Our Mission: To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

**OUR PROGRAM**

Is Always
- Available to anyone with cancer and their loved ones at any stage, from diagnosis through survivorship
- Based on empirical and clinical research
- Led by professionals
- Offered in a home-like environment
- Provided at no cost

**OUR PROGRAM**

Includes
- Support Groups
- Education
- Nutrition, Movement, and Mind Body Classes
- Social Connections
- Teen and Family Services
- Resources & Referrals
- Services in Spanish

**WE INVITE YOU TO**

Join Us
Become part of our community
- Attend one of our weekly Newcomer Meetings
- Attend an Educational Seminar
- Attend our Red Balloon Birthday Celebration
- Visit our website at cscaz.org
- Call us at (602) 712-1006

Our services are provided through the generosity of individual and private contributions.

Find compassionate, expert support just right for you at Cancer Support Community Arizona. Take on Cancer Together.
Please register for all programs by calling (602) 712-1006 or emailing RSVP@cscaz.org. For a full listing of all programs and descriptions, please visit www.cscaz.org.

Support

**WEEKLY PARTICIPANT AND FAMILY SUPPORT GROUPS**
Day and Evening Options Available
These professionally-facilitated weekly support groups are for people with cancer and a separate group for family, friends and caregivers. Explore new ways of dealing with the stresses of cancer and learn techniques to become partners with your healthcare team. A brief interview is required to determine appropriate group placement. Please call (602) 712-1006.

**CANCER SPECIFIC LEARN & SUPPORT GROUPS**
Various Times and Dates
These professionally-facilitated monthly support groups are for those diagnosed with a specific cancer to find support and learn from one another. Discuss aspects of living with cancer, treatment options, side effect management and survivorship. Open to family and friends. Current Learn & Support Groups include: Breast, Carcinoid, Lung, Lymphoma, Multiple Myeloma, Ovarian, Pancreatic and Prostate.

**SURVIVING AND THRIVING**
2nd and 4th Tuesday of every month: January 10, 24; February 14, 28; March 14, 28, 1–2:30 pm
A support group for those who are more than 18 months post cancer treatment who are looking to support one another while moving into a new phase after a cancer diagnosis.

Servicios en Español
We are now offering programs in Spanish including support, healthy lifestyle, education and social events. For details about the program, contact Jenny Quezada at (602)712-1006 or jquezada@cscaz.org.

Education

**MANAGING TREATMENT SIDE EFFECTS**
Saturday, February 4, 9 am–12 noon
This workshop focuses on three common side effects often experienced with cancer treatment. Michael J. A. Robb, MD, Oto-Neurologist, will provide information on Chemobrain, how treatment affects cognitive functioning and skills to cope. Gayle Jameson, MSN, ACNP-BC, AOCN, Nurse Practitioner will talk about Cancer Related Fatigue, how it is different from tiredness and ways to manage it. Jan Bland, FNP-BC, Nurse Practitioner will share about Peripheral Neuropathy and ways to help alleviate the pain or numbness associated with it. Time for a panel Q&A session with speakers.

**FRANKLY SPEAKING ABOUT CANCER: YOUR IMMUNE SYSTEM AND CANCER TREATMENT**
Thursday, March 2, 6–7:30 pm
Michael Roberts, MD, Medical Oncologist, provides fundamental information about how the immune system interacts with cancer, immunotherapy treatments that are currently available as well as treatments that are being developed, and tips to manage common side effects.

**INTEGRATIVE MEDICINE FOR CANCER CARE**
Thursday, March 16, 6–7:30 pm
Lucas Tims, ND, FABNO, Naturopathic Physician with Cancer Treatment Centers of America will discuss how to integrate conventional treatment with alternative practices for a more holistic approach to cancer care. Learn how acupuncture, stress management, nutrition and rehabilitation all can support your health.

**LISTEN TO YOUR GUT: FOODS TO HELP WITH DIGESTION**
Thursday, March 30, 6–7:30 pm
Stephanie Paver, RD, CSO, CNSC, Board Certified Specialist in Oncology Nutrition discusses nutrition for gut health along with foods that help with digestion and why gut bugs matter.

**ARIZONA ONCOLOGY PARTNERED EDUCATION**
Each month, CSCAZ and AZ Oncology are partnering to provide education on a variety of topics throughout the year. Refreshments provided.

**MULTIPLE MYELOMA: AN OVERVIEW**
Thursday, January 19, 10–11:30 am
Michelle Taylor, ANP-BC, Clinical Nurse Consultant, shares a comprehensive review of the pathophysiology and clinical presentation of multiple myeloma.

**B-CONNECTED CHRONIC LYMPHOCYTIC LEUKEMIA (CLL) LECTURE**
Thursday, February 16, 10–11:30 am
This event features a Healthcare Provider’s perspective on living and coping with CLL and disease management strategies. You will also hear about understanding the importance of taking an active role in your care and get tips on working with your healthcare team.

**MULTIPLE MYELOMA: UNDERSTANDING YOUR LABS**
Thursday, March 9, 10–11:30 am
Michelle Taylor, ANP-BC, Clinical Nurse Consultant, shares an in-depth review of the diagnostic and surveillance studies used in multiple myeloma including labs, imaging, bone marrow biopsy, and genetics tests.
Healthy Lifestyle Activities

STRENGTH AND BALANCE CLASS
Every Wednesday, 11 am –12 pm,
Starting January 11
Learn simple strength and balance exercises with appropriate modifications for anyone at any level in this class.

HEALTHYLIFESTYLE
Learn simple strength and balance exercises with appropriate modifications
Starting January 11 for anyone at any level in this class.

HEALTHRHYTHM DRUM CIRCLE
Thursday, February 16, 2–3:30 pm
Health Rhythm sessions provide a musical and focused space for you to de-stress your mind, body, and spirit by using music and guided voice led by a certified instructor.

Social Connections

WALKING CLUB:
NEW LOCATION AT LINCOLN FAMILY DOWNTOWN YMCA
2nd and 4th Friday of every month: 9–10 am
Join our walking club for an hour of good exercise and great company! Please plan to start walking at 9 am sharp! All paces welcome.

GAME NIGHT: BINGO
Friday, January 20, 6:30–8:30 pm
Grab your dauber, your lucky charm and come on down to play some Bingo! Light refreshments provided.

Connecting Families

For more information about our teen and family program contact Emilie Jarboe at (602) 712-1006 or ejarboe@cscaz.org.

TEEN EVENTS: For Ages 13–24

TEEN TACO NIGHT
1st Tuesday and 3rd Thursday of every month:
January 3, 19; February 7, 16; March 7, 16, 6–8 pm
At Phoenix Children’s Hospital 7th floor Conference Room.
Bring the party to the inpatient wing at PCH with games and tacos. Hosted in partnership with ComfyCozy’s for Chemo.

TEEN CHINESE NEW YEAR PARTY
Saturday, January 28, 5–7 pm
Celebrate the traditions of the Chinese New Year!

TEEN SHARE THE LOVE PROJECT
Saturday, February 11, 3–5 pm
Help us make fleece tie blankets and care packages for delivery to teens in the hospital. Hosted in partnership with HopeKids.

TEEN PROM DRESS & TUXEDO DAY
Saturday, March 11, 10 am–12 pm
The Cinderella Affair, 411 North McKemy Avenue, Chandler, AZ 85226. Our Teen Prom guests are invited to come pick out a dress or tuxedo compliments of The Cinderella Affair and Celebrity Tux and Tails.

TEEN PROM
Saturday, March 25, 6–10 pm
You don’t want to miss out on the enchanting trip around the world at our 8th Annual Teen Prom, Passport to Prom!

FAMILY SERVICES: For families with children up to age 18

FAMILY CONNECT
3rd Thursday of every month:
January 19; February 16; March 16, 6–7:30 pm
A support program for families who are experiencing cancer with children ages 5–18. Dinner provided together from 6:30, then split into separate professionally facilitated support groups for parents and youth.

FAMILY PAINT NIGHT
Saturday, January 21, 5–7 pm
Families with children ages 5–18 are invited to join us for this night of painting and fun! Hosted in partnership with HopeKids and Courage and a Cure.

FAMILY MOVIE ON THE LAWN
Friday, February 24, 6:30–8:30 pm
Bring a picnic blanket or some lawn chairs and join us to watch Finding Dory! Movie snacks provided.

FAMILY OUTING TO SCOTTSDALE SUNDAY A’FAIR
Saturday, March 5, 1–3 pm
Scottsdale Civic Center Park, 7380 East 2nd Street, Scottsdale, AZ 85251. Join us for a fun day in the park with a picnic and live music! Deli lunch provided, please bring your own blanket or lawn chairs.
East Valley

Via Linda Senior Center

**DRUMMING FROM THE HEART**  
2nd Mondays of every month:  
January 9; February 13; March 13, 6–7:30 pm  
Sessions provide a rhythmical and focused space for you to de-stress your mind, body and spirit by using music and guided voice. Led by REMO certified instructor Frank Thompson and psychologist Dr. David Engstrom.

West Valley

**Sun Health**

**CANCER SUPPORT GROUP**  
3rd Tuesday of every month:  
January 17; February 21; March 21, 9:30–11 am  
At Grandview Terrace Rehabilitation Center  
This professionally facilitated support group is open to anyone dealing with a cancer diagnosis. Explore ways to deal with stressors of the diagnosis and find support with others in a caring environment.

To register for the following Sun Health programs, please call them at (623) 207-1703.

**HEALTHY MEAL PREPARATION FOR CANCER**  
Fridays: February 3, 17, and March 3, 17, 10–11 am  
At Sun Health Center for Health and Wellbeing, Betty’s Kitchen  
Learn how to create easy and affordable dishes packed with antioxidants and flavor while staying on a budget. Recipes and menu tasting included. Open to cancer survivors, family and friends.

**BOOSTING YOUR IMMUNE SYSTEM THROUGH NUTRITION**  
Thursday: February 16, 9–10:30 am  
At PORA  
Jonathan M. Psenka, NMD, Naturopathic Physician shares how to strengthen and enhance the immune system through the food you eat. Learn how to replace cancer cells with healthy cells, the role of alkalinity and what foods help during and after treatment.

**Bellevue Heights Church**

**COOKING FOR HEALTH**  
Tuesdays: January 17, February 21, and March 21, 10–11:30 am  
Learn how to build in more fruits and vegetables for your best possible health during and after cancer treatment. Recipes and menu tasting included. Open to cancer survivors, family and friends.

**Benevilla — Sun City West**

**CANCER SUPPORT GROUP**  
Monday: February 6 and March 6, 9:30–11 am  
This professionally facilitated support group is open to anyone dealing with a cancer diagnosis. Explore ways to deal with stressors of the diagnosis and find support with others in a caring environment.

**Cancer Treatment Centers of America**

**RETURN TO WELLNESS**  
Wednesday, February 8, 15, 22 and March 1, 4–5:30 pm  
At Celebrate Life Conference Room, across from the hospital. This four-part series focusing on helping you return to wellness after a cancer diagnosis. Learn about goal setting, managing medical information, reducing your stress and moving forward after cancer. Each week will include information sharing and support with others on a similar journey.
WELLNESS WEDNESDAYS
1st Wednesday of every month:
January 4; February 1; March 1, 1:30–3 pm
Location: Prenatal Classroom, 3rd Floor, use Blue Elevators off main entrance
This monthly series features creative ways to manage stress during and after cancer treatment. Join us for a fun, interactive activity and meet others on the journey. Open to family and friends.
• January – Coloring: Discover the Joy of a Simple Stress Buster
• February – Gratitude Jars
• March – Writing for Wellness

COOKING FOR HEALTH
4th Monday of every month:
January 23; February 27; March 27, 6–7:30 pm
Location: Prenatal Classroom, 3rd Floor. Use blue elevators off Main Entrance.
Learn how to build in more fruits and vegetables for your best possible health during and after cancer treatment. Create easy and affordable dishes packed with antioxidants and flavor while staying on a budget. Open to cancer survivors, family and friends.
Recipes and menu tasting included.

LUNCH AND LEARN SERIES
Each month we invite you to join us and learn about a topic related to cancer care and survivorship. Experts from Banner – University Medical Center Phoenix will share insights, treatment options, management of side effects and tools to improve outcomes. Lunch is provided, advanced registration is preferred.

THYROID CANCER PREVENTION AND TREATMENT
January 12, 12:30–1:30 pm
Location: Sandstone Conference Room, First Floor
Featuring Mira Milas, MD, FACS, Professor of Surgery and Chief of Endocrine Surgery

NUTRITION FOR CANCER SURVIVORSHIP
February 21, 12–1 pm
Location: Surgery Classroom, First Floor
Featuring Ellen Ostrand, RD, CSO, Clinical Dietitian, Board Certified Specialist in Oncology

COLORECTAL CANCER
March 16, 12–1 pm
Location: Surgery Classroom, First Floor
CANCER SUPPORT COMMUNITY
ARIZONA

PARTICIPANT PROGRAM CALENDAR
JANUARY 2017

PLEASE REGISTER FOR ALL PROGRAMS BY CALLING (602) 712-1006 OR EMAILING RSVP@CSCAZ.ORG

For in-depth program descriptions, please visit www.cscaz.org

Programs Location Color Guide: ■ Main Campus ■ Central Phoenix ■ East Valley ■ West Valley ■ North Valley

MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY
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2 | | | | | 6
CSAZ ADMINISTRATIVE OFFICES CLOSED FOR NEW YEAR'S HOLIDAY

3 | Participant Support Group 10–11:30 am
   Bunco 12–2 pm
   Gentle Yoga 6–7 pm
   Newcomer Meeting 6 pm
   Teen Taco Night at Phoenix Children’s Hospital 6–8 pm

4 | Gentle Yoga 12:15–1:15 pm
   Wellness Wednesdays at Banner - University Medical Center Phoenix 1:30–3 pm
   Cafecito Creativo 6–7:30 pm
   Family Support Group 6–7:30 pm
   Participant Support Group 6–7:30 pm

5 | Learn & Support:
   Multiple Myeloma 10 am–12 pm
   Tai Chi 12–1 pm
   Tibetan Singing Bowl Meditation 1:30–2:30 pm

6 | Participant Support Group 10–11:30 am
   Jin Shin Jyutsu® 11:45 am–12:45 pm
   Surviving & Thriving 1–2:30 pm
   Gentle Yoga 6–7 pm
   Grupo de Apoyo 6–7:30 pm

7 | Tai Chi 12–1 pm
   Lunch and Learn:
   Thyroid Cancer Prevention and Treatment with Mira Milas, MD at Banner - University Medical Center Phoenix 12:30–1:30 pm
   Learn & Support:
   Prostate 6–7:30 pm

9 | Clay Class 10:30 am–12:15 pm
   Zumba Gold® 11 am–12 pm
   Family Support Group 1–2:30 pm
   Participant Support Group 1–2:30 pm
   Drumming from the Heart at Via Linda Senior Center, 6–7:30 pm

10 | Participant Support Group 10–11:30 am
   Jin Shin Jyutsu® 11:45 am–12:45 pm
   Surviving & Thriving 1–2:30 pm
   Gentle Yoga 6–7 pm
   Grupo de Apoyo 6–7:30 pm

11 | Newcomer Meeting 10 am
   Strength and Balance Class 11 am–12 pm
   Gentle Yoga 12:15–1:15 pm
   Family Support Group 6–7:30 pm
   Participant Support Group 6–7:30 pm

12 | Tai Chi 12–1 pm
   Lunch and Learn:
   Thyroid Cancer Prevention and Treatment with Mira Milas, MD at Banner - University Medical Center Phoenix 12:30–1:30 pm
   Learn & Support:
   Lung 12:30–2 pm
   Learn & Support:
   Carcinoid 12:30–2:30 pm

13 | Walking Club at Downtown YMCA 9–10 am

14 | Learn & Support:
   Lymphoma 10–11:30 am
   Pancreatic 10–11:30 am
   Lung 12:30–2 pm
   Learn & Support:
   Carcinoid 12:30–2:30 pm
| 16 | Zumba Gold® | 11 am–12 pm  
Family Support Group   
1–2:30 pm  
Participant Support Group   
1–2:30 pm  
Movimiento Saludable   
6–7 pm |
| 17 | Cancer Support Group at Sun Health – Grandview Terrace, 9:30–11 am  
Cooking for Health at Bellevue Heights Church 10–11:30 am  
Participant Support Group 10–11:30 am  
Book Club  
Last Bus to Wisdom 12–1:30 pm  
Gentle Yoga 6–7 pm  
Newcomer Meeting 6 pm |
| 18 | Strength and Balance Class 11 am–12 pm  
Gentle Yoga 12:15–1:15 pm  
Community Coloring Club 1:30–3 pm  
Family Support Group 6–7:30 pm  
Participant Support Group 6–7:30 pm |
| 19 | Multiple Myeloma: An Overview with Michelle Taylor, ANP-BC 10–11:30 am  
Tai Chi 12–1 pm  
Family Connect 6–7:30 pm  
Teen Taco Night at Phoenix Children’s Hospital 6–8 pm |
| 20 | Just for Men: Dinergs Talk at First Watch 10–11:30 am  
Game Night: Bingo 6:30–8:30 pm |
| 21 | Learn & Support:  
• Breast  
• Ovarian  
10–11:30 am  
Family Paint Night 5–7 pm |
| 23 | Clay Class 10:30 am–12:15 pm  
Zumba Gold® 11 am–12 pm  
Family Support Group 1–2:30 pm  
Participant Support Group 1–2:30 pm  
Cooking for Health at Banner - University Medical Center Phoenix 6–7:30 pm |
| 24 | Participant Support Group 10–11:30 am  
Peaceful Breath and Relaxation 11:45 am–12:45 pm  
Surviving & Thriving 1–2:30 pm  
Gentle Yoga 6–7 pm |
| 25 | Newcomer Meeting 10 am  
Strength and Balance Class 11 am–12 pm  
Gentle Yoga 12:15–1:15 pm  
Family Support Group 6–7:30 pm  
Participant Support Group 6–7:30 pm |
| 26 | Tai Chi 12–1 pm  
Quick Healthy Cooking 2–3:30 pm  
Recortes de Recuerdos 6–8 pm |
| 27 | Walking Club at Downtown YMCA 9–10 am  
Social Mixer for Ages 25–40: Pita Jungle and Epic Escape Room at Pita Jungle – Uptown, Phoenix 6–8 pm |
| 28 | Teen Chinese New Year Party 5–7 pm |

**LIVE WELL IN THE NEW YEAR**

- **Strength & Balance Class:**  
  Wednesdays, 11 am–12 pm
- **Wellness Wednesdays:**  
  1st Wednesday of every month: 1:30–3 pm at Banner – University Medical Center Phoenix
- **Walking Club:**  
  2nd and 4th Friday of every month: 9–10 am at YMCA
- **LIVESTRONG™ at the YMCA:**  
  January 30 through April 19, 10–11:30 am

Find us on Facebook at www.facebook.com/CSCAristona
### FEBRUARY 2017

**PLEASE REGISTER FOR ALL PROGRAMS BY CALLING (602) 712-1006 OR EMAILING RSVP@CSCAZ.ORG**

For in-depth program descriptions, please visit [www.cscaz.org](http://www.cscaz.org)

Programs Location Color Guide:
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Find us on facebook at [www.facebook.com/CSCArizona](http://www.facebook.com/CSCArizona)
| 13 | **LIVESTRONG™** at the YMCA  
Downtown YMCA  
10–11:30 am  
Clay Class  
10:30 am–12:15 pm  
Zumba Gold®  
11 am–1 pm  
Family Support Group  
1–2:30 pm  
Participant Support Group  
1–2:30 pm  
Drumming from the Heart  
at Via Linda Senior Center, 6–7:30 pm |
|---|---|
| 14 | **Participant Support Group**  
10–11:30 am  
Jin Shin Jyutsu®  
11:45 am–12:45 pm  
Surviving & Thriving  
1–2:30 pm  
Gentle Yoga  
6–7 pm  
Newcomer Meeting  
6 pm  
Grupo de Apoyo  
6–7:30 pm |
| 15 | **LIVESTRONG™** at the YMCA  
Downtown YMCA  
10–11:30 am  
Strength and Balance Class  
11 am–12 pm  
Gentle Yoga  
12:15–1:15 pm  
Community Coloring Club  
1:30–3 pm  
**Return to Wellness**  
at Cancer Treatment Centers of America, 4–5:30 pm  
Family Support Group  
6–7:30 pm  
Participant Support Group  
6–7:30 pm |
| 16 | **Boosting Your Immune System Through Nutrition**  
with Jonathan M. Psenka, NMD  
at PORA Sun City West  
9–10:30 am  
**B-Connected Chronic Lymphocytic Leukemia (CLL) Lecture**  
10–11:30 am  
**Tai Chi**  
12–1 pm  
**Family Connect**  
6–7:30 pm  
**Teen Taco Night**  
at Phoenix Children’s Hospital  
6–8 pm |
| 17 | **Healthy Meal Preparation for Cancer**  
at Sun Health Center for Health and Wellbeing  
12–1 pm  
**Lunch & Learn: Nutrition for Cancer Survivorship**  
with Ellen Ostrander, RD  
at Banner - University Medical Center Phoenix, 12–1 pm  
**Book Club**  
**A All the Light We Cannot See**, 12–1:30 pm  
**Gentle Yoga**  
6–7 pm |
| 18 | **Learn & Support:**  
• Breast  
• Ovarian  
10–11:30 am |
| 19 | **Social Outing:**  
Sunday A’Fair  
12–2 pm |
| 20 | **CSCAZ ADMINISTRATIVE OFFICES CLOSED FOR PRESIDENT’S DAY**  
**LIVESTRONG™** at the YMCA  
Downtown YMCA  
10–11:30 am |
| 21 | **Cancer Support Group**  
at Sun Health – Grandview Terrace, 9:30–11 am  
**Cooking for Health**  
at Bellevue Heights Church  
10–11:30 am  
**Participant Support Group**  
10–11:30 am  
**Lunch & Learn: Nutrition for Cancer Survivorship**  
with Ellen Ostrander, RD, at Banner - University Medical Center Phoenix, 12–1 pm  
**Book Club**  
**All the Light We Cannot See**, 12–1:30 pm  
**Gentle Yoga**  
6–7 pm |
| 22 | **Newcomer Meeting**  
10 am  
**LIVESTRONG™** at the YMCA  
Downtown YMCA  
10–11:30 am  
Strength and Balance Class  
11 am–12 pm  
Gentle Yoga  
12:15–1:15 pm  
**Return to Wellness**  
at Cancer Treatment Centers of America, 4–5:30 pm  
Family Support Group  
6–7:30 pm  
Participant Support Group  
6–7:30 pm |
| 23 | **Tai Chi**  
12–1 pm  
**Quick Healthy Cooking**  
2–3:30 pm  
**Historia de Mi Vida**  
6–9 pm |
| 24 | **Walking Club**  
at Downtown YMCA  
9–10 am  
**Red Balloon Birthday Celebration**  
11:30 am–1:30 pm  
**Family Movie on the Lawn**  
**Finding Dory**, 6:30–8:30 pm |
| 25 | **Red Balloon Birthday Celebration**  
Friday, February 24  
11:30 am – 1:30 pm  
Join us to celebrate CSCAZ’s 18th Birthday and enjoy a picnic lunch on the lawn. |
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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<td><strong>OPEN TO OPTIONS™</strong>&lt;br&gt;Open to Options™ supports you as you identify important questions about your cancer treatment options and concerns based upon your personal needs. Available at no cost, this service will help you:&lt;br&gt;· Generate a list of questions for your doctor.&lt;br&gt;· Organize your questions to take with you to your appointment.&lt;br&gt;· Communicate clearly with your medical team.&lt;br&gt;To schedule a session with an Open to Options™ Specialist, call CSCAZ at (602) 712-1006.</td>
<td><strong>1</strong>&lt;br*LIVESTRONG™ at the YMCA&lt;brDowntown YMCA&lt;br10–11:30 am&lt;brStrength and Balance Class&lt;br11 am–12 pm&lt;br<strong>Gentle Yoga</strong>&lt;br12:15–1:15 pm&lt;br<strong>Wellness Wednesdays</strong>&lt;brat Banner - University Medical Center Phoenix, 1:30–3 pm&lt;br<strong>Return to Wellness</strong>&lt;brat Cancer Treatment Centers of America, 4–5:30 pm&lt;br<strong>Family Support Group</strong>&lt;br6–7:30 pm&lt;br<strong>Participant Support Group</strong>&lt;br6–7:30 pm</td>
<td><strong>2</strong>&lt;br<strong>Learn &amp; Support:</strong> Multiple Myeloma&lt;br10 am–12 pm&lt;br<strong>Tai Chi</strong>&lt;br12–1 pm&lt;br<strong>FSAC: Your Immune System and Cancer Treatment</strong>&lt;brwith Michael Roberts, MD&lt;br6–7:30 pm</td>
<td><strong>3</strong>&lt;br<strong>Healthy Meal Preparation for Cancer</strong>&lt;brat Sun Health Center for Health and Wellbeing&lt;br10–11 am</td>
<td><strong>4</strong>&lt;br<strong>Learn &amp; Support:</strong>&lt;br· Lymphoma&lt;br· Pancreatic&lt;br10–11:30 am&lt;br<strong>Learn &amp; Support:</strong> Lung&lt;br12:30–2 pm&lt;br<strong>Learn &amp; Support:</strong> Carcinoid&lt;br12:30–2:30 pm</td>
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<td><strong>6</strong>&lt;br<strong>Cancer Support Group</strong>&lt;brat Benevilla Sun City West&lt;br9:30–11 am&lt;br<strong>LIVESTRONG™ at the YMCA</strong>&lt;brDowntown YMCA&lt;br10–11:30 am&lt;br<strong>Zumba Gold®</strong>&lt;br11 am–12 pm&lt;br<strong>Family Support Group</strong>&lt;br1–2:30 pm&lt;br<strong>Participant Support Group</strong>&lt;br1–2:30 pm</td>
<td><strong>7</strong>&lt;br<strong>Participant Support Group</strong>&lt;br10–11:30 am&lt;br<strong>Bunco</strong>&lt;br12–2 pm&lt;br<strong>Gentle Yoga</strong>&lt;br6–7 pm&lt;br<strong>Teen Taco Night</strong>&lt;brat Phoenix Children’s Hospital&lt;br6–8 pm</td>
<td><strong>8</strong>&lt;br<strong>Newcomer Meeting</strong>&lt;br10 am&lt;br<strong>LIVESTRONG™ at the YMCA</strong>&lt;brDowntown YMCA&lt;br10–11:30 am&lt;br<strong>Strength and Balance Class</strong>&lt;br11 am–12 pm&lt;br<strong>Gentle Yoga</strong>&lt;br12:15–1:15 pm&lt;br<strong>Family Support Group</strong>&lt;br6–7:30 pm&lt;br<strong>Participant Support Group</strong>&lt;br6–7:30 pm&lt;br<strong>Cafecito Creativo</strong>&lt;br6–7:30 pm</td>
<td><strong>9</strong>&lt;br<strong>Multiple Myeloma: Understanding Your Labs</strong>&lt;brwith Michelle Taylor, ANP-BC&lt;br10–11:30 am&lt;br<strong>Tai Chi</strong>&lt;br12–1 pm&lt;br<strong>Learn &amp; Support: Prostate</strong>&lt;br6–7:30 pm&lt;br<strong>Social Mixer for Ages 25–40:</strong>&lt;br<strong>Happy Hour at Helio Basin Brewery</strong>&lt;br5:30–7:30 pm</td>
<td><strong>10</strong>&lt;br<strong>Walking Club</strong>&lt;brat Downtown YMCA&lt;br9–10 am</td>
<td><strong>11</strong>&lt;br<strong>Teen Dress &amp; Tuxedo Day</strong>&lt;brat The Cinderella Affair&lt;br10 am–12 pm</td>
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<td>10–11:30 am</td>
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<td>Lunch and Learn: Colorectal Cancer at Banner - University Medical Center Phoenix, 12–1 pm</td>
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<td>Integrative Medicine for Cancer Care with Lucas Tims, ND 6–7:30 pm</td>
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<td>Quick Healthy Cooking 2–3:30 pm</td>
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<td>Noche de Juegos 6–8 pm</td>
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<td>Walking Club at Downtown YMCA 9–10 am</td>
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<td>6–7:30 pm</td>
<td>Teen Prom</td>
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**Note:** The events mentioned in the table are not all listed here due to the limitation in the provided information. The table continues with the schedule from 8 am to 10 pm, listing various activities such as: LIVESTRONG™ at the YMCA, Downtown YMCA, Clay Class, Zumba Gold®, Family Support Group, Participant Support Group, Drumming from the Heart at Via Linda Sr. Center, Moviemiento Saludable, Cooking for Health at Banner - University Medical Center Phoenix, Peaceful Breath and Relaxation, Strength and Balance Class, Gentle Yoga, Family Support Group, Participant Support Group, Cooking for Health at Bellevue Heights Church, Book Club, Book Club The Little Paris Bookshop, Gentle Yoga, Newcomer Meeting, Tai Chi, Listen to Your Gut: Foods to Help with Digestion with Stephanie Pavers, RD, CSO 6–7:30 pm.
Thank You!

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Phoenix

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$50,000 and Above

Arizona Credit Union

Legacy Foundation

Family Foundation

$25,000 – $49,999

Cancer Treatment Centers of America

$15,000 – $24,999

APS

$10,000 – $14,999

Edith Arrowsmith

The Bidstrup Foundation

Copperpoint Mutual

The Lodestar Foundation

Dawn & Erston Senger

Location Guide

Main Campus: 360 East Palm Lane, Phoenix, AZ 85004

Off-Campus Locations:

Banner - University Medical Center Phoenix
1111 East McDowell Road
Phoenix, AZ 85006

Bellevue Heights Church
9440 West Hutton Drive
Sun City, AZ 85351

Benevilla – Sun City West
13576 West Camino Del Sol, #22
Sun City West, AZ 85378

Cancer Treatment Centers of America
13470 West Auto Drive, Suite 150
Goodyear, AZ 85338

Lincoln Family Downtown YMCA
350 North 1st Avenue
Phoenix, AZ 85003

Phoenix Children’s Hospital
7th Floor Conference Room
1919 East Thomas Road
Phoenix, AZ 85016

Sun Health Locations:

• Grandview Terrace Rehabilitation Center
14505 West Granite Valley Drive
Sun City West, AZ 85375

• PORA
13815 West Camino Del Sol
Sun City West, AZ 85375

• Sun Health Center for Health and Wellbeing
14719 West Grand Avenue
Surprise, AZ 85374

Via Linda Senior Center
10440 East Via Linda
Scottsdale, AZ 85258

For in-depth program descriptions, please visit www.cscaz.org