and different types of cancer come together each week to support and learn from each other. Family members or significant others can explore new ways to support a loved one and healthy self-care. **Attendance at an Orientation Meeting and a brief preparation interview is necessary before joining weekly groups that are starred (\*).**

### SUPPORT GROUPS: For people with cancer

**Tuesday, 10-11:30am\***  
Joyce Boucher, LCSW, MFT

**Tuesday, 1-2:30pm**  
Joyce Boucher, LCSW, MFT, in Oxnard, women only. Sponsored by the Cancer Center of Ventura County. No orientation or interview required.

**Tuesday, 6:30-8pm\***  
Joyce Boucher, LCSW, MFT

**Wednesday, 10-11:30am\***  
Jodi McIntosh, MFT, in Chatsworth

**Wednesday, 6:30-8pm\***  
Marty Nason, R.N., M.N.

**Thursday, 10-11:30am\***  
Anne Gessert, MFT

**Thursday, 10-11:30am\***  
Maryana Palmer, MFT

**Thursday, 1:30-3pm**  
Maryana Palmer, MFT, in Ventura, for women with breast cancer. Sponsored by CMH Cancer Resource Center

### SUPPORT GROUPS: For family and friends

**Wednesday, 6:30-8pm\***  
Peggy Johnston, MA, MFT. Orientation meeting and interview required.

**Thursday, 10-11:30am**  
Ruth Lever, PhD. Drop-in group: no orientation or interview required.

### SUPPORT GROUPS: For family & cancer patients

**Wednesday, 6-7:30pm**  
Ruth Lever, PhD, in Ventura.  
Sponsored by CMH Cancer Resource Center

**Wednesday, 6-7:30pm**  
Maryana Palmer, MFT, in Camarillo

**Thursday, 4-5:30pm**  
Marty Nason, RN, MN, in Ventura.  
Sponsored by CMH Cancer Resource Center

## MIND/BODY PROGRAMS, RELAXATION AND STRESS MANAGEMENT

### Yoga

These popular yoga classes use gentle stretching, movement, and breath to increase flexibility, aid in stress reduction, and promote a sense of well being. No experience required. Please wear comfortable clothing and bring a mat, towel, or blanket.

### Yoga for Stress Management

**Mondays, 11:30am (No Class 8/2 or 9/6)**  
Dave Kite, Registered Yoga Teacher,  
Certified Yoga Therapist

### Beginning Yoga

**Wednesdays, 4:30pm**  
Maggie Mellor & Beth Cook, Certified Yoga  
Instructors

### Gentle Yoga & Relaxation

**Wednesdays, 7pm**  
Beth Cook & Linda Minoo, Certified Yoga  
Instructors

### Gentle Yoga (Chatsworth)

**Thursdays, 11am**  
Wendy Banks, Registered Yoga Teacher. 9410  
Owensmouth Ave, Chatsworth. Co-located  
at the Jennifer Diamond Cancer Foundation.  
RSVP 805.379.4777.

### Simple Guided Imagery Movement

**Thursdays, 9:30am**  
Anne Gessert, MA, MFT. This simple practice  
combines beautiful music, gentle movement,  
and a simple guided imagery to help you feel  
connected to your inner strength.  
(On hiatus until further notice)

### Relaxation & Guided Imagery

Learn how to take an active role in your  
healing process using imagery and relaxation  
techniques. Benefits may include reduced  
anxiety, enhanced immune system, and more  
effective management of surgery and treatment  
side effects.

**First three Mondays of the month, 10:30am**

Marilyn Stolzman, PhD, MFT, CHT

**Wednesdays, 12pm (Chatsworth)**

**Fridays, 12pm**  
Paula Getty-Shearer, Certified Hypnotherapist

### Qigong

**Saturdays, 9am**  
Jerry Durr; Victoria Cobb. Qi Gong is an  
ancient Chinese form of exercise that helps to  
“rebalance” the body’s healing capacities by  
activating energetic currents that flow through  
the body using mental focus, breath, and gentle  
movements.

Pictured above: Dale Richter, a survivor of esophageal cancer  
and a Wellness Community participant.  
Opposite masthead: Liane Olin, a survivor of breast cancer and  
a Wellness Community participant.

# CALENDAR OF EVENTS



## NETWORKING GROUPS

These cancer-specific groups are an opportunity to connect with others facing similar challenges. Each meeting is a drop-in forum to share solutions, experiences, and inspiration. Family and friends welcome. No interview or RSVP required.

### Brain Tumor

1st Thursday: 6:30pm

Facilitators: Rebecca Dekker, MFT & Jodi McIntosh, MFT. Co-sponsored by National Brain Tumor Foundation.

### Westlake ABC (After Breast Cancer) Group

2nd Thursday: 7pm

Peer Facilitators: Sue Benvenuto & Irene Burns. Open to women who have or had breast cancer, newly diagnosed through long-term survival. Call Sue 805.750.4655 or Irene 805.495.5293.

### Multiple Myeloma

2nd Saturday: 11:30am

Call Andrew Forman at 818.907.7057 for details. Sponsored by International Myeloma Foundation.

### Gynecological Cancer (for women only)

1st and 3rd Mondays: 6:30pm (No Mtg 9/6)

Facilitator: Maryana Palmer, MFT. For women who have or had gynecological cancer.

### Prostate Cancer

3rd Saturday: 10:30am (meets 4th Sat in Sept)

Facilitator: Kevin Axelrad, PhD.

### Leukemia and Lymphoma Society Group

3rd Thursday: 6:30pm (All blood cancers)

Facilitator: Barbara Harris, LCSW. Sponsored by the Leukemia and Lymphoma Society and Los Robles Regional Medical Center.

## INFORMATION

### "Buddy Book"

Connect with someone with your type of cancer who has "been there."

### The Jennifer Diamond Cancer Research Library

Features books, pamphlets, and state of the art computers. Open Mon-Fri and Saturdays by appt. Library hours subject to change; please call ahead for library availability.

## SPECIAL CONCERNS GROUPS

### Transition Group

Thursdays: 6:30pm

For those who have experienced the loss of someone from cancer. Call Anne Gessert at 805.379.4777 prior to attending.

## CREATIVE EXPRESSIONS AND SOCIAL EVENTS

### Watercolor Class (Chatsworth)

Tuesdays: 10am – 12pm or 1 – 3pm

9410 Owensmouth Ave, Chatsworth. Co-

located with the Jennifer Diamond Cancer Foundation. No experience needed. Pre-registration is required, 805.379.4777.

### Needle Arts: Women's Circle (Chatsworth)

Tuesdays: 1-3pm

This drop-in women's group honors all traditional needle arts. All levels of skill welcome; no experience or equipment needed. 9410 Owensmouth Ave, Chatsworth. Co-located with the Jennifer Diamond Cancer Foundation.

### Knitting Club - "Knotty Knitters"

Tuesdays: 1pm

Facilitator: Sherry Stern. Open to all ability levels. Bring your supplies or borrow ours!

### Kids Circle - Jump into Art and Other Creative Activities

For children 5-11 who have a parent or grandparent with cancer. Children are encouraged to express feelings through creative activities; parents are welcome to stay and chat.

Westlake Village: Tuesdays: 4pm

(On hiatus in August, resumes Sept. 14)

Facilitated by Joyce Boucher, LCSW, MFT and Peggy Johnston, MA, MFT. Call Joyce at 310.455.1779 or Peggy at 805.449.8318.

Ventura: 2nd & 4th Mondays: 4pm

(On hiatus in August, resumes Sept. 13)

Facilitated by Ruth Lever, PhD  
Location: CMH Cancer Resource Center, 120 N. Ashwood Ave, Ventura. Pre-registration required, call 805.652.5459. Sponsored by CMH Cancer Resource Center.

Chatsworth (Bilingual): Tuesdays except 1st

Tuesday of month: 7pm

Facilitated by Jackie Nederlk, MFT(I)  
Location: 9410 Owensmouth Ave, Chatsworth. Co-located with the Jennifer Diamond Cancer Foundation. Call 888.707.9355.

### Quilting Club

1st and 3rd Wednesdays: 1pm

(Call for meeting location 805.379.4777)

A dynamite group honoring the art of quilting. Express yourself and connect with others. Experience not necessary.

### Watercolor Art Class

2nd and 4th Tuesdays: 1pm

Instructor: Smadar Knobler. Explore your imagination through the use of watercolors. No experience necessary.

## OFF-SITE PROGRAMS

All off-site groups are facilitated by Wellness Community facilitators.

### Camarillo Support Group: Wednesdays: 6pm

For people with cancer, family and friends.

Camarillo Health Care District, 3639 E. Las Posas Rd., Suite 117, Camarillo. Facilitated by Maryana Palmer, MFT. Call 805.379.4777.

### Chatsworth Support Group: Wednesdays: 10am

9410 Owensmouth Ave, Chatsworth. Co-located with the Jennifer Diamond Cancer Foundation. Facilitated by Jodi McIntosh, MFT. Call 805.379.4777.

### Ventura Support Groups

CMH Cancer Resource Center, 120 N. Ashwood Ave, Ventura. Sponsored by CMH Cancer Resource Center. Call 805.652.5459.

Wednesdays: 6-7:30pm

For people with cancer, family and friends. Facilitated by Ruth Lever, PhD

Thursdays: 4-5:30pm

For people with cancer, family and friends. Facilitated by Marty Nason, RN, MN

Breast Cancer Group: Thursdays: 1:30-3pm

Facilitated by Maryana Palmer, MFT

### Oxnard Support Groups

Cancer Center of Ventura County, St. John's Regional Medical Center, 1700 N. Rose Avenue, Suite 145, Oxnard. Sponsored by St. John's Regional Medical Center. Call 805.988.2641.

Women's Support Group: Tuesdays: 1pm

Facilitated by Joyce Boucher, LCSW, MFT

Colorectal Cancer: 2nd and 4th Tuesdays: 6pm

Facilitated by Maryana Palmer, MFT

## SATELLITES

### Chatsworth Satellite

9410 Owensmouth Ave, Chatsworth. Co-located with the Jennifer Diamond Cancer Foundation. Watercolor, Needle Arts, Yoga and Kids Circle also offered; see green items in box calendar. Call 805.379.4777.

## PROGRAMS IN SPANISH

### West San Fernando Valley

"Bienvenidos A Wellness," a cancer support group, Tuesdays except 1st Tues. of month, 7pm, 9410 Owensmouth Ave, Chatsworth. Co-located with the Jennifer Diamond Cancer Foundation. Yoga, Kids Circle, and workshops also offered; Call 888.707.9355.

### Oxnard

"Bienvenidos A Wellness," a cancer support group, 4th Friday, 6:30pm, at The Cancer Center of Ventura County, St. John's Regional Medical Center, 1700 N. Rose Avenue, #145, Oxnard. Call 805.379.4777 for information.

### Spanish Language Resources

Help line: 888.707.WELL (9355)

[www.thewellnesscommunity.org/En-Espanol](http://www.thewellnesscommunity.org/En-Espanol)

# AUGUST 2010 CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b> 10:30am Relaxation & Guided Imagery NO Yoga for Stress Management 6:30pm Gynecological Cancer Networking Group 7pm MEDITATION GROUP	<b>3</b> 10am Watercolor Class (Chatsworth) 1pm Needle Arts (Chatsworth) 1pm Watercolor Class (Chatsworth) 1pm Knitting Club NO Kids Circle 7pm Orientation	<b>4</b> 12pm Relaxation & Guided Imagery (Chatsworth) 1pm Quilting Club (not here) 4:30pm Beginning Yoga 7pm Gentle Yoga	<b>5</b> 10am Family & Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30pm Transition Group 6:30pm Brain Tumor Networking Grp	<b>6</b> 10am Orientation 12pm Relaxation & Guided Imagery	<b>7</b> 9am Qigong
<b>8</b>	<b>9</b> 10:30am Relaxation & Guided Imagery 11:30am Yoga for Stress Management 7pm COMEDY NIGHT	<b>10</b> 10am Watercolor Class (Chatsworth) 1pm Needle Arts (Chatsworth) 1pm Watercolor Class (Chatsworth) 1pm Watercolor Class 1pm Knitting Club NO Kids Circle 6pm Colorectal Networking (Oxnard) 7pm Orientation	<b>11</b> 12pm Relaxation & Guided Imagery (Chatsworth) 4:30pm Beginning Yoga 7pm Gentle Yoga	<b>12</b> 10am Family & Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30pm Transition Group 7pm Westlake ABC Group	<b>13</b> 10am Orientation 12pm Relaxation & Guided Imagery	<b>14</b> 9am Qigong 11:30am Multiple Myeloma Networking Group
<b>15</b>	<b>16</b> 10:30am Relaxation & Guided Imagery 11:30am Yoga for Stress Management 6:30pm Gynecological Cancer Networking Group	<b>17</b> 10am Watercolor Class (Chatsworth) 1pm Needle Arts (Chatsworth) 1pm Watercolor Class (Chatsworth) 1pm Knitting Club NO Kids Circle 6:30pm INTEGRATIVE ONCOLOGY 7pm Orientation	<b>18</b> 12pm Relaxation & Guided Imagery (Chatsworth) 1pm Quilting Club (not here) 4:30pm Beginning Yoga 7pm Gentle Yoga	<b>19</b> 10am Family & Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6pm LOOK GOOD, FEEL BETTER 6:30pm Transition Group 6:30pm Leukemia & Lymphoma Grp	<b>20</b> 10am Orientation 12pm Relaxation & Guided Imagery	<b>21</b> 9am Qigong 10:30am Prostate Cancer Networking Group
<b>22</b>	<b>23</b> 10:30am Relaxation & Guided Imagery 11:30am Yoga for Stress Management	<b>24</b> 10am Watercolor Class (Chatsworth) 1pm Needle Arts (Chatsworth) 1pm Watercolor Class (Chatsworth) 1pm Watercolor Class 1pm Knitting Club NO Kids Circle 6pm Colorectal Networking (Oxnard) 7pm Orientation	<b>25</b> 12pm Relaxation & Guided Imagery (Chatsworth) 4:30pm Beginning Yoga 7pm Gentle Yoga	<b>26</b> 10am Family & Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 11:30am COMMUNITY LUNCH 6:30pm Transition Group	<b>27</b> 10am Orientation 12pm Relaxation & Guided Imagery	<b>28</b> 9am Qigong
<b>29</b>	<b>30</b> 11:30am Yoga for Stress Management	<b>31</b> 10am Watercolor Class (Chatsworth) 1pm Needle Arts (Chatsworth) 1pm Watercolor Class (Chatsworth) 1pm Knitting Club NO Kids Circle 7pm Orientation		<b>PROGRAM GUIDE</b> GREEN—Programs held in Chatsworth at the Jennifer Diamond Cancer Foundation BLACK—Programs held at The Wellness Community Valley/Ventura BLUE—Educational Workshops held at The Wellness Community Valley/Ventura ORANGE—Programs held in Ventura PURPLE—Programs held in Oxnard PINK—Programs held in Camarillo TEAL—Off-site Programs—see description		

# SEPTEMBER 2010 CALENDAR OF EVENTS

SUNDAY

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			<p><b>1</b> 12pm Relaxation &amp; Guided Imagery (Chatsworth) 1pm Quilting Club (not here) 4:30pm Beginning Yoga 7pm Gentle Yoga</p>	<p><b>2</b> 10am Family &amp; Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30pm Transition Group 6:30pm Brain Tumor Networking Grp</p>	<p><b>3</b> 10am Orientation 12pm Relaxation &amp; Guided Imagery</p>	<p><b>4</b> 9am Qigong</p>
<p><b>5</b></p>	<p><b>6</b>  <b>*CLOSED*</b> <b>HAPPY LABOR DAY</b></p>	<p><b>7</b> 10am Watercolor Class (Chatsworth) 1pm Needle Arts (Chatsworth) 1pm Watercolor Class (Chatsworth) 1pm Knitting Club NO Kids Circle 7pm Orientation</p>	<p><b>8</b> 12pm Relaxation &amp; Guided Imagery (Chatsworth) 4:30pm Beginning Yoga 7pm Gentle Yoga</p>	<p><b>9</b> 10am Family &amp; Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30pm Transition Group 7pm Westlake ABC Group</p>	<p><b>10</b> 10am Orientation 12pm Relaxation &amp; Guided Imagery</p>	<p><b>11</b> 9am Qigong 11:30am Multiple Myeloma Networking Group</p>
<p><b>12</b></p>  <p><b>*FUNDRAISING EVENT*</b></p>	<p><b>13</b> 10:30am Relaxation &amp; Guided Imagery 11:30am Yoga for Stress Management 4pm Kids Circle (Ventura) 7pm COMEDY NIGHT</p>	<p><b>14</b> 10am Watercolor Class (Chatsworth) 1pm Needle Arts (Chatsworth) 1pm Watercolor Class (Chatsworth) 1pm Knitting Club 4pm Kids Circle 6pm Colorectal Networking (Oxnard) 6:30pm MBSR (SIMI VALLEY) 7pm Orientation</p>	<p><b>15</b> 12pm Relaxation &amp; Guided Imagery (Chatsworth) 1pm Quilting Club (not here) 4:30pm Beginning Yoga 7pm Gentle Yoga</p>	<p><b>16</b> 10am Family &amp; Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30pm Transition Group 6:30pm Leukemia &amp; Lymphoma Networking Group</p>	<p><b>17</b> 10am Orientation 12pm Relaxation &amp; Guided Imagery</p>	<p><b>18</b> 9am Qigong</p>
<p><b>19</b></p>	<p><b>20</b> 10:30am Relaxation &amp; Guided Imagery 11:30am Yoga for Stress Management 6:30pm Gynecological Cancer Networking Group 7pm MEDITATION GROUP</p>	<p><b>21</b> 10am Watercolor Class (Chatsworth) 1pm Needle Arts (Chatsworth) 1pm Watercolor Class (Chatsworth) 1pm Knitting Club 4pm Kids Circle 6:30pm MBSR (SIMI VALLEY) 7pm Orientation</p>	<p><b>22</b> 12pm Relaxation &amp; Guided Imagery (Chatsworth) 4:30pm Beginning Yoga 7pm Gentle Yoga</p>	<p><b>23</b> 10am Family &amp; Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30pm Transition Group 6:30pm EAT TO BEAT CANCER</p>	<p><b>24</b> 10am Orientation 12pm Relaxation &amp; Guided Imagery 7pm DANCE 4 WELLNESS (880 Hampshire Road, #10, WLV 91361) 6:30pm PARENTING AND COPING WITH CHILDHOOD CANCER</p>	<p><b>25</b> 9am Qigong 10:30am Prostate Cancer Networking Group</p>
<p><b>26</b></p>	<p><b>27</b> 11:30am Yoga for Stress Management 4pm Kids Circle (Ventura)</p>	<p><b>28</b> 10am Watercolor Class (Chatsworth) 1pm Needle Arts (Chatsworth) 1pm Watercolor Class (Chatsworth) 1pm Watercolor Class 1pm Knitting Club 4pm Kids Circle 6pm Colorectal Networking (Oxnard) 6:30pm MBSR (SIMI VALLEY) 7pm Orientation</p>	<p><b>29</b> 12pm Relaxation &amp; Guided Imagery (Chatsworth) 4:30pm Beginning Yoga 7pm Gentle Yoga</p>	<p><b>30</b> 10am Family &amp; Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30pm Transition Group</p>		

# WHAT'S HAPPENING IN AUGUST & SEPTEMBER...

## Meditation Group with Catherine Baum

**Monday, August 2 and September 20, 7-8pm**

All meditators welcome. This is not a class, but rather an opportunity to practice meditation together, check in with each other, and discuss what we are taking in (mentally and physically) and how it affects us. Please RSVP 805.379.4777.

## Comedy Night: Laughter IS the Best Medicine!

**Monday, August 9 and September 13, 7-8pm**

Laugh the night away as a stand-up comedian entertains you and your friends at The Wellness Community Valley/Ventura. The featured comic for August will be Kristin Key. Kristin started her comedy career at age 19 in her native town of Amarillo, Texas. Over the next five years she performed in 35 states, and in 2005 auditioned for the NBC show *Last Comic Standing*, making it into the semifinals. She is a favorite on the nationally syndicated broadcast *Bob and Tom Show*. September performer TBA. Please RSVP 805.379.4777.

## An Introduction to Integrative Oncology and Chinese Medicine Therapies with Huabing Wen, MD (China), MS, L.Ac., OMD

**Tuesday, August 17, 6:30-8pm**

What is "Integrative Oncology" and how does one choose the "right" therapies, practitioners, and timing? A growing number of the country's leading cancer centers now offer a range of complementary therapies to help patients cope with the side effects of their conventional cancer care. Complementary therapies can enhance patient quality of life and help prevent recurrence. This workshop will provide information about some of the most useful therapies available for patients to support their innate capacity for healing and enhance their quality of life. Dr. Wen will discuss how Chinese medicine can be applied to each phase of a cancer patient's journey -- upon diagnosis, during active treatment, and for survivorship care, to restore and maintain wellness and prevent recurrence. This workshop is one in a series on integrative medicine and cancer. Dr. Wen is a Licensed Acupuncturist and Senior Clinical Director of Life Cycle Health Center. He graduated from the world-renowned Beijing University of Chinese Medicine's 6-year Integrative Medicine program in Western and Oriental Medicine and did a 3-year residency program there. He has served on the faculty of Yo San University and Emperor's College and has a private practice specializing in integrative oncology, internal medicine, and women's health. RSVP 805.379.4777.

## Look Good, Feel Better

**Thursday, August 19, 6-8pm**

Look Good, Feel Better helps women in active cancer treatment learn techniques to restore their self-image and cope with appearance-related side effects. Certified beauty professionals provide tips on caring for your skin, hair styling with wigs and accessories, and makeup techniques. A program of the American Cancer Society, CTFA and NCA. Reservations required. Space is limited. Call 800.ACS.2345 to make a reservation.

## Community Lunch

**Thursday, August 26, 11:30am-12:30pm**

We invite you to meet and make friends with fellow participants at The Wellness Community Valley/Ventura. Lunch will be provided. So that we can provide enough food for everyone, please be sure to RSVP by calling 805.379.4777.

## Paws 4 Hope \*FUNDRAISING EVENT\*

**Sunday, September 12, 11am, Berniece Bennett Park, Westlake Village**

Make your dog paws-itively happy! Join the 2010 Paws 4 Hope walk to support those affected by cancer. Includes dog walk, doggie contests, and awards. Participants are asked to raise \$30 in donations and encourage friends and family to sponsor their beloved canine. Registration required, some restrictions apply. Call 805.379.4777 or register at [TwcVv.org](http://TwcVv.org).

## Mindfulness-Based Stress Reduction (MBSR) Course with Catherine Baum

**Eight-Week Course on Tuesdays, beginning September 14, 6:30-8:30pm (IN SIMI VALLEY)**

Based on Jon Kabat-Zinn's program at the University of Massachusetts Medical Center and described in his book *Full Catastrophe Living*, this course combines meditation, gentle yoga, readings and group discussion. Many people with cancer credit the course with changing their lives. Mindfulness has been demonstrated to reduce stress, increase self-awareness, improve attention, boost the immune system, and promote a general sense of health and wellness. Instructor Catherine Baum has studied with Dr. Kabat-Zinn and teaches MBSR at a variety

of Ventura County locations. Offered elsewhere for \$1,000, the course is provided free to people faced with cancer and their loved ones by The Wellness Community, the City of Simi Valley and Simi Valley Hospital. Class will be held at Simi Valley Hospital, North Campus, 2975 Sycamore Drive, Simi Valley. Ask for directions to North Campus when you register. You may repeat this course if you have already taken it. RSVP 805.379.4777.

## Eat to Beat Cancer with Susan Speer, MS, RD, CDE

**Thursday, September 23, 6:30-8pm**

Medical nutritionist and health coach Susan Speer will educate participants on eating right for their phase of treatment. Whether going through surgery, chemotherapy, radiation, or post treatment, Susan will have the right answers for all dietary needs. Susan Speer has been developing and teaching programs in health promotion and disease management for more than 30 years in academic and public health settings. Speer was a clinical instructor for the UCLA School of Medicine and director of nutrition education for the SM-UCLA Family Practice Residency for 16 years. Currently Speers is director of nutrition services at the Cancer Center of Ventura County. Please RSVP 805.379.4777.

## Dance 4 Wellness

**Friday nights, September 24, October 1, 8, 15, 22 and November 5, 12 and 19, 7-8pm**

**(Dance Party & Demonstration on Oct. 29)**

*Eight-week Series with Maria Durant, Certified Ballroom Dance Instructor, owner of Dance 4 Wellness.*

Learn to dance! Movement, play and the good company of others who understand your journey can boost the immune system and enhance quality of life. Dance 4 Wellness is a way to have fun while you exercise. A recent study revealed that people who dance on a regular basis can add years to their lives. Rumba, waltz, swing and salsa will be taught. No dance experience necessary. Dance partner not required but you can bring a friend if you wish. You are not required to take all the classes, but it is encouraged. Dance 4 Wellness is a ballroom dance instruction company owned by Maria Durant and located in Westlake Village, specializing in Ballroom, Latin, Swing, and Nightclub-style dancing. Classes will be held at Dance 4 Wellness at 880 Hampshire Road, #10, Westlake Village, 91361. Reservations required, call 805.379.4777.

## Parenting and Coping with the Impact of Childhood Cancer

**Friday, September 24, 6:30-8:30pm**

An interactive workshop to provide support for parents coping with childhood cancer. Parents will learn skills to help in communicating with their child and integrating communication skills in helping their child express and cope with their emotions. Parents are encouraged to express personal challenges and ask questions. The parent's workshop is for adults only. The children's program will meet at the same time as the parent's program in a separate room. Kids Circle facilitators, whom are licensed therapists specializing in working with children and cancer, will guide the children in an art project. Marilu Duarte, LMFT, has a Masters of Science degree in counseling with an emphasis in marriage and family therapy. She has 9 years of experience working with patients and families affected by life-threatening illness and grief. She has a private practice in Camarillo and also works with Camarillo Hospice. There will be dinner from 6:30-7pm with the workshop following at 7-8:30pm. Please call 805.379.4777 to register, include the names and ages of your children that will attend.

## COMING IN OCTOBER

**Finding Strength Together: A New Tool for Couples**

**with Marty Nason, RN, MN and Peggy Johnston, MFT (both TWCVV clinical staff)**

**Four Thursdays, Oct. 28, Nov. 4, 11 and 18, 6:30-8:30pm**

The *Finding Strength Together* workshops bring couples affected by a breast cancer diagnosis together to discuss issues that can arise during the cancer journey. Together couples will learn and practice problem solving techniques that have proven effective for tackling the challenges that cancer can have on a relationship. A proven method of problem solving, the COPE Model, will be taught and practiced, and support will be offered to help people with breast cancer and their caregivers feel more comfortable solving problems and communicating. Registration required: 805.379.4777. This program is made possible by a grant from the Breast Cancer Fund of National Philanthropic Trust.

# FREE CANCER SUPPORT



Gillian Harwood, a survivor of pancreatic and lung cancer, and Linda Scott, a survivor of metastatic adenocarcinoma. Gillian and Linda are both Wellness Community participants.

**the  
wellness.  
community**<sup>®</sup>  
valley/ventura  
cancer support, education and hope

**AUG/SEPT 2010**

**CALENDAR OF EVENTS**

## THANK YOU TO THE GENEROUS DONORS UNDERWRITING SUPPORT GROUPS FOR CANCER PATIENTS AND THEIR FAMILIES

Amgen, Inc.  
Amgen Foundation  
Annenberg Foundation  
Baxter BioScience  
Brighton Collectibles  
Keets and Hugh Cassar  
Community Memorial Hospital  
The Diane Warren Foundation  
Dole Food Company  
Employee Community Fund of Boeing California  
Entertainment Industry Foundation  
Conrad N. Hilton Foundation  
Kaiser Foundation Hospitals-Woodland Hills  
The Fanny and Svante Knistrom Foundation  
L.A. Dept. of Water & Power Employees  
Larson Charitable Foundation  
John L. Notter, Sr.  
Marjorie and Hugh Peterson  
The RED Family Fund  
Margaret and Mark Serjak  
St. John's Pleasant Valley Hospital  
Verizon Foundation  
The Wood-Claeysens Foundation  
The Cities of San Buenaventura,  
Thousand Oaks and Westlake Village

*All Photos by Ginny Rickey*