

SO THAT NO ONE FACES CANCER ALONE®

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 Day of Hope Celebration
- Visit our website at [cscaz.org](http://cscaz.org)
- Call us at (602) 712-1006

Our services are provided through the generosity of individuals, corporations and foundations.



**TAKE  
ON CANCER  
TOGETHER**  
JOIN. GIVE. ACT.

**No one should face a cancer experience alone.**  
Cancer Support Community Arizona believes everyone impacted by cancer deserves compassionate, expert support.  
Take on Cancer Together.

Please register for all programs by calling (602) 712-1006 or emailing [RSVP@cscaz.org](mailto:RSVP@cscaz.org).  
For a full listing of all programs and descriptions, please visit [www.cscaz.org](http://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, Multiple Myeloma, Ovarian, Pancreatic and Prostate.

### SURVIVING AND THRIVING

2nd and 4th Tuesday of every month: April 11, 25; May 9, 23; June 13, 27, 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.

### LET'S TALK — BREAST CANCER LEARN & SUPPORT GROUP

3rd Saturday of every month, 10–11:30 am

Join us each month as we tackle a topic related to breast cancer in this professionally facilitated support group. Meet others who are experiencing similar situations and share tips to support each other. Additional topics welcome.

Topics are:

- April — Body Image
- May — Dealing with Estrogen Blockers
- June — Lymphedema

## Servicios en Español

We are now offering programs in Spanish including support, healthy lifestyle, education and social events. For details about the program, contact Agueda Palacios at (602)712-1006 or [apalacios@cscaz.org](mailto:apalacios@cscaz.org).

## Education

### CHEMOBRAIN EXPLAINED

Thursday, April 20, 6–7:30 pm  
Michael J. Robb, MD, Oto-Neurologist specializing in disorders of the ear and brain, presents on the effects of chemotherapy and radiation on cognitive functioning. Dr. Robb will talk about ways to improve functioning through treatment, what chemotherapy and other cancer treatments do to your cognitive functioning and will teach new skills to help you cope.

### LUNCH AND LEARN: PATIENT ADVOCACY

Friday, April 28, 12–1 pm  
Kay Kays, cancer survivor and Patient Advocate in Research will break down the ways that you can use your cancer experience to get involved. Learn about advocacy and discover how the patient voice can be the most significant contribution to moving science forward. Lunch provided.

### TGEN TOUR

Wednesday, May 3, 11 am–12 pm  
At TGen, 445 N. 5th Street, Phoenix 85004. Learn from working laboratories

and cancer researchers conducting clinical trials as you tour the Translational Genomics Research Institute (TGen). The tour includes information about how researchers use your genetic information to help create personalized treatment options. Space is limited.

### FOOD AS MEDICINE

Thursday, May 11, 10–11:30 am  
Terri Taylor RD, CNSD, CSO Board Certified Specialist in Oncology Nutrition will talk about how the foods you eat can help work with your cancer treatments and minimize side effects. Learn how your nutrition choices can have a significant impact on your quality of life and health as a cancer survivor.

### CANCER AND CANNABIS

Thursday, May 11, 6–7:30 pm  
Mark K. Edwin, MD, Mayo Clinic shares information about the uses of medical marijuana for cancer-related side effects. Learn the pros and cons of using cannabis and how it can assist in relieving pain, easing anxiety, improving quality of sleep and preventing drastic weight loss, nausea and vomiting.

### LIVING ROOM CHAT — PANCREATIC LEARN & SUPPORT GROUP

Saturday, May 13, 10–11:30 am  
Daniel Rubin, ND, FABNO, Naturopathic Physician specializing in oncology joins the Pancreatic Learn and Support Group for an informal question and answer session. Please be prepared with questions you have. Open to family and friends.

### FRANKLY SPEAKING ABOUT CANCER: CLINICAL TRIALS

Thursday, June 8, 6–7:30 pm  
Michael Gordon, MD, Medical Oncologist, presents on the importance of research and how clinical trials work. Learn how to fully utilize the government's clinical trial website, clarify confusing terminology and see what trials you might qualify for.

## ARIZONA ONCOLOGY PARTNERED EDUCATION

Each month, CSCAZ and AZ Oncology have partnered to provide education on a variety of topics throughout the year. Refreshments provided.

### NAVIGATING A LUNG CANCER DIAGNOSIS: MAPPING YOUR PERSONALIZED JOURNEY

Thursday, April 27  
5:30–8 pm

Hear from health care experts, inspirational advocates, and those living with this disease. Leading medical professionals will provide information about the latest in how personalized medicine and genetic testing can provide insight into the clinical and emotional impact of lung cancer, and more. Registration and dinner start at 5:30.

### BREAST CANCER UPDATE

Thursday, May 4  
6–7:30 pm

Tania E. Cortas, MD, Medical Oncologist, shares the latest in research, available treatment options and side effect management for anyone impacted by breast cancer.

### LIVING WITH MULTIPLE MYELOMA

Thursday, May 18  
10–11:30 am

Michelle Taylor, ANP-BC, Clinical Nurse Consultant, shares information on survivorship issues when diagnosed with Multiple Myeloma, including but not limited to health promotion, screening, and nutrition.

## Healthy Lifestyle Activities

### HEALTH RHYTHM DRUM CIRCLE

Thursday, April 13, 6–7:30 pm

Health Rhythm 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 a certified instructor.

### QUICK HEALTHY COOKING

Thursdays, April 27, May 25 and  
June 22, 2–3:30pm

This cooking demonstration will teach you how to put together quick healthy meals while putting new science into practice. Includes recipes & food samples.

### LIVESTRONG™ AT THE YMCA

Mondays and Wednesdays, June 5  
through August 23, 10–11:30 am

At Lincoln Family Downtown YMCA, 350 N. 1st Avenue, Phoenix, AZ 85003. Adult cancer survivors are invited to join this 12-week program to improve quality of life by increasing energy levels and self-esteem, building muscle mass and strength, and increasing flexibility and endurance. Participants will receive a free Y membership and free parking. Medical clearance from physician is required before start of program.

## Social Connections

### TACO TUESDAY

Tuesday, May 30, 12–1:30 pm

Come on down and get your "Taco" fix.

**BINGO:** 1st Friday of every month,  
April 7, May 5, June 2, 6:30–8 pm  
Grab your dauber, your lucky charm  
and come on down to play some Bingo!  
Potluck style, so bring your favorite dish.

### WALKING CLUB

2nd and 4th Fridays, 9–10 am

At Lincoln Family Downtown YMCA. Get up and get moving! Join our walking club for an hour of good exercise and great company! Please arrive a couple minutes early to start walking at 9 am sharp! All paces welcome. In partnership with the Lincoln Family Downtown YMCA.

### DAY OF HOPE: Sat., April 22, 12–3 pm

A day of community and fun for all. Join us for family activities, live music, food trucks.

### SHARING YOUR STORY ON CANVAS

Wednesday, May 10, 1:30–3:30 pm

Bring your inspiration to express yourself through art about the changes that give your cancer journey it's meaning. For both those diagnosed and family and friends. Canvas and paint provided. Paintings will be displayed at event in fall.

### YOUNG PROFESSIONAL GROUP

For Ages 25–40

### YOUNG PROFESSIONAL: BOWLING

Thursday, April 27, 7–9 pm

At Main Event Entertainment, 10315 W. McDowell Road, Avondale, AZ 85392. Eat, Bowl and Play. Join us for night of fun and bowling. (Food on your own.)

### YOUNG PROFESSIONAL: HAPPY HOUR MIXER

Tuesday, May 2, 6–7:30 pm

Location TBD – Call us for details.

## Connecting Families

For more information about our youth, teen and family program please contact Carrie Cantrell at (602) 712-1006 or [ccantrell@cscaz.org](mailto:ccantrell@cscaz.org). Our Teen Program is presented by The Bidstrup Foundation.

### TEEN EVENTS: For Ages 13–21

#### TEEN COOKING CLASS: Saturday, April 8, 4–6 pm

Join us for an interactive cooking class where we will help create and then taste our own meal.

#### TEEN GAME NIGHT

Third Thursday of every month, 6–7:30 pm

In partnership with Amanda Hope Rainbow Angels.

#### TEEN MANDALA MAKING

Saturday, May 20, 12–2:30 pm

In this workshop, we'll create mandalas as an expression of self.

#### TEEN MALL SCAVENGER HUNT

Saturday, June 10, 11 am–1:30 pm

At Scottsdale Fashion Square Mall, 7014 E. Camelback Rd., Scottsdale, AZ 85251. Cool off while having fun searching through the mall for your clues.

### FAMILY SERVICES: For families with children up to age 18

#### FAMILY CONNECT

3rd Thursday of every month,  
April 20, May 18, June 15, 6–7:30 pm

A support program for families who are experiencing cancer with children ages 5-18. Dinner provided together from 6–6:30, then split into separate professionally facilitated support groups for parents, teens 13-18, and kids 5-12.

#### FAMILY CUPCAKE WARS

Saturday, May 13, 3–5 pm

Bring your best ideas to create tasty cupcake creations with your family.

#### FAMILY MUSICAL INSTRUMENT MAKING

Saturday, June 17, 1–3 pm

Create your own musical instruments in this fun family group.

## East Valley

### Via Linda Senior Center

#### **DRUMMING FROM THE HEART**

2nd Mondays of the every month, April 10, May 8, and June 12, 6–7:30 pm

These 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.

### Desert Botanical Garden

#### **MELODIE'S JOURNEY**

Melodie's Journey is a collaboration between Desert Botanical Garden and Cancer Support Community Arizona. Melodie's passion helped to bring Cancer Support Community Arizona groups to the nurturing environment of the Garden. Together we seek to expand the supportive community for those diagnosed with cancer, their family and friends.

#### **GARDEN TOUR**

Saturday, April 8, 11 am–1 pm  
Explore the Garden with an expert who will help you understand the extraordinary plants of the Sonoran Desert.

#### **FLASHLIGHT TOUR**

Saturday, June 3, 6–8 pm  
Bring a flashlight and join us for an evening of adventures! The self-paced stroll along the Garden's trails to multiple discovery stations is perfect for families and children of all ages.

## West Valley

### Bellevue Heights Church

**COOKING FOR HEALTH:** Tuesdays, April 18, May 16, and June 20, 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

#### **CANCER SUPPORT GROUP**

1st Monday of every month, April 3, May 2, and June 5, 9:30–11 am

At Benevilla – Sun City West Location. This professionally facilitated support group is open to anyone dealing with a cancer diagnosis.

#### **COFFEE TALK WITH CSCAZ**

3rd Monday of the every month, April 17, May 15, and June 19, 10:30–11:30 am

At Benevilla – Sun City West Location. Meet other people in the community who are impacted by cancer. Coffee and light refreshments provided.

### Cancer Treatment Centers of America

#### **TOOLS FOR HEALING**

First Thursday of every month, April 6, May 4, June 1, 5:30–7 pm

Learn to manage your stress during and after cancer treatment in this interactive group. Each month participate in activities meant to reduce stress and meet others along the way. Open to family and friends.

### Sun Health Locations

To register for this program, please call Cancer Support Community Arizona at (602) 712-1006

#### **CANCER SUPPORT GROUP**

3rd Tuesday of the every month, April 18, May 16 and June 20, 9:30–11 am

At Grandview Terrace. This professionally facilitated support group is open to anyone dealing with a cancer diagnosis.

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

#### **HEALTHY MEAL PREPARATION FOR CANCER**

Fridays, April 7, 21, May 5, 19, and June 2, 16, 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.

#### **FRANKLY SPEAKING ABOUT CANCER: TREATMENT AND SIDE EFFECTS**

Thursday, May 18, 9:30–11 am

At PORA. This workshop features ways to help manage the physical and psychological effects of cancer treatment. Complimentary copies of a booklet entitled Frankly Speaking About Cancer: Cancer Treatment will be provided. Speaker: Govardhanan Nagaiah, MD, MS, Medical Oncologist, Arizona Oncology

#### **ACUPUNCTURE AND CANCER CARE:** Thursday, June 15, 9:30–11 am

At PORA. Marie Yahner, LAc, National Board Certified Licensed Acupuncturist, will talk about the ways acupuncture can be of benefit during and after your cancer journey. Learn how acupuncture can be used to treat cancer-related and cancer treatment related side effects such as pain, fatigue, insomnia and stress.



# OUR PREMIER HOSPITAL PARTNER



**Banner**  
**University Medical Center**  
 Phoenix

Programs are held at Banner - University Medical Center Phoenix  
 1111 East McDowell Road | Phoenix, AZ 85006 | (602) 839-2000 | [www.bannerhealth.com](http://www.bannerhealth.com)

For reservations for these important programs, please call CSCAZ at (602) 712-1006 or email [RSVP@cscaz.org](mailto:RSVP@cscaz.org)  
 Programs are open to anyone impacted by cancer.

APRIL 2017					
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## WELLNESS WEDNESDAYS

1st Wednesday of the month, April 5, May 3, and June 7, 1:30–3 pm

Location: Prenatal Classroom, 3rd Floor, use 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.

- April — Musical Instrument Making
- May — Soul Collage
- June — Stress Busters from Everyday Objects

MAY 2017					
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## COOKING FOR HEALTH

Mondays, April 24, May 22, and June 26, 6–:30 p.m.

Location: Prenatal Classroom, 3rd Floor. Use 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.

## ESOPHAGEAL CANCER

April 10, 12–1 pm

Location: Sandstone Conference Room, first floor

Featuring Richard Perry, MD, Associate Clinical Professor of Surgery

## GYNECOLOGICAL CANCERS

May 12, 12–1 pm

Location: Surgery Classroom, first floor

Featuring Matthew Borst, MD, Director of Gynecological Oncology

## STRATEGIES FOR SURVIVORSHIP

June 13, 12–1 pm

Location: Sandstone Conference Room, first floor

Featuring Kris Cooper, PhD, Psychologist

JUNE 2017					
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**PLEASE REGISTER FOR ALL PROGRAMS BY CALLING (602) 712-1006 OR EMAILING [RSVP@CSCAZ.ORG](mailto:RSVP@CSCAZ.ORG)**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>SAVE THESE DATES... YOUNG PROFESSIONAL GROUP</b> For Ages 25–40</p> <p>This new group is open to anyone ages 25-40 to network with other individuals who are impacted by or interested in learning more about cancer.</p> <ul style="list-style-type: none"> <li>• <b>BOWLING</b> Thursday, April 27, 7–9 pm</li> <li>• <b>HAPPY HOUR MIXER</b> Tuesday, May 2, 6–7:30 pm</li> </ul>			<p><i>Day of Hope</i> Saturday, April 22, 12–3 pm</p> <p>A day of community and fun for all.</p>  <p>Family activities, live music, food trucks.</p>		<p><b>1</b></p>
<p><b>3</b> Cancer Support Group at Benevilla Sun City West 9:30–11 am Zumba Gold® 11:30 am–12:30 pm Family Support Group 1–2:30 pm Participant Support Group 1–2:30 pm Movimiento Saludable 6–7 pm</p>	<p><b>4</b> Participant Support Group 10–11:30 am Bunco 12–2 pm Gentle Yoga 6–7 pm</p>	<p><b>5</b> Newcomer Meeting 10 am Strength and Balance Class 11 am–12 pm 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</p>	<p><b>6</b> Learn &amp; Support: Multiple Myeloma 10 am–12 pm Tai Chi 12–1 pm Tibetan Singing Bowl Meditation 1:30–2:30 pm Tools for Healing at Cancer Treatment Centers of America 5:30–7 pm</p>	<p><b>7</b> Healthy Meal Preparation for Cancer at Sun Health Center for Health and Wellbeing 10–11 am Bingo 6:30–8 pm</p>	<p><b>8</b> Learn &amp; Support: Pancreatic 10–11:30 am Learn &amp; Support: Lung 12:30–2 pm Learn &amp; Support: Carcinoid 12:30–2:30 pm Social Outing: Desert Botanical Garden Tour 11 am–1 pm Teen Cooking Class 4–6 pm</p>

<p><b>10</b>  <b>Clay Class</b>  10:30 am–12:15 pm  <b>Zumba Gold®</b>  11:30 am–12:30 pm  <b>Lunch and Learn: Esophageal Cancer</b>  at Banner - University Medical Center Phoenix, 12–1 pm  <b>Family Support Group</b>  1–2:30 pm  <b>Participant Support Group</b>  1–2:30 pm  <b>Drumming from the Heart</b> at Via Linda Sr. Center, 6–7:30 pm</p>	<p><b>11</b>  <b>Participant Support Group</b>  10–11:30 am  <b>Jin Shin Jyutsu®</b>  11:45 am–12:45 pm  <b>Surviving &amp; Thriving</b>  1–2:30 pm  <b>Gentle Yoga</b>  6–7 pm  <b>Newcomer Meeting</b>  6 pm  <b>Grupo de Apoyo</b>  6–7:30 pm</p>	<p><b>12</b>  <b>Strength and Balance Class</b>  11 am–12 pm  <b>Gentle Yoga</b>  12:15–1:15 pm  <b>Family Support Group</b>  6–7:30 pm  <b>Participant Support Group</b>  6–7:30 pm</p>	<p><b>13</b>  <b>Tai Chi</b>  12–1 pm  <b>Health Rythms Drumming Circle</b>  6–7:30 pm  <b>Learn &amp; Support: Prostate</b>  6–7:30 pm</p>	<p><b>14</b>  <b>ADMINISTRATIVE OFFICE CLOSED</b>  <b>Walking Club</b>  at Downtown YMCA  9–10 am</p>	<p><b>15</b>  <b>Learn &amp; Support: Ovarian</b>  10–11:30 am  <b>Learn &amp; Support: Breast – Body Image</b>  10–11:30am</p>
<p><b>17</b>  <b>Coffee Talk</b>  at Benevilla Sun City West  10:30–11:30 am  <b>Zumba Gold®</b>  11:30 am–12:30 pm  <b>Family Support Group</b>  1–2:30 pm  <b>Participant Support Group</b>  1–2:30 pm  <b>Movimiento Saludable</b>  6–7 pm</p>	<p><b>18</b>  <b>Cancer Support Group</b>  at Sun Health – Grandview Terrace, 9:30–11 am  <b>Cooking for Health</b>  at Bellevue Heights Church  10–11:30 am  <b>Participant Support Group</b>  10–11:30 am  <b>Book Club</b>  <i>The Truth According to Us</i>  12–1:30 pm  <b>Gentle Yoga</b>  6–7 pm</p>	<p><b>19</b>  <b>Newcomer Meeting</b>  10 am  <b>Strength and Balance Class</b>  11 am–12 pm  <b>Gentle Yoga</b>  12:15–1:15 pm  <b>Community Coloring Club</b>  1:30–3 pm  <b>Family Support Group</b>  6–7:30 pm  <b>Participant Support Group</b>  6–7:30 pm</p>	<p><b>20</b>  <b>Tai Chi</b>  12–1 pm  <b>Chemobrain Explained</b>  with Michael J. Robb, MD  6–7:30 pm  <b>Family Connect</b>  6–7:30 pm  <b>Teen Game Night</b>  6–7:30 pm</p>	<p><b>21</b>  <b>Healthy Meal Preparation for Cancer</b>  at Sun Health Center for Health and Wellbeing  10–11 am  <b>Just for Men: Diner Talk</b>  at First Watch  10–11:30 am</p>	<p><b>22</b>  <b>Day of Hope</b>  12–3 pm</p> 
<p><b>24</b>  <b>Clay Class</b>  10:30 am–12:15 pm  <b>Zumba Gold®</b>  11:30 am–12:30 pm  <b>Family Support Group</b>  1–2:30 pm  <b>Participant Support Group</b>  1–2:30 pm  <b>Cooking for Health</b>  at Banner - University Medical Center Phoenix  6–7:30 pm</p>	<p><b>25</b>  <b>Participant Support Group</b>  10–11:30 am  <b>Peaceful Breath and Relaxation</b>  11:45 am–12:45 pm  <b>Surviving &amp; Thriving</b>  1–2:30 pm  <b>Gentle Yoga</b>  6–7 pm  <b>Newcomer Meeting</b>  6 pm</p>	<p><b>26</b>  <b>Strength and Balance Class</b>  11 am–12 pm  <b>Gentle Yoga</b>  12:15–1:15 pm  <b>Family Support Group</b>  6–7:30 pm  <b>Participant Support Group</b>  6–7:30 pm</p>	<p><b>27</b>  <b>Tai Chi</b> 12–1 pm  <b>Quick Healthy Cooking</b>  2–3:30 pm  <b>Navigating a Lung Cancer Diagnosis</b>  with Michael Roberts, MD  5:30–8 pm  <b>Drumming for Health</b>  at Paradise Valley United Methodist Church, 6–7:30 pm  <b>Viaje al Mercado</b>  Location TBD, 6–8 pm  <b>Young Professional: Bowling</b>  at Main Event Entertainment  7–9 pm</p>	<p><b>28</b>  <b>Walking Club</b>  at Downtown YMCA  9–10 am  <b>Lunch and Learn: Patient Advocacy</b>  with Kay Kays  12–1 pm</p>	 <p>Find us on facebook at <a href="http://www.facebook.com/CSCARizona">www.facebook.com/CSCARizona</a></p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b></p> <p><b>Cancer Support Group</b> at Benevilla Sun City West 9:30–11 am</p> <p><b>Clay Class</b> 10:30 am–12:15 pm</p> <p><b>Zumba Gold®</b> 11:30 am–12:30 pm</p> <p><b>Family Support Group</b> 1–2:30 pm</p> <p><b>Participant Support Group</b> 1–2:30 pm</p>	<p><b>2</b></p> <p><b>Participant Support Group</b> 10–11:30 am</p> <p><b>Bunco</b> 12–2 pm</p> <p><b>Gentle Yoga</b> 6–7 pm</p> <p><b>Young Professional: Happy Hour Mixer</b> 6–7:30 pm</p>	<p><b>3</b></p> <p><b>Newcomer Meeting</b> 10 am</p> <p><b>Strength and Balance Class</b> 11 am–12 pm</p> <p><b>TGen Tour at TGen</b> 11 am–12 pm</p> <p><b>Gentle Yoga</b> 12:15–1:15 pm</p> <p><b>Wellness Wednesdays</b> at Banner - University Medical Center Phoenix, 1:30–3 pm</p> <p><b>Cafecito Creativo</b> 6–7:30 pm</p> <p><b>Family Support Group</b> 6–7:30 pm</p> <p><b>Participant Support Group</b> 6–7:30 pm</p>	<p><b>4</b></p> <p><b>Learn &amp; Support: Multiple Myeloma</b> 10 am–12 pm</p> <p><b>Tibetan Singing Bowl Meditation</b> 1:30–2:30 pm</p> <p><b>Tools for Healing</b> at Cancer Treatment Centers of America 5:30–7 pm</p> <p><b>Breast Cancer Update</b> with Tania E. Cortas, MD 6–7:30 pm</p>	<p><b>5</b></p> <p><b>Healthy Meal Preparation for Cancer</b> at Sun Health Center for Health and Wellbeing 10–11 am</p> <p><b>Bingo</b> 6:30–8 pm</p>	<p><b>6</b></p> <p><b>Cinco de Mayo Fiesta</b> 11:30 am–2 pm</p> 
<p><b>8</b></p> <p><b>Zumba Gold®</b> 11:30 am–12:30 pm</p> <p><b>Family Support Group</b> 1–2:30 pm</p> <p><b>Participant Support Group</b> 1–2:30 pm</p> <p><b>Drumming from the Heart</b> at Via Linda Senior Center 6–7:30 pm</p>	<p><b>9</b></p> <p><b>Participant Support Group</b> 10–11:30 am</p> <p><b>Jin Shin Jyutsu®</b> 11:45 am–12:45 pm</p> <p><b>Surviving &amp; Thriving</b> 1–2:30 pm</p> <p><b>Gentle Yoga</b> 6–7 pm</p> <p><b>Newcomer Meeting</b> 6 pm</p> <p><b>Grupo de Apoyo</b> 6–7:30 pm</p>	<p><b>10</b></p> <p><b>Strength and Balance Class</b> 11 am–12 pm</p> <p><b>Gentle Yoga</b> 12:15–1:15 pm</p> <p><b>Sharing Your Story on Canvas</b> 1:30–3:30 pm</p> <p><b>Family Support Group</b> 6–7:30 pm</p> <p><b>Participant Support Group</b> 6–7:30 pm</p>	<p><b>11</b></p> <p><b>Food As Medicine</b> 10–11:30 am</p> <p><b>Tai Chi</b> 12–1 pm</p> <p><b>Cancer and Cannabis</b> with Mark Edwin, MD 6–7:30 pm</p> <p><b>Learn &amp; Support: Prostate</b> 6–7:30 pm</p>	<p><b>12</b></p> <p><b>Walking Club</b> at Downtown YMCA 9–10 am</p> <p><b>Lunch and Learn: Gynecological Cancer</b> at Banner - University Medical Center Phoenix 12–1 pm</p>	<p><b>13</b></p> <p><b>Learn &amp; Support Pancreatic: Living Room Chat</b> with Daniel Rubin, ND 10–11:30 am</p> <p><b>Look Good, Feel Better</b> 10 am–12 pm</p> <p><b>Learn &amp; Support: Lung</b>, 12:30–2 pm</p> <p><b>Learn &amp; Support: Carcinoid</b> 12:30–2:30 pm</p> <p><b>Family Cupcake Wars</b> 3–5 pm</p>



<p><b>15</b>  <b>Coffee Talk</b>  at Benevilla Sun City West  10:30–11:30 am  <b>Clay Class</b>  10:30 am–12:15 pm  <b>Zumba Gold®</b>  11:30 am–12:30 pm  <b>Family Support Group</b>  1–2:30 pm  <b>Participant Support Group</b>  1–2:30 pm  <b>Movimiento Saludable</b>  6–7 pm</p>	<p><b>16</b>  <b>Cancer Support Group</b>  at Sun Health – Grandview Terrace  9:30–11 am  <b>Cooking for Health</b>  at Bellevue Heights Church  10–11:30 am  <b>Participant Support Group</b>  10–11:30 am  <b>Book Club</b>  <i>The Miracle Life of Edgar Mint</i>  12–1:30 pm  <b>Gentle Yoga</b>  6–7 pm</p>	<p><b>17</b>  <b>Newcomer Meeting</b>  10 am  <b>Strength and Balance Class</b>  11 am–12 pm  <b>Gentle Yoga</b>  12:15–1:15 pm  <b>Community Coloring Club</b>  1:30–3 pm  <b>Family Support Group</b>  6–7:30 pm  <b>Participant Support Group</b>  6–7:30 pm</p>	<p><b>18</b>  <b>FSAC: Treatment and Side Effects</b> at PORA  with Govardhanan Nagaiah, MD, 9:30–11 am  <b>Living with Multiple Myeloma</b>  with Michelle Taylor, ANP-BC  10–11:30 am  <b>Tai Chi</b>  12–1 pm  <b>Family Connect</b>  6–7:30 pm  <b>Teen Game Night</b>  6–7:30 pm  <b>Cáncer y Genética</b>  6–8 pm</p>	<p><b>19</b>  <b>Healthy Meal Preparation for Cancer</b>  at Sun Health Center for Health and Wellbeing  10–11 am  <b>Just for Men: Diner Talk</b>  at First Watch  10–11:30 am</p>	<p><b>20</b>  <b>Learn &amp; Support: Breast – Dealing with Estrogen Blockers</b>  10–11:30 am  <b>Learn &amp; Support: Ovarian</b>  10–11:30 am  <b>Teen Mandala Making</b>  12–2:30 pm</p>
<p><b>22</b>  <b>Zumba Gold®</b>  11:30 am–12:30 pm  <b>Family Support Group</b>  1–2:30 pm  <b>Participant Support Group</b>  1–2:30 pm  <b>Cooking for Health</b>  at Banner - University Medical Center  Phoenix  6–7:30 pm</p>	<p><b>23</b>  <b>Participant Support Group</b>  10–11:30 am  <b>Peaceful Breath and Relaxation</b>  11:45 am–12:45 pm  <b>Surviving &amp; Thriving</b>  1–2:30 pm  <b>Gentle Yoga</b>  6–7 pm  <b>Newcomer Meeting</b>  6 pm</p>	<p><b>24</b>  <b>Strength and Balance Class</b>  11 am–12 pm  <b>Gentle Yoga</b>  12:15–1:15 pm  <b>Family Support Group</b>  6–7:30 pm  <b>Participant Support Group</b>  6–7:30 pm</p>	<p><b>25</b>  <b>Tai Chi</b>  12–1 pm  <b>Quick Healthy Cooking</b>  2–3:30 pm  <b>Drumming for Health</b>  at Paradise Valley United Methodist Church  6–7:30 pm</p>	<p><b>26</b>  <b>Walking Club</b>  at Downtown YMCA  9–10 am</p>	<p><b>27</b></p>
<p><b>29</b>  <b>CLOSED FOR MEMORIAL DAY</b></p>	<p><b>30</b>  <b>Participant Support Group</b>  10–11:30 am  <b>Taco Tuesday</b>  12–1:30 pm  <b>Gentle Yoga</b>  6–7 pm</p>	<p><b>31</b>  <b>Newcomer Meeting</b>  10 am  <b>Strength and Balance Class</b>  11 am–12 pm  <b>Gentle Yoga</b>  12:15–1:15 pm  <b>Family Support Group</b>  6–7:30 pm  <b>Participant Support Group</b>  6–7:30 pm</p>	<p><b>CINCO DE MAYO FIESTA</b>  Saturday, May 6, 11:30 am–2 pm</p> <p>The Latino Program invites the community to celebrate the Mexican culture and traditions for Cinco de Mayo. There will be food, music, a traditional dance performance, and a piñata!</p> <p>El Programa Latino invita a la comunidad a celebrar la cultura y las tradiciones de Mexico en celebración del Cinco de Mayo. Tendremos comida, mariachi, baile folclorico, y una piñata!</p> <p><b>facebook</b> Find us on facebook at <a href="http://www.facebook.com/CSCArizona">www.facebook.com/CSCArizona</a></p> 		



# PARTICIPANT PROGRAM CALENDAR

## JUNE 2017

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>OPEN TO OPTIONS™</b></p> <p>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:</p> <ul style="list-style-type: none"> <li>· Generate a list of questions for your doctor.</li> <li>· Organize your questions to take with you to your appointment.</li> <li>· Communicate clearly with your medical team.</li> </ul> <p>To schedule a session with an Open to Options™ Specialist, call CSCAZ at (602) 712-1006.</p> <p> Find us on facebook at <a href="http://www.facebook.com/CSCArizona">www.facebook.com/CSCArizona</a></p>			<p><b>1</b></p> <p><b>Learn &amp; Support: Multiple Myeloma</b> 10 am–12 pm</p> <p><b>Tai Chi</b> 12–1 pm</p> <p><b>Tibetan Singing Bowl Meditation</b> 1:30–2:30 pm</p> <p><b>Tools for Healing at Cancer Treatment Centers of America</b> 5:30–7 pm</p>	<p><b>2</b></p> <p><b>Healthy Meal Preparation for Cancer</b> at Sun Health Center for Health and Wellbeing 10–11 am</p> <p><b>Bingo</b> 6:30–8 pm</p>	<p><b>3</b></p> <p><b>Desert Botanical Garden: Flashlight Tour</b> 6–8 pm</p>
<p><b>5</b></p> <p><b>Cancer Support Group</b> at Benevilla Sun City West 9:30–11 am</p> <p><b>LIVESTRONG™ at the YMCA</b> Downtown YMCA 10–11:30 am</p> <p><b>Zumba Gold®</b> 11:30 am–12:30 pm</p> <p><b>Family Support Group</b> 1–2:30 pm</p> <p><b>Participant Support Group</b> 1–2:30 pm</p>	<p><b>6</b></p> <p><b>Participant Support Group</b> 10–11:30 am</p> <p><b>Bunco</b> 12–2 pm</p> <p><b>Gentle Yoga</b> 6–7 pm</p> <p><b>Newcomer Meeting</b> 6 pm</p>	<p><b>7</b></p> <p><b>LIVESTRONG™ at the YMCA</b> Downtown YMCA 10–11:30 am</p> <p><b>Strength and Balance Class</b> 11 am–12 pm</p> <p><b>Gentle Yoga</b> 12:15–1:15 pm</p> <p><b>Wellness Wednesdays</b> at Banner - University Medical Center Phoenix, 1:30–3 pm</p> <p><b>Cafecito Creativo</b> 6–7:30 pm</p> <p><b>Family Support Group</b> 6–7:30 pm</p> <p><b>Participant Support Group</b> 6–7:30 pm</p>	<p><b>8</b></p> <p><b>Tai Chi</b> 12–1 pm</p> <p><b>FSAC: Clinical Trials</b> with Michael Gordon, MD 6–7:30 pm</p> <p><b>Learn &amp; Support: Prostate</b> 6–7:30 pm</p>	<p><b>9</b></p> <p><b>Walking Club</b> at Downtown YMCA 9–10 am</p>	<p><b>10</b></p> <p><b>Learn &amp; Support: Pancreatic</b> 10–11:30 am</p> <p><b>Teen Mall Scavenger Hunt</b> 11 am–1:30 pm</p> <p><b>Learn &amp; Support: Lung</b> 12:30–2 pm</p> <p><b>Learn &amp; Support: Carcinoid</b> 12:30–2:30 pm</p>

<p><b>12</b>  <b>LIVESTRONG™ at the YMCA</b>  Downtown YMCA  10–11:30 am  <b>Zumba Gold®</b>  11:30 am–12:30 pm  <b>Family Support Group</b>  1–2:30 pm  <b>Participant Support Group</b>  1–2:30 pm  <b>Drumming from the Heart at Via Linda Sr. Center</b>, 6–7:30 pm  <b>Movimiento Saludable</b>  6–7 pm</p>	<p><b>13</b>  <b>Participant Support Group</b>  10–11:30 am  <b>Jin Shin Jyutsu®</b>  11:45 am–12:45 pm  <b>Lunch and Learn: Cancer Survivorship</b>  12–1 pm  <b>Surviving &amp; Thriving</b>  1–2:30 pm  <b>Gentle Yoga</b>  6–7 pm  <b>Grupo de Apoyo</b>  6–7:30 pm</p>	<p><b>14</b>  <b>Newcomer Meeting</b>  10 am  <b>LIVESTRONG™ at the YMCA</b>  Downtown YMCA  10–11:30 am  <b>Strength and Balance Class</b>  11 am–12 pm  <b>Gentle Yoga</b>  12:15–1:15 pm  <b>Family Support Group</b>  6–7:30 pm  <b>Participant Support Group</b>  6–7:30 pm</p>	<p><b>15</b>  <b>Acupuncture for Cancer Care</b>  at PORA Sun City West with Marie Yahner, LaC  9:30–11 am  <b>Tai Chi</b>  12–1 pm  <b>Family Connect</b>  6–7:30 pm  <b>Teen Game Night</b>  6–7:30 pm</p>	<p><b>16</b>  <b>Healthy Meal Preparation for Cancer</b>  at Sun Health Center for Health and Wellbeing  10–11 am  <b>Just for Men: Diner Talk</b>  at First Watch  10–11:30 am</p>	<p><b>17</b>  <b>Learn &amp; Support: Breast – Lymphedema</b>  10–11:30 am  <b>Learn &amp; Support: Ovarian</b>  10–11:30 am  <b>Family Musical Instrument Making</b>  1–3 pm</p>
<p><b>19</b>  <b>LIVESTRONG™ at the YMCA</b>  Downtown YMCA  10–11:30 am  <b>Coffee Talk</b>  at Benevilla Sun City West, 10:30–11:30 am  <b>Clay Class</b>  10:30 am–12:15 pm  <b>Zumba Gold®</b>  11:30 am–12:30 pm  <b>Family Support Group</b>  1–2:30 pm  <b>Participant Support Group</b>  1–2:30 pm</p>	<p><b>20</b>  <b>Cancer Support Group</b>  at Sun Health – Grandview Terrace, 9:30–11 am  <b>Cooking for Health</b>  at Bellevue Heights Church  10–11:30 am  <b>Participant Support Group</b>  10–11:30 am  <b>Book Club</b>  <i>The Bookkeeper's Apprentice</i>  12–1:30 pm  <b>Gentle Yoga</b>  6–7 pm  <b>Newcomer Meeting</b>  6 pm</p>	<p><b>21</b>  <b>LIVESTRONG™ at the YMCA</b>  Downtown YMCA  10–11:30 am  <b>Strength and Balance Class</b>  11 am–12 pm  <b>Gentle Yoga</b>  12:15–1:15 pm  <b>Community Coloring Club</b>  1:30–3 pm  <b>Family Support Group</b>  6–7:30 pm  <b>Participant Support Group</b>  6–7:30 pm</p>	<p><b>22</b>  <b>Tai Chi</b>  12–1 pm  <b>Quick Healthy Cooking</b>  2–3:30 pm  <b>Noche de Juegos</b>  6–8 pm</p>	<p><b>23</b>  <b>Walking Club</b>  at Downtown YMCA  9–10 am</p>	<p><b>24</b></p>
<p><b>26</b>  <b>LIVESTRONG™ at the YMCA</b>, Downtown YMCA, 10–11:30 am  <b>Zumba Gold®</b>  11:30 am–12:30 pm  <b>Family Support Group</b>  1–2:30 pm  <b>Participant Support Group</b>  1–2:30 pm  <b>Movimiento Saludable</b>  6–7 pm  <b>Cooking for Health</b>  at Banner - University Medical Center  Phoenix, 6–7:30 pm</p>	<p><b>27</b>  <b>Participant Support Group</b>  10–11:30 am  <b>Peaceful Breath and Relaxation</b>  11:45 am–12:45 pm  <b>Surviving &amp; Thriving</b>  1–2:30 pm  <b>Gentle Yoga</b>  6–7 pm</p>	<p><b>28</b>  <b>Newcomer Meeting</b>  10 am  <b>LIVESTRONG™ at the YMCA</b>  Downtown YMCA  10–11:30 am  <b>Strength and Balance Class</b>  11 am–12 pm  <b>Gentle Yoga</b>  12:15–1:15 pm  <b>Family Support Group</b>  6–7:30 pm  <b>Participant Support Group</b>  6–7:30 pm</p>	<p><b>29</b>  <b>Tai Chi</b>  12–1 pm  <b>Drumming for Health</b>  at Paradise Valley United Methodist Church  6–7:30 pm</p>	<p><b>30</b></p>	



360 East Palm Lane, Phoenix, AZ 85004

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

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## 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

Desert Botanical Garden  
1201 North Galvin Parkway  
Phoenix, AZ 85008

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

### 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