

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
- Visit our website at cscaz.org
- Call us at (602) 712-1006

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



Cancer Support Community
Arizona is here to *Take on*
Cancer Together with you.

If you are impacted by a cancer diagnosis, you do not have to face the experience alone.

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

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: Carcinoid, Lung, Multiple Myeloma, Ovarian, and Pancreatic.

LIVING WITH CANCER SUPPORT GROUP

2nd and 4th Tuesdays of every month, 10–11:30 am

This support group is designed for those who are living long-term with a cancer diagnosis or those whose cancer is likely to recur. Find strength and guidance from others who are facing cancer as a chronic disease.

RETURN TO WELLNESS

Thursdays, August 24, 31 and September 7, 14, 10–11:30 am

This four-part series focuses on helping you return to wellness after a cancer diagnosis to transition from treatment to leading a healthy lifestyle. Learn about goal setting, survivorship care planning, reducing your stress and moving forward after cancer. Each week will include information sharing and support with others on a similar journey.

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 apalacios@cscaz.org or (602)712-1006.

Education

PLANNING YOUR FUTURE: ASK THE EXPERTS

Wednesday, July 12, 2–4 pm

A panel of experts discuss ways to prepare for your future. Topics include *Life Insurance* — Michael Norton, *Financial and Estate Planning* — Martin Williams, *Living Wills and Advance Directives* — Yvette Ashworth.

Participants will have an opportunity to consult individually with an expert of their choice.

HOW TO USE ESSENTIAL OILS

Thursday, August 10, 6–7:30 pm

Sarah Ontiveros-Sullivan will provide information on the therapeutic effects of pure essential oils and how oils are supportive emotionally, physically, mentally and spiritually for overall wellness.

GENETICS AND CANCER

Thursday, August 17, 6–7:30 pm

Rebecca Luiten, MS, CGC and Jennifer Siettman, MS, CGC, Certified Genetic Counselors, discuss their role in cancer and what happens during a genetic counseling session. Learn why you might consult with a genetics counselor and who should do so.

SOCIAL SECURITY DISABILITY INCOME

Thursday, September 7, 3–4:30 pm

Nick Wearne, Attorney from Snow, Carpio & Weekley, shares how Social

Security benefits can help you when disability keeps you from working at your professional potential. He will provide vital information on how to navigate the system to start receiving benefits.

NAVIGATING THE GROCERY STORE

Thursday, September 14, 4–5:30 pm

Ellen Ostrand, RD, CSO, Clinical Dietician. Learn how to navigate the grocery store to help you make healthy food choices. During this presentation you will learn how to read food labels and avoid food traps as well as how the changing food supply is manipulating our taste buds and flavor expectations.

LIVING ROOM CHAT FOR PROSTATE CANCER

Thursday, September 14, 6–7:30 pm

Shyamal Patel, MD, Radiation Oncologist, will be available for an informal question and answer session on prostate cancer. All prostate cancer related questions are welcome.

LIVING ROOM CHAT FOR BREAST CANCER

Saturday, September 16, 10–11:30 am

Donald W. Northfelt, MD, Mayo Clinic Physician, will be available for an informal question and answer session on breast cancer.

WELLNESS RETREAT

Saturday, September 23, 10 am–2 pm

Join us for an experiential day focused on survivorship, health and wellbeing. Each session will encourage activity, discussion, and techniques as you build skills and ideas for successful survivorship. Open to those diagnosed and caregivers.

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.

PROSTATE CANCER UPDATE

Tuesday, August 15, 6–7:30 pm

At Abrazo Arrowhead Hospital. Daniel Gilbert, DO, Urologist will share insight on the latest updates for prostate

cancer treatment, tips on managing side effects including incontinence and erectile dysfunction, and discuss the horizon for long term survivors.

OVARIAN CANCER UPDATE

Thursday, August 24, 6–7:30 pm

At Arizona Oncology East Valley Cancer Center. Dana M. Chase, MD, FACOG, Gynecologic Oncologist, will discuss the newest treatments for ovarian cancer and cover clinical trials. She will also discuss how to manage various side effects associated with treatment.

UPDATE ON BLOOD CANCERS

Wednesday, September 27, 6–7:30 pm

At Arizona Oncology East Valley Cancer Center. Kasra Karamalou, MD, Director of Clinical Research, shares an update on leukemia, lymphoma and multiple myeloma. Learn about the latest in treatment options, clinical research and managing your diagnosis long term.

Healthy Lifestyle Activities

FLASH FORWARD TO FABULOUS FALL MEALS

Thursdays, August 31,

September 14 and 28, 2–3:30 pm

Brittany Zaharopoulos, RD will teach you how to put together healthy favorites and use fall flavors to expand your options. Learn some new skills and put science into practice. Includes recipes and food samples.

LIVESTRONG™ AT THE YMCA

**Mondays and Wednesdays,
September 11 thru November 29,
10–11:30 am**

At Lincoln Family Downtown YMCA. 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. Medical clearance from physician is required.

Social Connections

SURVIVOR CONNECTION

2nd and 4th Tuesdays of every month, 1–2:30 pm

A time to connect and create new friendships with others who are post cancer treatment.

WALKING CLUB

Fridays, 9–10 am

At Scottsdale Fashion Square Mall (Location Change). Get up and get moving! All walking paces welcome. Please meet next to Paradise Bakery.

BINGO

1st Friday of every month, July 7,

August 4, September 1, 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.

JUST FOR MEN: DINER TALK

**Fridays, July 21, August 18,
September 15, 10–11:30 am**

At First Watch – Park Central Plaza (Location Change). Come and enjoy a cup of coffee or breakfast (breakfast is on your own) and some good conversation with other men in the community.

HOLIDAY CARD MAKING

Thursday, August 24, 1:30–3:30 pm

Come create Holiday cards for yourself and the community.

TACO TUESDAY

Tuesday, September 19, 12–1:30 pm

It's Taco Tuesday!! Come on down and get your "Taco" fix.

YOUNG PROFESSIONAL GROUP

For Ages 25–40

• YOUNG PROFESSIONALS:

DAVE AND BUSTERS

Saturday, August 12, 11:30 am–1:30 pm

At Tempe Marketplace, 2000 East Rio Salado Parkway, Tempe, AZ 85281.

Join us for a morning of fun and games! (Food and games on your own.)

• YOUNG PROFESSIONALS:

BONUS ROUND

Saturday, September 23, 4–6 pm

At 24 West Camelback Road, Phoenix, AZ 85013. Join us for an afternoon of arcade and board games.

(Food on your own.)

• YOUNG PROFESSIONALS:

HAPPY HOUR MIXERS

Tuesdays, July and August,

5:30–7:30 pm

Locations 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 TACO NIGHT

3rd Thursday of every month, 6–8 pm

In partnership with Amanda Hope Rainbow Angels.

TEEN PAMPER DAY

Sunday, July 23, 11 am–2 pm

At Coiffeur's Salon, 1024 North 1st Avenue, Phoenix AZ 85003. Come get a fresh haircut and style (guys too!) so you are ready to head back to school, and girls can also enjoy getting your makeup and nails done!

TEEN ART HOUR

Saturday, August 19, 12–2 pm

Come hang out with your friends and let yourself heal through expressive art projects. Food provided!

TEEN READY, SET, SUCCESS!

Saturday, September 23, 3–5 pm

Trying to decide what your future holds? Be A Leader Foundation will discuss options for college success followed by a career panel provided by Gold Heroes.

FAMILY SERVICES: For families with children up to age 18

BEAT THE HEAT FAMILY BARBECUE

Saturday, July 15, 12–2 pm

We will play indoor lawn games, eat yummy food, and more!

KID SUPPORT: 6-week series

Wednesdays, August 23 to September 27, 6–7:30 pm

Kid Support™ is a six-session program that teaches children ages 7–12 tools to cope with a cancer diagnosis in the family. Open to children who have been diagnosed with cancer and children with cancer in the family. A parent orientation will be held on Tuesday, August 22 at 6 pm.

FAMILY YOGA

Saturday, August 26, 1–2:30 pm

Enjoy this healthy and relaxing exercise as a family.

CAPTURING FAMILY MOMENTS

Saturday, September 30, 12–2:30 pm

Take a trip down memory lane as a family! Learn how to record family memories using recycled materials in lieu of photos. Feel free to bring photos for inspiration!

Location Guide

MAIN CAMPUS:

360 East Palm Lane
Phoenix, AZ 85004

OFF-CAMPUS LOCATIONS:

Abrazo Arrowhead Hospital
18701 North 67th Avenue
Glendale, AZ 85308

**Arizona Oncology East Valley
Cancer Center**
7695 South Research Drive
Tempe, AZ 85284

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

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

Carrie's Café
13576 W Camino Del Sol #7
Sun City West, AZ 85375

**First Watch —
Park Central Plaza**
3110 North Central Avenue
Phoenix, AZ 85012

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

Scottsdale Fashion Square Mall
7014 East Camelback Road
Scottsdale, AZ 85251

SUN HEALTH LOCATIONS:

- **The Colonnade**
19116 North Colonnade Way
Surprise, AZ 85374
- **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

West Valley

Benevilla

CANCER SUPPORT GROUP

Mondays, July 10, August 7 and September 11, 9:30–11 am

At Benevilla – Sun City West Location. 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.

COFFEE TALK WITH CSCAZ

3rd Monday of every month

July 17, August 21 and September 18, 10:30–11:30 am

At Carrie's Cafe — Sun City West. Join CSCAZ during this social time to meet other people in the community who are impacted by cancer.

Sun Health Locations

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

CANCER SUPPORT GROUP

3rd Friday of every month

July 21, August 18 and September 15, 2–3:30 pm

At The Colonnade. 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 these programs, please call Sun Health at (623) 207-1703.

HEALTHY MEAL PREPARATION FOR CANCER

1st and 3rd Friday of every month

July 7 and 21, August 4 and 18, September 1 and 15, 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.

SUPPLEMENTS AND CANCER CARE

Thursday, August 17, 9:30–11 am

At PORA. Heather Paulson, ND, Naturopathic Oncologist, will discuss what you need to know about supplements during and after cancer treatment to make the best decision for you. Learn what to watch out for, risks for interactions, and how to get nutrients from food sources.

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

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.

JULY 2017					
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GENTLE YOGA

Fridays, July 14 and 28, August 4 and 18, September 8 and 22, 10–11 pm

Location: Sandstone Conference Room South, First Floor

This class is designed to focus on breath work and gentle movement. Learn relaxing postures and modified moves at a slow pace. This class is great for those who are new to yoga as well as those who have restrictions due to treatment. Seated options available.

COOKING FOR HEALTH

4th Monday of every month

July 24, August 28, September 25, 6–7:30 pm

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.

- July: Souper Summer Soups
- August: Pack It Up! Ways to Pack a Great Lunch
- September: Make Once, Eat Twice

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.

PROSTATE CANCER UPDATE

Tuesday, September 12, 12–1 pm

Location: Sandstone Conference Room, First Floor

Featuring: Scott Kalinowski, MD, Urologist and Christine Smith, NP, Nurse Practitioner

FRANKLY SPEAKING ABOUT CANCER: IMMUNOTHERAPY

August, Date TBD, 12–1 pm

Location: Sandstone Conference Room, First Floor

Featuring: Saima Saeed, MD, Medical Oncologist

AUGUST 2017					
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SEPTEMBER 2017					
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PARTICIPANT PROGRAM CALENDAR

JULY 2017

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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>3 Administrative Office Closed for Independence Day</p> 	<p>4 Administrative Office Closed for Independence Day</p>  	<p>5 Newcomer Meeting 10 am Strength and Balance Class 11 am–12 pm Gentle Yoga 12:15–1:15 pm Cafecito Creativo 6–7:30 pm Family Support Group 6–7:30 pm Participant Support Group 6–7:30 pm</p>	<p>6 Learn & Support: Multiple Myeloma 10 am–12 pm Tai Chi 12–1 pm Tibetan Singing Bowl Meditation 1:30–2:30 pm</p>	<p>7 Walking Club at Scottsdale Fashion Square 9–10 am Healthy Meal Preparation for Cancer at Sun Health Center for Health and Wellbeing 10–11 am Bingo 6:30–8 pm</p>	<p>1</p> <p>8 Learn & Support: Pancreatic 10–11:30 am Learn & Support: Lung 12:30–2 pm Learn & Support: Carcinoid 12:30–2:30 pm</p>
<p>10 Cancer Support Group at Benevilla Sun City West, 9:30–11 am Family Support Group 1–2:30 pm Participant Support Group 1–2:30 pm Vida Saludable 6–7 pm Drumming from the Heart at Via Linda Sr. Center 6–7:30 pm</p>	<p>11 Living with Cancer Support Group 10–11:30 am Participant Support Group 10–11:30 am Jin Shin Jyutsu® 11:45 am–12:45 pm Survivor Connection 1–2:30 pm Gentle Yoga 6–7 pm Grupo de Apoyo 6–7:30 pm</p>	<p>12 Newcomer Meeting 10 am Strength and Balance Class 11 am–12 pm Gentle Yoga 12:15–1:15 pm Planning for the Future: Ask the Experts with Mike Morton, Yvette Ashworth, Martha Williams 2–4 pm Family Support Group 6–7:30 pm Participant Support Group 6–7:30 pm</p>	<p>13 Tai Chi 12–1 pm Cancer 101 en Español with Damaris Hazell, RN 6–7:30 pm</p>	<p>14 Administrative Office Closed Walking Club at Scottsdale Fashion Square 9–10 am Gentle Yoga at Banner – University Medical Center Phoenix 10–11 am</p>	<p>15 Learn & Support: Ovarian 10–11:30 am Beat the Heat Family Barbecue 12–2 pm</p>

<p>17 Coffee Talk at Carrie's Café 10:30–11:30 am Family Support Group 1–2:30 pm Participant Support Group 1–2:30 pm</p>	<p>18 Participant Support Group 10–11:30 am Book Club <i>Bertie's Guide to Life and Mothers</i> 12–1:30 pm Gentle Yoga 6–7 pm Newcomer Meeting 6 pm</p>	<p>19 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</p>	<p>20 Tai Chi 12–1 pm</p>	<p>21 Walking Club at Scottsdale Fashion Square, 9–10 am Healthy Meal Preparation for Cancer at Sun Health Center for Health and Wellbeing, 10–11 am Just for Men: Diner Talk at First Watch 10–11:30 am Cancer Support Group at The Colonnade 2–3:30 pm</p>	<p>22 23 SUNDAY Teen Pamper Day at Coiffeur's Salon 11 am–2 pm</p>
<p>24 Family Support Group 1–2:30 pm Participant Support Group 1–2:30 pm Vida Saludable 6–7 pm Cooking for Health at Banner - University Medical Center Phoenix 6–7:30 pm</p>	<p>25 Living with Cancer Support Group 10–11:30 am Participant Support Group 10–11:30 am Peaceful Breath and Relaxation 11:45 am–12:45 pm Survivor Connection 1–2:30 pm Gentle Yoga 6–7 pm</p>	<p>26 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</p>	<p>27 Tai Chi 12–1 pm Noche Social 6–8 pm</p>	<p>28 Walking Club at Scottsdale Fashion Square 9–10 am Gentle Yoga at Banner - University Medical Center Phoenix 10–11 am</p>	<p>29</p>
<p>31 Family Support Group 1–2:30 pm Participant Support Group 1–2:30 pm</p> <p>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:</p> <ul style="list-style-type: none"> · Generate a list of questions for your doctor. · Organize your questions to take with you to your appointment. · Communicate clearly with your medical team. <p>To schedule a session with an Open to Options™ Specialist, call CSCAZ at (602) 712-1006.</p> <p>Find us on facebook at www.facebook.com/CSCArizona</p> <p>facebook</p>					



PARTICIPANT PROGRAM CALENDAR

AUGUST 2017

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<p>1 Participant Support Group 10-11:30 am Bunco 12-2 pm Gentle Yoga 6-7 pm Newcomer Meeting 6 pm</p>	<p>2 Strength and Balance Class 11 am-12 pm Gentle Yoga 12:15-1:15 pm Cafecito Creativo 6-7:30 pm Family Support Group 6-7:30 pm Participant Support Group 6-7:30 pm</p>	<p>3 Learn & Support: Multiple Myeloma 10 am-12 pm Tai Chi 12-1 pm Tibetan Singing Bowl Meditation 1:30-2:30 pm</p>	<p>4 Walking Club at Scottsdale Fashion Square, 9-10 am Gentle Yoga at Banner - University Medical Center Phoenix, 10-11 am Healthy Meal Preparation for Cancer at Sun Health Center for Health and Wellbeing, 10-11 am Bingo 6:30-8 pm</p>	<p>5</p>	<p>11 Walking Club at Scottsdale Fashion Square 9-10 am</p> <p>12 Learn & Support: Pancreatic 10-11:30 am Look Good, Feel Better 10 am-12 pm Young Professionals: Social Outing at Dave and Busters 11:30 am-1:30 pm Learn & Support: Lung 12:30-2 pm Learn & Support: Carcinoid 12:30-2:30 pm</p>
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PARTICIPANT PROGRAM CALENDAR

SEPTEMBER 2017

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<p>WELLNESS RETREAT Saturday, September 23, 10 am-2 pm</p> <p>Join us for an experiential day focused on survivorship, health and wellbeing. Each session will encourage activity, discussion, and techniques as you build skills and ideas for successful survivorship.</p> <p>Open to those diagnosed and caregivers.</p> <p>Find us on facebook at www.facebook.com/CSCArizona</p>					
<p>1 Walking Club at Scottsdale Fashion Square 9-10 am Healthy Meal Preparation for Cancer at Sun Health Center for Health and Wellbeing 10-11 am Bingo 6:30-8 pm</p>					
<p>2</p>					

<p>11 Cancer Support Group at Benevilla Sun City West, 9:30–11 am LIVESTRONG™ at the YMCA Downtown YMCA, 10–11:30 am Family Support Group 1–2:30 pm Participant Support Group, 1–2:30 pm Vida Saludable 6–7 pm Drumming from the Heart at Via Linda Sr. Center, 6–7:30 pm</p>	<p>12 Living with Cancer Support Group 10–11:30 am Participant Support Group 10–11:30 am Jin Shin Jyutsu® 11:45 am–12:45 pm Lunch & Learn: Prostate Cancer at Banner - University Medical Center Phoenix, 12–1 pm Survivor Connection 1–2:30 pm Gentle Yoga 6–7 pm Grupo de Apoyo 6–7:30 pm Newcomer Meeting 6 pm</p>	<p>13 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 Kid Support™ 6–7:30 pm Participant Support Group 6–7:30 pm</p>	<p>14 Return to Wellness 10–11:30 am Tai Chi 12–1 pm Flash Forward to Fabulous Fall Meals 2–3:30 pm Navigating the Grocery Store with Ellen Ostrand, RD, CSO 4–5:30 pm Living Room Chat: Prostate Cancer with Shyamal Patel, MD 6–7:30 pm</p>	<p>15 Walking Club at Scottsdale Fashion Square, 9–10 am Healthy Meal Preparation for Cancer at Sun Health Center for Health and Wellbeing, 10–11 am Just for Men: Diner Talk at First Watch 10–11:30 am Cancer Support Group at The Colonnade 2–3:30 pm</p>	<p>16 Learn & Support: Ovarian 10–11:30 am Living Room Chat: Breast Cancer with Donald Northfelt, MD 10–11:30 am</p>
<p>18 Coffee Talk at Carrie's Café 10:30–11:30 am LIVESTRONG™ at the YMCA Downtown YMCA 10–11:30 am Family Support Group 1–2:30 pm Participant Support Group 1–2:30 pm</p>	<p>19 Participant Support Group 10–11:30 am Taco Tuesday 12–1 pm Book Club <i>The Perfect Horse</i> 12–1:30 pm Gentle Yoga 6–7 pm</p>	<p>20 LIVESTRONG™ at the YMCA Downtown YMCA 10–11:30 am 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 Kid Support™ 6–7:30 pm Participant Support Group 6–7:30 pm</p>	<p>21 Tai Chi 12–1 pm Seguro Social y Discapacidad 6–7 pm</p>	<p>22 Walking Club at Scottsdale Fashion Square 9–10 am Gentle Yoga at Banner - University Medical Center Phoenix, 10–11 am</p>	<p>23 Wellness Retreat 10 am–2 pm Teen Ready, Set, Success! 3–5 pm Young Professionals Group: Social Outing at Bonus Round Arcade Bar 4–6 pm</p>
<p>25 LIVESTRONG™ at the YMCA, Downtown YMCA, 10–11:30 am Family Support Group 1–2:30 pm Participant Support Group 1–2:30 pm Vida Saludable 6–7 pm Cooking for Health at Banner - University Medical Center Phoenix 6–7:30 pm</p>	<p>26 Living with Cancer Support Group 10–11:30 am Participant Support Group 10–11:30 am Peaceful Breath and Relaxation 11:45 am–12:45 pm Survivor Connection 1–2:30 pm Gentle Yoga 6–7 pm Newcomer Meeting 6 pm</p>	<p>27 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 Kid Support™ 6–7:30 pm Participant Support Group 6–7:30 pm Update on Blood Cancer at Arizona Oncology East Valley Cancer Center with Kasra Karamalou, MD 6–7:30 pm</p>	<p>28 Tai Chi 12–1 pm Flash Forward to Fabulous Fall Meals 2–3:30 pm Noche de Cultura 6–8 pm</p>	<p>29 Walking Club at Scottsdale Fashion Square 9–10 am</p>	<p>30 Capturing Family Moments 12–2:30 pm</p>



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

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**In 2016, the average cost for one participant to attend
Program for one year was \$354.09.**

Remember your dollar-for-dollar Arizona tax credit is up to \$400 for individuals. Sponsor a participant and get it all back!

How Your Gift Changes Lives

- \$25** ▶ Enables a participant to join a gentle Yoga class.
- \$50** ▶ Provides Lung Cancer Learn and Support.
- \$100** ▶ Provides a stress relieving Tibetan Singing Bowl session.
- \$400** ▶ Supports a weekly Yoga and Salsa class for the Latino Program.
- \$800** ▶ Sponsors TWO children impacted by cancer for one year.
- \$1000** ▶ Covers the cost for 10 people to attend a nutrition/ cooking class.