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
• Call us at (602) 712-1006

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

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.
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.

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.

Topics are:
• April — Body Image
• May — Dealing with Estrogen Blockers
• June — Lymphedema

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.
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, 2–3:30 pm
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. 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.
**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 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.

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**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.
OUR PREMIER HOSPITAL PARTNER

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

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

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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

COOKING FOR HEALTH
Mondays, April 24, May 22, and June 26, 6–8 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
# Participant Program Calendar

**April 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:  ■ Main Campus ■ Central Phoenix ■ East Valley ■ West Valley ■ North Valley

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<td><strong>3</strong></td>
<td>Cancer Support Group at Benevilla Sun City West 9:30–11 am</td>
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<td>Participant Support Group 10–11:30 am</td>
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<td>Newcomer Meeting 10 am Strength and Balance Class 11 am–12 pm Gentle Yoga 12:15–1:15 pm <strong>Wellness Wednesdays</strong> 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</td>
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<td><strong>Cooking for Health</strong></td>
<td>at Bellevue Heights Church 10–11:30 am</td>
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<td><strong>Healthy Meal Preparation for Cancer</strong></td>
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<td><strong>The Truth According to Us</strong></td>
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<td><strong>25</strong></td>
<td><strong>Partion Support Group</strong></td>
<td>10–11:30 am</td>
<td><strong>Family Support Group</strong></td>
<td>6–7:30 pm</td>
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<tr>
<td><strong>26</strong></td>
<td><strong>Strength and Balance Class</strong></td>
<td>11 am–12 pm</td>
<td><strong>Partion Support Group</strong></td>
<td>6–7:30 pm</td>
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<tr>
<td><strong>27</strong></td>
<td><strong>Tai Chi</strong></td>
<td>12–1 pm</td>
<td><strong>Quick Healthy Cooking</strong></td>
<td>2–3:30 pm</td>
<td></td>
</tr>
<tr>
<td><strong>28</strong></td>
<td><strong>Walking Club</strong></td>
<td>10–11:30 am</td>
<td><strong>Navigating a Lung Cancer Diagnosis</strong></td>
<td>5:30–8 pm</td>
<td></td>
</tr>
<tr>
<td><strong>29</strong></td>
<td><strong>Learn &amp; Support: Ovarian</strong></td>
<td>6–7:30 pm</td>
<td><strong>Drumming for Health</strong></td>
<td></td>
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<tr>
<td><strong>30</strong></td>
<td><strong>Learn &amp; Support: Breast – Body Image</strong></td>
<td>6–7:30 pm</td>
<td><strong>at Paradise Valley United Methodist Church, 6–7:30 pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>31</strong></td>
<td><strong>Day of Hope</strong></td>
<td>10–11:30 am</td>
<td><strong>Viaje al Mercado</strong></td>
<td>Location TBD, 6–8 pm</td>
<td></td>
</tr>
<tr>
<td><strong>32</strong></td>
<td><strong>Find us on facebook at</strong></td>
<td></td>
<td><strong>Young Professional: Bowling</strong></td>
<td>at Main Event Entertainment 7–9 pm</td>
<td></td>
</tr>
<tr>
<td><strong>33</strong></td>
<td><strong><a href="http://www.facebook.com/CSCArizona">www.facebook.com/CSCArizona</a></strong></td>
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</tr>
</tbody>
</table>

Find us on Facebook at www.facebook.com/CSCArizona
### MAY 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: - Main Campus - Central Phoenix - East Valley - West Valley - North Valley

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong> Cancer Support Group at Benevilla</td>
<td><strong>2</strong> Participant Support Group</td>
<td><strong>3</strong> Newcomer Meeting</td>
<td><strong>4</strong> Learn &amp; Support: Multiple Myeloma</td>
<td><strong>5</strong> Healthy Meal Preparation for Cancer</td>
<td></td>
</tr>
<tr>
<td>Sun City West 9:30–11 am</td>
<td>10–11:30 am</td>
<td>10 am</td>
<td>10 am–12 pm</td>
<td>at Sun Health Center for Health and Wellbeing 10–11 am</td>
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</tr>
<tr>
<td>Clay Class 10:30 am–12:15 pm</td>
<td>Bunco 12–2 pm</td>
<td>Strength and Balance Class 11 am–12 pm</td>
<td>Tibetan Singing Bowl Meditation 1:30–2:30 pm</td>
<td></td>
<td></td>
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<tr>
<td>Zumba Gold® 11:30 am–12:30 pm</td>
<td>Gentle Yoga 6–7 pm</td>
<td>TGen Tour at TGen 11 am–12 pm</td>
<td>at Cancer Treatment Centers of America 5:30–7 pm</td>
<td></td>
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</tr>
<tr>
<td>Family Support Group 1–2:30 pm</td>
<td>Family Support Group 6–7:30 pm</td>
<td>Gentle Yoga 12:15–1:15 pm</td>
<td>Breast Cancer Update</td>
<td></td>
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</tr>
<tr>
<td>Participant Support Group 1–2:30 pm</td>
<td>TGen Tour at TGen 11 am–12 pm</td>
<td>Wellness Wednesdays at Banner - University Medical Center Phoenix 1:30–3 pm</td>
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<td></td>
<td>Family Support Group 6–7:30 pm</td>
<td>Cafecito Creative 6–7:30 pm</td>
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<tr>
<td></td>
<td>Participant Support Group 6–7:30 pm</td>
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<tr>
<td><strong>8</strong> Zumba Gold® 11:30 am–12:30 pm</td>
<td><strong>9</strong> Participant Support Group</td>
<td><strong>10</strong> Strength and Balance Class 11 am–12 pm</td>
<td><strong>11</strong> Food As Medicine</td>
<td><strong>12</strong> Walking Club</td>
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<tr>
<td></td>
<td>10–11:30 am</td>
<td>Gentle Yoga 12:15–1:15 pm</td>
<td>10–11:30 am</td>
<td>at Downtown YMCA 9–10 am</td>
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<tr>
<td></td>
<td>Family Support Group 1–2:30 pm</td>
<td>Sharing Your Story on Canvas 1:30–3:30 pm</td>
<td>Tai Chi 12–1 pm</td>
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<tr>
<td></td>
<td>Zumba Gold® 11:30 am–12:30 pm</td>
<td>Family Support Group 6–7:30 pm</td>
<td>Cancer and Cannabis with Mark Edwin, MD 6–7:30 pm</td>
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<tr>
<td></td>
<td>Growing Healthy 1–2:30 pm</td>
<td>Participant Support Group 6–7:30 pm</td>
<td>Learn &amp; Support: Gynecological Cancer</td>
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<tr>
<td></td>
<td>Clay Class 10:30 am–12:15 pm</td>
<td></td>
<td>at Banner - University Medical Center Phoenix 12–1 pm</td>
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<td></td>
<td>Drumming from the Heart 1–2:30 pm</td>
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<tr>
<td></td>
<td>at Via Linda Senior Center 6–7:30 pm</td>
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<td></td>
<td>Film Screening 6–7:30 pm</td>
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<tr>
<td><strong>13</strong> Learn &amp; Support Pancreatic Living Room Chat with Daniel Rubin, ND</td>
<td>Learn &amp; Support: Lung 12:30–2:30 pm</td>
<td>Learn &amp; Support: Carcinoid 12:30–2:30 pm</td>
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<td></td>
<td>Family Cupcake Wars 3–5 pm</td>
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</tbody>
</table>

**CINCO DE MAYO**

**SATURDAY**

6 Cinco de Mayo Fiesta 11:30 am–2 pm
| 15 | Coffee Talk  
at Benevilla Sun City West  
10:30–11:30 am  
Clay Class  
10:30 am–12:15 pm  
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 |
| 16 | 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  
The Miracle Life of Edgar Mint  
12–1:30 pm  
Gentle Yoga  
6–7 pm |
| 17 | Newcomer Meeting  
10 am  
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 |
| 18 | FSAC: Treatment and Side Effects  
at PORA  
with Govardhanan Nagaiah, MD, 9:30–11 am  
Living with Multiple Myeloma  
with Michelle Taylor, ANP-BC  
10–11:30 am  
Tai Chi  
12–1 pm  
Family Connect  
6–7:30 pm  
Teen Game Night  
6–7:30 pm  
Cáncer y Genetica  
6–8 pm |
| 19 | Healthy Meal Preparation for Cancer  
at Sun Health Center for Health and Wellbeing  
10:30–11:30 am  
Cooking for Health  
at Banner - University Medical Center Phoenix  
6–7:30 pm |
| 20 | Learn & Support: Breast – Dealing with Estrogen Blockers  
10–11:30 am  
Learn & Support: Ovarian  
10–11:30 am  
Teen Mandala Making  
12–2:30 pm |
| 21 | Closed for Memorial Day |
| 22 | Zumba Gold®  
11:30 am–12:30 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 |
| 23 | 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  
Newcomer Meeting  
6 pm |
| 24 | 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 |
| 25 | Tai Chi  
12–1 pm  
Quick Healthy Cooking  
2–3:30 pm  
Drumming for Health  
at Paradise Valley United Methodist Church  
6–7:30 pm |
| 26 | Walking Club  
at Downtown YMCA  
9–10 am |
| 27 |  |

**CINCO DE MAYO FIESTA**  
Saturday, May 6, 11:30 am–2 pm  
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!  
El Programa Latino invita a la comunidad a celebrar la cultura y las tradiciones de México en celebración del Cinco de Mayo. Tendremos comida, mariachi, baile folklórico, y una piñata!  
Find us on Facebook at www.facebook.com/CSCArizona
# Cancer Support Community Arizona

## Participant Program Calendar

### June 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

### Open to Options™

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:
- Generate a list of questions for your doctor.
- Organize your questions to take with you to your appointment.
- Communicate clearly with your medical team.

To schedule a session with an Open to Options™ Specialist, call CSCAZ at (602) 712-1006.

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<tbody>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>Cancer Support Group at Benevilla Sun City West 9:30–11 am</td>
<td>Participant Support Group 10–11:30 am</td>
<td>Learn &amp; Support: Multiple Myeloma 10 am–12 pm</td>
<td>Healthy Meal Preparation for Cancer 10–11 am</td>
<td>Learn &amp; Support: Pancreatic 10–11:30 am</td>
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</tr>
<tr>
<td>LIVESTRONG™ at the YMCA Downtown YMCA 10–11:30 am</td>
<td>Bunco 12–2 pm</td>
<td>Tai Chi 12–1 pm</td>
<td>at Sun Health Center for Health and Wellbeing 10–11 am</td>
<td>Teen Mall Scavenger Hunt 11 am–1:30 pm</td>
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<tr>
<td>Zumba Gold® 11:30 am–12:30 pm</td>
<td>Gentle Yoga 6–7 pm</td>
<td>Tibetan Singing Bowl Meditation 1:30–2:30 pm</td>
<td>Bingo 6:30–8 pm</td>
<td>Learn &amp; Support: Lung 12:30–2 pm</td>
<td></td>
</tr>
<tr>
<td>Family Support Group 1–2:30 pm</td>
<td>Newcomer Meeting 6 pm</td>
<td>Tools for Healing at Cancer Treatment Centers of America 5:30–7 pm</td>
<td>Family Support Group 1–2:30 pm</td>
<td>Learn &amp; Support: Carcinoid 12:30–2:30 pm</td>
<td></td>
</tr>
<tr>
<td>Participant Support Group 1–2:30 pm</td>
<td></td>
<td></td>
<td>Learn &amp; Support: Prostate 6–7:30 pm</td>
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</tbody>
</table>
| 12 | LIVESTRONG™ at the YMCA  
Downtown YMCA  
10–11:30 am  
Zumba Gold®  
11:30 am–12:30 pm  
Family Support Group  
1–2:30 pm  
Participant Support Group  
1–2:30 pm  
Drumming from the Heart at Via Linda Sr. Center, 6–7:30 pm  
Movimiento Saludable  
6–7 pm |
|---|---|
| 13 | Participant Support Group  
10–11:30 am  
Jin Shin Jyutsu®  
11:45 am–12:45 pm  
Lunch and Learn:  
Cancer Survivorship  
12–1 pm  
Surviving & Thriving  
1–2:30 pm  
Gentle Yoga  
6–7 pm  
Grupo de Apoyo  
6–7:30 pm |
| 14 | 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  
Family Support Group  
6–7:30 pm  
Participant Support Group  
6–7:30 pm |
| 15 | Acupuncture for Cancer Care  
at PORA Sun City West  
with Marie Yahner, LaC  
9:30–11 am  
Tai Chi  
12–1 pm  
Family Connect  
6–7:30 pm  
Teen Game Night  
6–7:30 pm |
| 16 | Healthy Meal Preparation for Cancer  
at Sun Health Center for Health and Wellbeing  
10–11 am  
Just for Men:  
Dinner Talk  
at First Watch  
10–11:30 am |
| 17 | Learn & Support:  
Breast – Lymphedema  
10–11:30 am  
Learn & Support:  
Ovarian  
10–11:30 am  
Family Musical Instrument Making  
1–3 pm |
| 19 | LIVESTRONG™ at the YMCA  
Downtown YMCA  
10–11:30 am  
Coffee Talk  
at Benevilla Sun City West, 10:30–11:30 am  
Clay Class  
10:30 am–12:15 pm  
Zumba Gold®  
11:30 am–12:30 pm  
Family Support Group  
1–2:30 pm  
Participant Support Group  
1–2:30 pm |
| 20 | 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  
The Bookkeeper’s Apprentice  
12–1:30 pm  
Gentle Yoga  
6–7 pm  
Newcomer Meeting  
6 pm |
| 21 | 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  
Family Support Group  
6–7:30 pm  
Participant Support Group  
6–7:30 pm |
| 22 | Tai Chi  
12–1 pm  
Quick Healthy Cooking  
2–3:30 pm  
Noche de Juegos  
6–8 pm |
| 23 | Walking Club  
at Downtown YMCA  
9–10 am |
| 24 | |
| 26 | LIVESTRONG™ at the YMCA, Downtown YMCA, 10–11:30 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  
Cooking for Health  
at Banner - University Medical Center Phoenix, 6–7:30 pm |
| 27 | 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 |
| 28 | 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  
Family Support Group  
6–7:30 pm  
Participant Support Group  
6–7:30 pm |
| 29 | Tai Chi  
12–1 pm  
Drumming for Health  
at Paradise Valley United Methodist Church  
6–7:30 pm |
| 30 | |
THANK YOU!

HOSPITAL PARTNERS

- Banner University Medical Center Phoenix
- Dignity Health

SPONSORS

$50,000 AND ABOVE

- Arizona Credit Union

$25,000 – $49,999

- Cancer Treatment Centers of America

$15,000 – $24,999

- DAWN & ERSTON SENGER

$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
- 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

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