

SO THAT NO ONE FACES CANCER ALONE®

OFRECEMOS  
SERVICIOS  
EN ESPAÑOL

Páginas  
7-9

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](http://cscaz.org)
- Call us at (602) 712-1006

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



## drumSTRONG

Saturday | May 19 | 5 pm–11:30 pm

Cancer Support Community Arizona

Join Frank Thompson, Founder of AZ Rhythm Connection, for our annual community **drumSTRONG** fundraiser to raise awareness and funds... through RHYTHM... to ensure no one faces cancer alone.

**Attendance is free and this is a donation based event.**

Registration is not required to attend. Please arrive and depart anytime throughout the scheduled time above.

*Proceeds benefit DrumsForCures and Cancer Support Community Arizona.*



## 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

**Second and fourth Tuesdays of each month, April 10 & 24, May 8 & 22, June 12 & 26, 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.

### ► BEREAVEMENT SUPPORT GROUP

**Thursdays, April 19 through May 24, 6–7:30 pm**

This six-week support group is for those whose family member or close friend has died from cancer. Facilitated by a licensed mental health professional, the group will cover stages of loss, reactions to grief, and how to deal with anniversaries and other occasions.

### ► RETURN TO WELLNESS

**Thursdays, May 3 through 24, 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.

### ► LIVING ROOM CHAT: CLL

**Saturday, May 19, 10–11:30 am**

This program features an opportunity for an informal question and answer session on Chronic Lymphocytic Leukemia (CLL). Please bring questions you want to have answered.

## Education

### ► TGEN TOUR

**Thursday, April 19, 10–11 am**  
At TGen, 445 North 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.

### ► GETTING A GOOD NIGHT OF SLEEP

**Thursday, April 26, 6–7:30 pm**

Shannon Ruff Dirksen PhD, RN, FAAN, Associate Professor at the College of Nursing and Health Innovation at Arizona State University will talk about symptoms and factors that affect quality of life and insomnia in persons with cancer. Learn tips to be well-rested in order to improve sleep, energy and help you cope with the side effects of treatment.

### ► MINDFULNESS AND RESILIENCE

**Thursday, May 10, 6–7:30 pm**

Nika Gucci, EdD, shares information on how mindfulness can keep you “in the moment” to help reduce anxiety and free up room in your mind to better care for yourself and others. Learn about stress reactions and why they are important to resilience-building through experiential mindfulness activities.

### ► BOOSTING YOUR IMMUNE SYSTEM THROUGH NUTRITION

**Thursday, May 31, 6-7:30 pm**  
Marianne Marchese, NMD, shares how to strengthen and enhance the immune system through the food you eat. Learn how to replace cancer cells with healthy cells, the role of alkalinity and what foods help during and after treatment.



## Healthy Lifestyle Activities

(Open to ages 13 and up)

### ► ZUMBA GOLD®

**Thursdays, 10:30–11:30 am**  
Improve your balance, increase range of motion, and gain coordination while having fun! Zumba Gold® is a low impact Latin-dance inspired workout that can be easily modified for beginners or those requiring accommodations. ZUMBA!

Programs Location Color Guide: ► Main Campus ► Offsite ► Español ► Virtual Support Services

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

► **COMMUNITY SUPPORTED AGRICULTURE (CSA) PRODUCE PICK UP**  
Thursdays, 4–6 pm

We've become a pick-up site for people to have more access to fresh, organic, locally grown fruits and vegetables from Crooked Sky Farms. Current participants are welcome to sign up to receive free produce as part of a give-back program through Crooked Sky Farms. Additional options for purchase are available if interested in getting a full share from the farm. Please see staff member for more details.

► **YOUR CANCER STORY WRITING WORKSHOP**

Third Tuesday of each month, April 17, May 15, June 19, 2–3:30 pm  
You have a valuable story to tell! Whether you are newly diagnosed, a many-year survivor or a caregiver, this writing workshop will provide you with various techniques for capturing and sharing your story.

► **SEASONAL COOKING CLASS: HOW TO USE YOUR CSA PRODUCE**  
Thursdays, April 19, May 17, June 21, 6–7 pm

Picked up your fresh produce from

Crooked Sky Farms, but not sure how to use it? This cooking demonstration will teach you how to utilize those fresh fruits and veggies from the garden. Recipes and tasting included.

► **RHYTHMS FOR A HEALTHY LIFE**  
Fourth Tuesday of each month, April 24, May 22, June 26, 1–2:30 pm

Join us for an opportunity to create, participate and listen to music. This expressive outlet can decrease stress, alleviate anxiety, express emotions and help you relax. Instruments provided. Let's get the beat going!

► **ASK THE FARMER**  
Thursdays, April 26, May 24, June 28, 4–6 pm

Once per month, during our CSA Produce Pick Up, one of the Crooked Sky Farm staff will be available to answer any questions you might have regarding the produce available.

**MOVING TO THE BEAT**  
Saturdays, Starting May 5, 9–10 am  
An exercise class designed for all — adults, teens, and families. Come dance your way to a healthy lifestyle!

## Location Guide

**MAIN CAMPUS:**  
360 East Palm Lane  
Phoenix, AZ 85004

**OFF-CAMPUS LOCATIONS:**

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

**Adelante Healthcare Surprise**  
15351 West Bell Road  
Surprise, AZ 85374

**Banner Boswell Medical Center**  
10401 W. Thunderbird Blvd.  
Sun City, AZ 85351

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

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

**HEALING House**  
4458 East Sharon Drive  
Phoenix, AZ 85032

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

**St. Patrick Catholic Community**  
10815 North 84th Street  
Scottsdale, AZ 85260

**SUN HEALTH LOCATIONS:**

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

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

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

## Virtual Support Services

We now offer online supportive and educational programs that you can access anywhere.

► **CANSURROUND**

Cancer Support Community Arizona has enhanced our FREE programs to include online emotional support 24 hours a day, 7 days a week! See page 11 for details.

**FACEBOOK LIVE EVENTS**

Join us on Facebook during the below times to hear information and ask questions from the experts. [Facebook.com/CSCArizona](https://www.facebook.com/CSCArizona)

► **CANCER AND CANNABIS**, Saturday, April 7, Live at 9 am

Dr. William D. Troutt 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.

► **BODY IMAGE DURING AND AFTER TREATMENT**

Thursday, June 14, Live at 12:30 pm

Dr. Randall Craft will talk about how cancer and its treatment can affect our physical appearance and how we feel about ourselves, as well as ways of coping with the physical changes that occur with a diagnosis.

## Social Connections

### ► BUNCO

Tuesdays, April 3, May 1, June 5, 12–2 pm

### ► WALKING CLUB

Fridays, April 6 & 20, May 4 & 18, June 1, 15 & 29, 9–10 am  
At Scottsdale Fashion Square. Meet at Paradise Bakery.

### ► BINGO

Fridays, April 6, May 4, June 1, 6–7:30 pm

### ► SURVIVOR SOCIAL

Tuesdays, April 10 & 24, May 8 & 22, June 12 & 26, 1–2:30 pm

### ► BOOK CLUB

Tuesdays, April 17, May 15, June 19, 12–1:30 pm

April: "Camino Island" John Grisham;  
May: "Small Great Things" Jodi Picoult;  
June: "Song of the Lion" Anne Hillerman

### ► COLORING CLUB

Wednesdays, April 18, May 16, 1:30–3 pm

### ► JUST FOR MEN: DINER TALK

Fridays, April 20, May 18, June 15, 10–11:30 am  
At First Watch – Park Central.

## Connecting Families

For more information about our youth, teen and family program please contact Carrie Cantrell at (602) 358-0289 or [ccantrell@cscaz.org](mailto:ccantrell@cscaz.org). Our Teen Program is presented by The Bidstrup Foundation.

### Youth Services

For Ages 7–12

#### ► KID SUPPORT™

Thursdays, April 5 through May 10, 6–7:30 pm

At HEALing House. 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 as well as children with cancer in the family.

#### ► KID SUPPORT KAMP

Monday through Wednesday, June 25, 26 & 27, 9 am–4 pm

Similar to the 6-week version of the program, Kid Support Kamp teaches children tools to cope with a cancer diagnosis in the family while also enjoying summer! There will be several fun summertime activities mixed in with cancer-related support activities. A parent orientation will be held on Thursday, June 21 at 6 pm. Dinner provided and kids welcome at the orientation.

### Teen Events

For Ages 13–21

#### ► TEEN PAJAMA JAMS

Fridays, April 6 and June 8, 6–8 pm  
A night out of the house, and activities to enjoy! All friends are welcome! Wear your favorite comfy clothes and come ready for laughter.

April: Trivia

June: Karaoke

#### ► TEEN MINI GOLF OUTING

Saturday, April 14, 5–7 pm

At Castles & Coasters, 9445 N. Metro Parkway E., Phoenix, AZ 85051. Show off your skills as you make your way through a course of obstacles to sink the putt!

#### ► TEEN CINCO DE MAYO

Friday, May 4, 6–8 pm

At Amanda Hope Rainbow Angels, 340 East Coronado Road, Suite 100, Phoenix, Arizona 85004. Come join us for a Cinco de Mayo Fiesta! Tacos, music, and a piñata!

#### ► TEEN ART HOUR: CLAY

Saturday, May 19, 1–3 pm

Come enjoy the art of clay! Clay is a therapeutic, expressive art form that helps to reduce stress.



#### ► TEEN MOVIE NIGHT!

Saturday, June 16, 5:30–8 pm

Your favorite movie and food are waiting for you! Each friend you bring earns you a raffle ticket for a giveaway!

### Family Services

For families with children up to age 18

#### ► FAMILY OUTING TO THE "ART OF ICE CREAM EXPERIENCE"

Sunday, April 8, 1–2:30 pm

At Art of Ice Cream Experience, 4224 N. Craftsman Court, Scottsdale, Arizona, 85251. This art exhibit celebrates ice cream! Each room displays a different flavor of ice cream in a unique, picture-worthy moment. Cameras are a must for this experience!

#### ► FRANKLY SPEAKING ABOUT CANCER: "WHAT DO I TELL THE KIDS?"

Wednesday, April 11, 6–7:30 pm

At Ironwood Cancer & Research Centers, 700 W. Warner Road, Chandler 85225. Ever ask yourself, how much information should I tell my child about cancer? Do they understand? Come get all your questions answered in a Parents Only education session. A children's activity will be provided in a separate space for ages 4 and up.

#### ► FAMILY WELCOME HOUR

Saturday, May 5, 10–11 am

Come see what CSCAZ is all about! Get a tour, do a craft and chat with others. Open new and current families.

#### ► FAMILY FIESTA COOKING CLASS

Saturday, May 5, 11 am–1 pm

Come learn how to make the best family-friendly (and healthy) Cinco de Mayo treats! Families will be able to taste and enjoy their meal together.

#### ► MOM'S PAINT NIGHT

Friday, June 1, 7–9 pm

Join other moms for this instructor led painting experience! No kids allowed! Hosted by HopeKids.

#### ► FAMILY SUMMER BOWLING BASH

Sunday, June 24, 11 am–12:30 pm

At Main Event Entertainment, 8545 South Emerald Drive, Tempe Arizona 85284. Come beat the heat for a favorite summertime activity with the whole family!

Programs Location Color Guide: ▶ Main Campus ▶ Offsite ▶ Español ▶ Virtual Support Services

## West Valley

▶ **6 WEEK GENTLE YOGA SERIES**  
Wednesdays, April 18 through May 23,  
6–7 pm

Discover the top 6 benefits of yoga in this series throughout the West Valley: help with sleep, energy, balance, building strength, reducing stress, and boosting immunity. All materials provided. Beginners welcome.

Week 1: Adelante Healthcare Surprise  
Week 2: Abrazo Arrowhead Physicians Plaza, Sierra Room  
Week 3: Banner Boswell Hospital, Ponderosa Conference Room, Floor 2  
Week 4: Adelante Healthcare Surprise  
Week 5: Abrazo Arrowhead Physicians Plaza, Sierra Room  
Week 6: Banner Boswell Hospital, Ponderosa Conference Room, Floor 2

Adelante Healthcare Surprise

▶ **WOMEN'S CANCER AND GENETICS**  
Wednesday, May 23, 5:30–7 pm  
Stephanie Goettl, MS, Genetic Counselor & Kelly Collonello, CRNP, Nurse Practitioner, will talk about the role of genetics in cancer and what happens during a genetic counseling session. Learn why you might consult with a genetics counselor and who should do so.

▶ **COOKING FOR HEALTH**  
Wednesday, June 13, 6–7 pm  
Learn how to build in more fruits and vegetables for your best possible health during and after cancer treatments. Recipes and menu tasting included. Open to cancer survivors, family and friends.

Abrazo Arrowhead Hospital

▶ **NUTRITION FOR CANCER CARE**  
Thursday, May 3, 5:30–7 pm  
At Abrazo Arrowhead Physicians Plaza, 18699 N. 67th Ave., Sierra Room. Kindra S. Peterson MS, RD, Clinical Oncology Dietitian from Ironwood Cancer Center will talk about the importance of good nutrition during cancer treatment. Learn how to create a healthy plate and what foods help you have a strong immune system.

Banner Boswell Medical Center

▶ **CANCER SUPPORT GROUP**  
4th Wednesday of each month,  
April 25, May 23, June 27, 10–11:30 am  
At Chapman Board Room, 2nd Floor. 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.

Sun Health Locations

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

▶ **HEALTHY MEAL PREPARATION FOR CANCER**  
Fridays, April 6, 20, May 4 & 18, June 1 & 15, 10–11 am  
At The Colonnade, Ponderosa Conference Room, Floor 2. 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.  
April 6: Spring Veggies  
April 20: Breakfast Basics  
May 4: Cabbage & Sauerkraut  
May 18: Leafy Greens  
June 1: Berry Bash  
June 15: Nuts and Seeds

▶ **NUTRITION FOR CANCER CARE**  
Thursday, April 19, 9:30–11 am  
At PORA. Tracy Garrett, RD, CDE, Registered Dietitian, teaches this workshop featuring information about healthy eating for optimal cancer care. Topics will include serving sizes, choosing and cooking food, and using food to manage side effects.

▶ **INTEGRATIVE ONCOLOGY**  
Thursday, June 21, 9:30–11 am  
At PORA. Dr. Brian Archambault will share how complementary and alternative medicine (CAM) can be used with conventional oncology, what are the benefits and what to be careful about.

## Scottsdale

St. Patrick Catholic Community – Parish Office

▶ **HEALTHY COOKING DURING AND AFTER CANCER**  
Thursday, April 12, 6–7:30 pm  
Mari Garcia, Nutritionist, leads a cooking demonstration that features foods loaded with antioxidants and other nutrients to support you at any stage of your cancer diagnosis. Learn how to build in more fruits and vegetables for your best possible health. Open to cancer survivors, family and friends. Recipes and menu tasting available.

▶ **ACUPUNCTURE FOR CANCER CARE**  
Thursday, May 10, 6–7:30 pm  
Marie Yahner, L.Ac, 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.

▶ **CANCER 101**  
Thursday, June 14, 6–7:30 pm  
Learn all about cancer including how it's diagnosed, common treatments, how healthy cells work, and common side effects in this lecture.



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

# 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](http://www.bannerhealth.com)

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

APRIL 2018					
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30					

MAY 2018					
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28	29	30	31		

JUNE 2018					
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18	19	20	21	22	23
25	26	27	28	29	30

► **COOKING FOR HEALTH**

Mondays, April 23, May 21, June 25, 6–7:30 pm

Location: Sandstone Conference Room.

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.

April: Spring Salads

May: Healthy Breakfast

June: Berry Bliss

► **GENTLE YOGA**

Fridays, April 13 & 27, May 11 & 25, June 8 & 22, 10–11 am

Location: Sandstone Conference Room.

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.

► **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.

Location:

All workshops will be held in the Sandstone Conference Room, First floor.

► **HPV RELATED CANCERS**

Friday, April 27, 12–1 pm

Featuring: Jamal Mourad, DO, Gynecologist, and Abhilash Nambiar, MD, Radiation Oncologist

► **MELANOMA AND SKIN CANCER**

Friday, May 21, 12–1 pm

Featuring: Nicole Madera, MMS, PA-C, Dermatologist

► **CANCER SURVIVORSHIP**

Friday, June 8, 12–1 pm

Featuring: Kris Cooper, PhD, Psychologist

# PROGRAMA LATINO

Ofrecemos programas en español que incluyen apoyo, estilo de vida saludable, educación y eventos sociales. Para obtener más información sobre el programa, comuníquese con Livier Delgadillo en [ldelgadillo@cscsz.org](mailto:ldelgadillo@cscsz.org) o (602) 358-0274.

*We are now offering programs in Spanish including support, healthy lifestyle, education and social events.  
For details about the program, contact Livier Delgadillo at [ldelgadillo@cscsz.org](mailto:ldelgadillo@cscsz.org) or (602) 358-0274.*

## PARA QUE NADIE ENFRENTA AL CÁNCER SOLO

Nuestra Misión: Asegurar que todo individuo impactado por el cáncer recupere su poder por medio del conocimiento, reforzado por acción y sostenido por la comunidad.

### NUESTRO PROGRAMA SIEMPRE

- Disponible para todas las personas con cáncer y sus seres queridos en cualquier etapa, desde el diagnóstico a la supervivencia.
- Basado en investigación empírica y estudio clínico.
- Guiado e instruido por profesionistas.
- Ofrecido en un ambiente familiar.
- Programa gratuito.

### NUESTRO PROGRAMA INCLUYE

- Grupos de Apoyo.
- Educación.
- Clases De Nutrición, Movimiento Y Mente Sana En Cuerpo Sano.
- Conexiones Sociales.
- Servicios para Niños, Adolescentes y Familias.
- Recursos y Referencias.

### LOS INVITAMOS A SER PARTE DE NUESTRA Comunidad

Intégrese a nuestra comunidad:

- Asista a nuestras reuniones para nuevos participantes.
- Asista a nuestros seminarios educativos.
- Visite nuestro sitio en la red: [cscsz.org](http://cscsz.org)
- Llámenos al (602) 358-0274.

Los servicios que proveemos son posibles gracias a la generosidad y las contribuciones individuales, corporativas y de diversas fundaciones.



### Navegando la experiencia del cáncer

28 de abril del 2018, 9am–2pm

Este taller informativo le va ayudar a entender los efectos secundarios asociados con el cáncer al igual que la importancia de una vida saludable incluyendo la importancia del cuidado dental durante el tratamiento. Dr. Yerko Borghero, oncólogo de Banner MD Anderson, se enfocará en cómo lidiar con los efectos secundarios asociados con el tratamiento del cáncer. En este taller también cubriremos aspectos de nutrición, manejo del estrés y recursos en la comunidad.

### Programas en Español

#### Apoyo

► **GRUPO DE APOYO**

4, 18 de abril; 2, 16 de mayo; 6, 20 de junio, primer y tercer miércoles del mes, de 6 a 7:30 pm

Explore nuevas maneras de manejar el estrés del cáncer y aprenda de las experiencias de otros pacientes y sus familias.

► **SUPPORT GROUP**

*Fist and third Wednesday of each month, April 4 & 18, May 2 & 16, June 6 & 20, 6– 7:30 pm*

*Explore new ways to manage stress and learn from the experiences of other patients and their families.*



### Vida Saludable

► **VIDA SALUDABLE**

9 de abril, 14 de mayo, 11 de junio  
Segundo lunes del mes de 6 a 7 pm

¡Vivir saludable es muy importante! En estos meses aprenderemos a como manejar el estrés y como movernos para sentirnos mejor.

► **HEALTHY LIFESTYLES**

*Second Monday of each month, April 9, May 14, June 11, 6–7 pm*

*Living healthy is very important! In these months, we will learn how to handle stress and how to move and feel better.*

► **COCINANDO CON MARI**

23 de abril, 25 de junio  
Cuarto lunes del mes de 6 a 7 pm

¡Comer saludable es muy importante! En estos meses aprenderemos a cocinar sabroso con Mari, Nutriologa.

► **COOKING WITH MARI**

*Fourth Monday of each month, April 23, June 25, 6–7 pm*

*In these months, we will learn to cook tasty meals, learn how to handle stress and how to move and feel better.*

### Social

► **NOCHE DE BARRO**

Jueves 26 de abril de 6–7:30 pm

¿A jugar con barro? ¡Sí! Es una muy buena forma de desestresarse y relajarse. Vengan a crear su pieza de barro.

► **CLAY NIGHT**

Thursday, April 26, 6–7:30 pm

*Playing with clay? Yes! It's a great way to destress and relax. Come have fun and create a piece of art with us.*

► **HACIENDO PALETAS**

Jueves 24 de mayo de 6–7:30 pm

Vengan a divertirse con su familia y amigos mientras hacemos paletas. Preparémonos para el calor de Arizona con paletas saludables.

► **POPSICLE MAKING**

Thursday, May 24, 6–7:30 pm

*Come have fun with your family and friends. Let's get ready for the Arizona heat by making healthy popsicles.*

► **CONCURSO DE SALSA**

Jueves 28 de junio de 6–7:30 pm

¿Quién hace la mejor salsa? ¡Presuma su salsa! Vengan a disfrutar de una noche familiar y traigan una muestra de su salsa para ver si su salsa es la mejor. Tendremos jueces y habrá premios.

► **SALSA MAKING CONTEST**

Thursday, June 28, 6–7:30 pm

*Who makes the best salsa? Come show-off! Enjoy a night with family and friends and bring your favorite homemade salsa to see who makes the best one. We will have judges and prizes for the winners!*

### Educación

► **NAVEGANDO LA EXPERIENCIA DEL CÁNCER**

28 de abril del 2018, 9:30 am–2 pm

Este taller informativo le va ayudar a entender los efectos secundarios asociados con el cáncer al igual que la

importancia de una vida saludable incluyendo la importancia del cuidado dental durante el tratamiento. Dr. Yerko Borghero, oncólogo de Banner MD Anderson, se enfocará en cómo lidiar con los efectos secundarios asociados con el tratamiento del cáncer. En este taller también cubriremos aspectos de nutrición, manejo del estrés y recursos en la comunidad.

► **NAVIGATING THE CANCER EXPERIENCE**

April 28, 2018 9:30 am–2 pm

*This informative workshop will help you understand the importance of a healthy lifestyle, including the importance of dental health. The workshop will focus on nutrition, with a food demonstration, relaxation techniques and much more. Lunch included.*

### Programas en inglés

**Toda persona de habla Hispana está invitada a participar en todos los programas de Cancer Support Community AZ. (Estos servicios se presentan en inglés) ¡Los esperamos!**

### Actividades de Estilo de Vida Saludable

(Edades 13+)

► **YOGA**

Cada martes del mes de 6–7 pm

Cada miércoles del mes de 12:15–1:15 pm

Vengan a estirarse y relajarse en nuestras clases de yoga. Nosotras proveemos todo el equipo que necesita. Principiantes bienvenidos.

► **FUERZA Y EQUILIBRIO**

Cada miércoles de 11 am–12 pm

Ejercicios sencillos para fortalecer el cuerpo y ayudar con el equilibrio. Vengan a disfrutar de un ambiente divertido y social.

► **ZUMBA GOLD**

Cada jueves de 10:30–11:30 am

Podrá mejorar su equilibrio, aumentar su rango de movimiento y su coordinación. Venga a divertirse a sonidos y movimientos Latinos.



Guía de color para la ubicación de los programas:

- Sitio Principal ► Fuera del Sitio ► Español ► Servicios de Apoyo Virtuales

Por favor regístrese para los programas al 602-358-0274 o por correo electrónico a [RSVP@cscsz.org](mailto:RSVP@cscsz.org).

Para una descripción detallada de estos programas, visite [www.cscsz.org](http://www.cscsz.org)

## Conectando Familias

Para más información acerca de los programas para niños, adolescentes y familias, por favor contactar a Carrie Cantrell al (602) 712-1006 o [ccantrell@cscsz.org](mailto:ccantrell@cscsz.org)

### Servicios Para Jóvenes

Para edades de 7 a 12

#### ► KID SUPPORT

Jueves, 5 de abril, 6–7:30 pm  
Serie de 6 semanas, jueves, 5 de abril a 10 de mayo, 6–7:30 pm  
En HEALing House, 4458 East Sharon Drive, Phoenix, 85032. Kid Support es un programa de seis sesiones que enseña a niños de 7 a 12 años herramientas para hacer frente a un diagnóstico de cáncer en la familia. Abierto a niños que han sido diagnosticados con cáncer, así como a niños con cáncer en la familia.

#### ► KID SUPPORT KAMP

Lunes a miércoles junio 25, 26, 27, de 9 am–4 pm  
De manera similar a la versión de 6 semanas del programa, Kid Support Kamp enseña a los niños herramientas para hacer frente a un diagnóstico de cáncer en la familia y al mismo tiempo disfrutar el verano. Habrá varias actividades divertidas durante el verano mezcladas con actividades de apoyo relacionadas con el cáncer. La orientación para padres se llevará a cabo el jueves, 21 de junio a partir de las 6 pm. Cena proporcionada y niños bienvenidos en la orientación.

### Eventos Para Adolescentes

Edades de 13–21 (Revise descripciones en página 4)

#### ► PIYAMADA

Viernes, 6 de abril y 8 de junio de 6–8 pm  
Abril: Trivia; Junio: Kareoke

#### ► MINI GOLF PARA LOS ADOLESCENTES

Sábado, 14 de abril de 5–7 pm  
En Castles & Coasters, 9445 N. Metro Parkway E., Phoenix, AZ 85051.

#### ► CINCO DE MAYO PARA LOS ADOLESCENTES

Viernes, 4 de mayo, de 6–8 pm  
En Amanda Hope Rainbow Angels, 340 E. Coronado Rd., Ste. 100, Phoenix 85004.

#### ► HORA DE ARTE PARA LOS ADOLESCENTES: BARRO

Sábado, 19 de mayo, 1–3 pm

#### ► NOCHE DE PELICULAS PARA ADOLESCENTES

Sábado, 16 de junio de 5:30–8 pm

### Para Familias

Para familias con hijos/as hasta los 18 años.

#### ► EXCURSIÓN FAMILIAR AL “ARTE DE LA EXPERIENCIA DEL HELADO”

Domingo, 8 de abril, 1–2:30 pm  
En Art of Ice Cream Experience, 4224 N. Craftsman Court, Scottsdale, 85251.

#### ► HORA DE BIENVENIDA FAMILIAR

Sábado, 5 de mayo, 10–11 am  
¡Ven a ver de qué se trata CSCAZ! Haga un recorrido, haga una manualidad y chatee con otros. Abierto a familias nuevas y actuales.

#### ► CLASE DE COCINA FIESTA FAMILIAR

Sábado, 5 de mayo, 11 am–1 pm

#### ► NOCHE DE PINTURA PARA LAS MAMÁS

Viernes, 1 de junio, de 7–9 pm  
¡No se permiten niños! Organizado por HopeKids.

#### ► FIESTA DEL VERANO NOCHE DE BOLICHE

Domingo, 24 de junio, 11 am–12:30 pm  
En Main Event Entertainment, 8545 South Emerald Drive, Tempe, Arizona 85284. ¡Ven y vence a tu actividad favorita de verano con toda la familia!



## Partner Meetings

We happily host these meetings at our main campus. To get involved, please contact these organizations directly.

#### ► NATIONAL OVARIAN CANCER COALITION

Saturdays, April 7, May 12, June 9, 10 am–12 pm  
Contact Sherry Baker at [sbaker@ovarian.org](mailto:sbaker@ovarian.org) or (480) 566-0031.

#### ► COALITION FOR BLACKS AGAINST BREAST CANCER

Sundays, April 15, May 20, June 17, 3–5 pm  
Contact Marion Kelly at [kelly.marion@mayo.edu](mailto:kelly.marion@mayo.edu) or (480) 301-4232.

#### ► LOOK GOOD FEEL BETTER

Saturday May 12 10 am–12 pm  
Look Good Feel Better, offered by American Cancer Society, teaches beauty techniques to help you manage the appearance-related side effects of cancer treatment.

To register, and for more information please call (800) 227-2345.

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

Programs Location Color Guide: ▶ Main Campus ▶ Offsite ▶ Español ▶ Virtual Support Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>2</b> Participant Support Group 1-2:30 pm</p>	<p><b>3</b> Participant Support Group 10-11:30 am Bunco 12-2 pm Gentle Yoga 6-7 pm</p>	<p><b>4</b> Newcomer Meeting 10 am Strength and Balance Class 11 am-12 pm Gentle Yoga 12:15-1:15 pm Friends &amp; Family Support Group 6-7:30 pm Grupo de Apoyo 6-7:30 pm Participant Support Group 6-7:30 pm</p>	<p><b>5</b> Learn &amp; Support: Multiple Myeloma 10 am-12 pm Zumba Gold® 10:30-11:30 am Tai Chi 12-1 pm Tibetan Singing Bowl Meditation 1:30-2:30 pm CSA Produce Pick Up 4-6 pm KidSupport™ at HEALing House 6-7:30 pm</p>	<p><b>6</b> Walking Club at Scottsdale Fashion Square 9-10 am Healthy Meal Preparation for Cancer at The Colonnade 10-11 am Bingo 6-7:30 pm Teen Pajama Jam: Trivia 6-8 pm</p>	<p><b>7 SATURDAY</b> Facebook Live: Cannabis and Cancer 9 am NOCC Meeting 10 am-12 pm</p>
<p><b>9</b> Clay 10 am-12 pm Participant Support Group 1-2:30 pm Vida Saludable 6-7 pm Drumming from the Heart at Via Linda Senior Center, 6-7:30 pm</p>	<p><b>10</b> Living with Cancer Support Group 10-11:30 am Participant Support Group 10-11:30 am Volunteer Orientation 10-11:30 am Jin Shin Jyutsu® 11:45 am-1:45 pm Survivor Social 1-2:30 pm Newcomer Meeting 6 pm Gentle Yoga 6-7 pm</p>	<p><b>11</b> Strength and Balance Class 11 am-12 pm Gentle Yoga 12:15-1:15 pm FSAC: What Do I Tell the Kids at Ironwood Cancer and Research Center 6-7:30 pm Friends &amp; Family Support Group 6-7:30 pm Participant Support Group 6-7:30 pm</p>	<p><b>12</b> Zumba Gold® 10:30-11:30 am Tai Chi 12-1 pm Quick Healthy Cooking: Simple Side Dishes 2-3:30 pm CSA Produce Pick Up 4-6 pm Healthy Cooking During and After Cancer at St. Patrick Catholic Community, 6-7:30 pm KidSupport™ at HEALing House, 6-7:30 pm</p>	<p><b>13</b> Gentle Yoga at Banner - University Medical Center Phoenix 10-11 am</p>	<p><b>14 SATURDAY</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 Teen Mini Golf Outing at Castles and Coasters, 5-7 pm</p>
<p><b>16</b> Participant Support Group 1-2:30 pm</p>	<p><b>17</b> Participant Support Group 10-11:30 am Book Club "Camino Island" by John Grisham 12-1:30 pm Your Cancer Story Writing Workshop 2-3:30 pm Gentle Yoga 6-7 pm</p>	<p><b>18</b> Newcomer Meeting, 10 am Strength and Balance Class 11 am-12 pm Volunteer Appreciation Lunch 11:30 am-1 pm Gentle Yoga, 12:15-1:15 pm Community Coloring Club 1:30-3 pm Gentle Yoga, at Adelante Healthcare Surprise, 6-7 pm Grupo de Apoyo, 6-7:30 pm Friends &amp; Family Support Group 6-7:30 pm Participant Support Group 6-7:30 pm</p>	<p><b>19</b> Nutrition for Cancer Care at PORA, 9:30-11 am TGen Tour at TGen, 10-11 am Zumba Gold®, 10:30-11:30 am Tai Chi, 12-1 pm CSA Produce Pick Up, 4-6 pm Seasonal Cooking Class: How to Use Your CSA Produce 6-7 pm Bereavement Support Group 6-7:30 pm KidSupport™ at HEALing House 6-7:30 pm</p>	<p><b>20</b> CSC ADMINISTRATIVE OFFICES CLOSED 9 am-4 pm Walking Club at Scottsdale Fashion Square 9-10 am Healthy Meal Preparation for Cancer at The Colonnade 10-11 am Just for Men: Diner Talk at First Watch 10-11:30 am</p>	<p><b>21</b> Learn &amp; Support: Ovarian 10-11:30 am</p>
<p><b>23</b> Clay 10 am-12 pm Participant Support Group 1-2:30 pm Cocinando Con Mari 6-7 pm Cooking for Health at Banner - University Medical Center Phoenix 6-7:30 pm</p>	<p><b>24</b> 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 Rhythms for a Healthy Life 1-2:30 pm Survivor Social 1-2:30 pm Newcomer Meeting 6 pm Gentle Yoga 6-7 pm</p>	<p><b>25</b> Cancer Support Group at Banner Boswell Medical Center 10-11:30 am Strength and Balance Class 11 am-12 pm Gentle Yoga 12:15-1:15 pm Gentle Yoga at Abrazo Arrowhead Hospital, 6-7 pm Friends &amp; Family Support Group 6-7:30 pm Participant Support Group 6-7:30 pm</p>	<p><b>26</b> Zumba Gold® 10:30-11:30 am Tai Chi 12-1 pm CSA Produce Pick Up and Ask the Farmer, 4-6 pm Bereavement Support Group 6-7:30 pm Getting a Good Night of Sleep with Shannon Ruff Dirksen, PhD, RN, 6-7:30 pm KidSupport™ at HEALing House, 6-7:30 pm Noche de Barro 6-7:30 pm</p>	<p><b>27</b> Gentle Yoga at Banner - University Medical Center Phoenix 10-11 am Lunch &amp; Learn: HPV Related Cancers at Banner - University Medical Center Phoenix 12-1 pm</p>	<p><b>28</b> Navegando la experiencia del cancer 9 am-2 pm</p>
<p><b>30</b> Participant Support Group 1-2:30 pm</p>	<p><b>YOU'RE INVITED TO JOIN CanSurround ONLINE SUPPORT</b></p> <p>Cancer Support Community Arizona has enhanced our FREE programs to include online emotional support 24 hours a day, 7 days a week!</p> <p>This NEW program is brought to you through a partnership with CanSurround, an innovative program that provides you online access to medical checklists, journaling, educational resources, relaxation exercises, and much more.</p> <p>Anyone impacted by cancer can utilize our online program by visiting <a href="http://www.cscaz.org/CanSurround">www.cscaz.org/CanSurround</a> and participation is always free thanks to the support of Thunderbirds Charities.</p> <div style="text-align: right;">  <p><b>CAN SURROUND</b></p>  </div>				

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 ▶ Offsite ▶ Español ▶ Virtual Support Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>1</b> Participant Support Group 10–11:30 am Bunco 12–2 pm Gentle Yoga 6–7 pm</p>	<p><b>2</b> Newcomer Meeting 10 am Strength and Balance Class 11 am–12 pm Gentle Yoga 12:15–1:15 pm Gentle Yoga at Banner Boswell 6–7 pm Friends &amp; Family Support Group 6–7:30 pm Grupo de Apoyo 6–7:30 pm Participant Support Group 6–7:30 pm</p>	<p><b>3</b> Return to Wellness 10–11:30 am Learn &amp; Support: Multiple Myeloma, 10 am–12 pm Zumba Gold®, 10:30–11:30 am Tai Chi, 12–1 pm Tibetan Singing Bowl Meditation 1:30–2:30 pm CSA Produce Pick Up, 4–6 pm Nutrition for Cancer Care at Abrazo Arrowhead Hospital, 5:30–7 pm Bereavement Support Group 6–7:30 pm KidSupport™ at HEALing House, 6–7:30 pm</p>	<p><b>4</b> Walking Club at Scottsdale Fashion Square 9–10 am Healthy Meal Preparation for Cancer at The Colonnade 10–11 am Bingo 6–7:30 pm Teen Cinco de Mayo at Amanda Hope Rainbow Angels 6–8 pm</p>	<p><b>5</b> Moving to the Beat 9–10 am Family Welcome Hour 10–11 am Family Fiesta Cooking Class 11 am–1 pm</p>
<p><b>7</b> Clay 10 am–12 pm Participant Support Group 1–2:30 pm</p>	<p><b>8</b> Living with Cancer Support Group 10–11:30 am Participant Support Group 10–11:30 am Jin Shin Jyutsu® 11:45 am–1:45 pm Survivor Social 1–2:30 pm Newcomer Meeting 6 pm Gentle Yoga 6–7 pm Volunteer Orientation 6–7:30 pm</p>	<p><b>9</b> Strength and Balance Class 11 am–12 pm Gentle Yoga 12:15–1:15 pm Gentle Yoga at Adelante Healthcare 6–7 pm Friends &amp; Family Support Group 6–7:30 pm Participant Support Group 6–7:30 pm</p>	<p><b>10</b> Return to Wellness, 10–11:30 am Zumba Gold®, 10:30–11:30 am Tai Chi 12–1 pm Quick Healthy Cooking: Healthy Soups, 2–3:30 pm CSA Produce Pick Up, 4–6 pm Bereavement Support Group 6–7:30 pm KidSupport™ at HEALing House, 6–7:30 pm Acupuncture for Cancer Care at St. Patrick, 6–7:30 pm Mindfulness and Resilience with Nika Gueci, EdD, 6–7:30 pm</p>	<p><b>11</b> CSC ADMINISTRATIVE OFFICES CLOSED 9 am–4 pm Gentle Yoga at Banner - University Medical Center Phoenix 10–11 am</p>	<p><b>12</b> Moving to the Beat 9–10 am Learn &amp; Support: Pancreatic 10–11:30 am Look Good, Feel Better 10 am–12 pm NOCC Meeting 10 am–12 pm Learn &amp; Support: Lung, 12:30–2 pm Learn &amp; Support: Carcinoid 12:30–2:30 pm</p>
<p><b>14</b> Participant Support Group 1–2:30 pm Vida Saludable 6–7 pm Drumming from the Heart at Via Linda Senior Center 6–7:30 pm</p>	<p><b>15</b> Participant Support Group 10–11:30 am Book Club "Small Great Things" by Jodi Picoult 12–1:30 pm Your Cancer Story Writing Workshop 2–3:30 pm Gentle Yoga 6–7 pm</p>	<p><b>16</b> 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 Gentle Yoga, at Abrazo Arrowhead Hospital, 6–7 pm Friends &amp; Family Support Group 6–7:30 pm Grupo de Apoyo, 6–7:30 pm Participant Support Group 6–7:30 pm</p>	<p><b>17</b> Return to Wellness 10–11:30 am Zumba Gold® 10:30–11:30 am Tai Chi 12–1 pm CSA Produce Pick Up 4–6 pm Seasonal Cooking Class: How to Use Your CSA Produce 6–7 pm Bereavement Support Group 6–7:30 pm</p>	<p><b>18</b> Walking Club at Scottsdale Fashion Square 9–10 am Healthy Meal Preparation for Cancer at The Colonnade 10–11 am Just for Men: Diner Talk at First Watch 10–11:30 am</p>	<p><b>19 SATURDAY</b> Moving to the Beat 9–10 am Learn &amp; Support: Ovarian 10–11:30 am Living Room Chat: CLL 10–11:30 am Teen Art Hour: Clay 1–3 pm DrumStrong, 5 pm</p>
					<p><b>20 SUNDAY</b> CBBC Mtg., 3–5 pm</p>
<p><b>21</b> Clay 10 am–12 pm Lunch and Learn: Melanoma and Skin Cancer at Banner - University Medical Center Phoenix, 12–1 pm Participant Support Group 1–2:30 pm Cooking for Health at Banner - University Medical Center Phoenix, 6–7:30 pm</p>	<p><b>22</b> 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 Rhythms for a Healthy Life 1–2:30 pm Survivor Social 1–2:30 pm Newcomer Meeting 6 pm Gentle Yoga 6–7 pm</p>	<p><b>23</b> Cancer Support Group at Banner Boswell Medical Center. 10–11:30 am Strength and Balance Class 11 am–12 pm Gentle Yoga 12:15–1:15 pm Women's Cancer &amp; Genetics at Adelante, with Stephanie Goettl, MS &amp; Kelly Collonello, CRNP, 5:30–7 pm Gentle Yoga at Banner Boswell, 6–7 pm Friends &amp; Family Support Group 6–7:30 pm Participant Support Group 6–7:30 pm</p>	<p><b>24</b> Return to Wellness 10–11:30 am Zumba Gold® 10:30–11:30 am Tai Chi 12–1 pm CSA Produce Pick Up and Ask the Farmer 4–6 pm Bereavement Support Group 6–7:30 pm Haciendo Paletas 6–7:30 pm</p>	<p><b>25</b> Gentle Yoga at Banner - University Medical Center Phoenix 10–11 am</p>	<p><b>26</b> Moving to the Beat 9–10 am</p>
<p><b>28</b> CSC ADMINISTRATIVE OFFICES CLOSED FOR MEMORIAL DAY</p> 	<p><b>29</b> Participant Support Group 10–11:30 am Gentle Yoga 6–7 pm</p>	<p><b>30</b> Newcomer Meeting 10 am Strength and Balance Class 11 am–12 pm Gentle Yoga 12:15–1:15 pm Friends &amp; Family Support Group 6–7:30 pm Participant Support Group 6–7:30 pm</p>	<p><b>31</b> Zumba Gold® 10:30–11:30 am Tai Chi 12–1 pm CSA Produce Pick Up 4–6 pm Boosting Your Immune System through Nutrition with Marianne Marchese, NMD 6–7:30 pm</p>	<p><b>FOLLOW CANCER SUPPORT COMMUNITY ARIZONA ON SOCIAL MEDIA</b></p> <p> <a href="https://www.facebook.com/CSCArizona">Facebook.com/CSCArizona</a></p> <p> <a href="https://www.facebook.com/cscarizonalatinos">Facebook.com/cscarizonalatinos</a></p> <p> <a href="https://www.instagram.com/cscaz360">@cscaz360</a></p> <p> <a href="https://twitter.com/CSCArizona">@CSCArizona</a></p>	

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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 Cancer Support Community Arizona at (602) 712-1006.</p>				<p><b>1</b> <b>Walking Club</b> at Scottsdale Fashion Square 9–10 am <b>Healthy Meal Preparation for Cancer</b> at The Colonnade 10–11 am <b>Bingo</b> 6–7:30 pm <b>Mom's Paint Night</b> 7–9 pm</p>	<p><b>2</b> <b>Moving to the Beat</b> 9–10 am</p>
<p><b>4</b> <b>Clay</b> 10 am–12 pm <b>Participant Support Group</b> 1–2:30 pm</p>	<p><b>5</b> <b>Participant Support Group</b> 10–11:30 am <b>Bunco</b> 12–2 pm <b>Newcomer Meeting</b> 6 pm <b>Gentle Yoga</b> 6–7 pm</p>	<p><b>6</b> <b>Strength and Balance Class</b> 11 am–12 pm <b>Gentle Yoga</b> 12:15–1:15 pm <b>Grupo de Apoyo</b> 6–7:30 pm <b>Friends &amp; Family Support Group</b> 6–7:30 pm <b>Participant Support Group</b> 6–7:30 pm</p>	<p><b>7</b> <b>Learn and Support: Multiple Myeloma</b> 10 am–12 pm <b>Zumba Gold®</b> 10:30–11:30 am <b>Tai Chi</b> 12–1 pm <b>Tibetan Singing Bowl Meditation</b> 1:30–2:30 pm <b>CSA Produce Pick Up</b> 4–6 pm</p>	<p><b>8</b> <b>Gentle Yoga</b> at Banner - University Medical Center Phoenix 10–11 am <b>Lunch and Learn: Cancer Survivorship</b> at Banner - University Medical Center Phoenix 12–1 pm <b>Teen Pajama Jam: Karaoke</b> 6–8 pm</p>	<p><b>9</b> <b>Moving to the Beat</b> 9–10 am <b>Learn &amp; Support: Pancreatic</b> 10–11:30 am <b>NOCC Meeting</b> 10 am–12 pm <b>Learn &amp; Support: Lung</b> 12:30–2 pm <b>Learn &amp; Support: Carcinoid</b> 12:30–2:30 pm</p>
<p><b>11</b> <b>Participant Support Group</b> 1–2:30 pm <b>Vida Saludable</b> 6–7 pm <b>Drumming from the Heart</b> at Via Linda Senior Center 6–7:30 pm</p>	<p><b>12</b> <b>Living with Cancer Support Group</b> 10–11:30 am <b>Participant Support Group</b> 10–11:30 am <b>Volunteer Orientation</b> 10–11:30 am <b>Jin Shin Jyutsu®</b> 11:45 am–1:45 pm <b>Survivor Social</b> 1–2:30 pm <b>Gentle Yoga</b> 6–7 pm</p>	<p><b>13</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>Cooking for Health</b> at Adelante Healthcare Surprise 6–7 pm <b>Friends &amp; Family Support Group</b> 6–7:30 pm <b>Participant Support Group</b> 6–7:30 pm</p>	<p><b>14</b> <b>Zumba Gold®</b> 10:30–11:30 am <b>Tai Chi</b> 12–1 pm <b>Facebook Live: Body Image and Cancer</b> 12:30 pm <b>Quick Healthy Cooking: Poolside Smoothies</b> 2–3:30 pm <b>CSA Produce Pick Up</b> 4–6 pm <b>Cancer 101</b> at St. Patrick Catholic Community 6–7:30 pm</p>	<p><b>15</b> <b>Walking Club</b> at Scottsdale Fashion Square 9–10 am <b>Healthy Meal Preparation for Cancer</b> at The Colonnade 10–11 am <b>Just for Men: Diner Talk</b> at First Watch 10–11:30 am</p>	<p><b>16 SATURDAY</b> <b>Moving to the Beat</b> 9–10 am <b>Learn &amp; Support: Ovarian</b> 10–11:30 am <b>Teen Movie Night</b> 5:30–8 pm</p>
<p><b>18</b> <b>Participant Support Group</b> 1–2:30 pm</p>	<p><b>19</b> <b>Participant Support Group</b> 10–11:30 am <b>Book Club</b> "Song of the Lion" by Anne Hillerman 12–1:30 pm <b>Your Cancer Story Writing Workshop</b> 2–3:30 pm <b>Newcomer Meeting</b> 6 pm <b>Gentle Yoga</b> 6–7 pm</p>	<p><b>20</b> <b>Strength and Balance Class</b> 11 am–12 pm <b>Gentle Yoga</b> 12:15–1:15 pm <b>Friends &amp; Family Support Group</b> 6–7:30 pm <b>Grupo de Apoyo</b> 6–7:30 pm <b>Participant Support Group</b> 6–7:30 pm</p>	<p><b>21</b> <b>Integrative Oncology</b> at PORA 9:30–11 am <b>Zumba Gold®</b> 10:30–11:30 am <b>Tai Chi</b> 12–1 pm <b>CSA Produce Pick Up</b> 4–6 pm <b>KidSupport™ Parent Orientation</b> 6 pm <b>Seasonal Cooking Class: How to Use Your CSA Produce</b> 6–7 pm</p>	<p><b>22</b> <b>CSC ADMINISTRATIVE OFFICES CLOSED</b> 9 am–4 pm <b>Gentle Yoga</b> at Banner - University Medical Center Phoenix 10–11 am</p>	<p><b>17 SUNDAY</b> <b>CBBC Meeting</b> 3–5 pm</p>
<p><b>25</b> <b>KidSupport™ Kamp</b> 9 am–4 pm <b>Participant Support Group</b> 1–2:30 pm <b>Cocinando Con Mari</b> 6–7 pm <b>Cooking for Health</b> at Banner - University Medical Center Phoenix 6–7:30 pm</p>	<p><b>26</b> <b>KidSupport™ Kamp</b> 9 am–4 pm <b>Living with Cancer Support Group</b> 10–11:30 am <b>Participant Support Group</b> 10–11:30 am <b>Peaceful Breath and Relaxation</b> 11:45 am–12:45 pm <b>Rhythms for a Healthy Life</b> 1–2:30 pm <b>Survivor Social</b> 1–2:30 pm <b>Gentle Yoga</b> 6–7 pm</p>	<p><b>27</b> <b>KidSupport™ Kamp</b> 9 am–4 pm <b>Newcomer Meeting</b> 10 am <b>Cancer Support Group</b> at Banner Boswell Medical Center, 10–11:30 am <b>Strength and Balance Class</b> 11 am–12 pm <b>Gentle Yoga</b> 12:15–1:15 pm <b>Friends &amp; Family Support Group</b> 6–7:30 pm <b>Participant Support Group</b> 6–7:30 pm</p>	<p><b>28</b> <b>Zumba Gold®</b> 10:30–11:30 am <b>Tai Chi</b> 12–1 pm <b>CSA Produce Pick Up and Ask the Farmer</b> 4–6 pm <b>Concurso de Salsa</b> 6–7:30 pm</p>	<p><b>23 SATURDAY</b> <b>Moving to the Beat</b> 9–10 am</p>	<p><b>24 SUNDAY</b> <b>Family Summer Bowling Bash</b> at Main Event Entertainment 11 am–12:30 pm</p>
<p><b>25</b> <b>KidSupport™ Kamp</b> 9 am–4 pm <b>Participant Support Group</b> 1–2:30 pm <b>Cocinando Con Mari</b> 6–7 pm <b>Cooking for Health</b> at Banner - University Medical Center Phoenix 6–7:30 pm</p>	<p><b>26</b> <b>KidSupport™ Kamp</b> 9 am–4 pm <b>Living with Cancer Support Group</b> 10–11:30 am <b>Participant Support Group</b> 10–11:30 am <b>Peaceful Breath and Relaxation</b> 11:45 am–12:45 pm <b>Rhythms for a Healthy Life</b> 1–2:30 pm <b>Survivor Social</b> 1–2:30 pm <b>Gentle Yoga</b> 6–7 pm</p>	<p><b>27</b> <b>KidSupport™ Kamp</b> 9 am–4 pm <b>Newcomer Meeting</b> 10 am <b>Cancer Support Group</b> at Banner Boswell Medical Center, 10–11:30 am <b>Strength and Balance Class</b> 11 am–12 pm <b>Gentle Yoga</b> 12:15–1:15 pm <b>Friends &amp; Family Support Group</b> 6–7:30 pm <b>Participant Support Group</b> 6–7:30 pm</p>	<p><b>28</b> <b>Zumba Gold®</b> 10:30–11:30 am <b>Tai Chi</b> 12–1 pm <b>CSA Produce Pick Up and Ask the Farmer</b> 4–6 pm <b>Concurso de Salsa</b> 6–7:30 pm</p>	<p><b>29</b></p>	<p><b>30</b> <b>Moving to the Beat</b> 9–10 am</p>



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

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# Volunteer APPRECIATION LUNCHEON

Wednesday | April 18 | 11:30 am–1 pm

**We want to show our appreciation  
for our amazing volunteers!**

**Join us** for a fantastic afternoon  
of food, fun games and a special  
surprise!

Please register by emailing  
[RSVP@cscaz.org](mailto:RSVP@cscaz.org) or call  
(602) 712-1006.

*If you're interested in making a difference  
by volunteering, please join us for a volunteer  
orientation on the second Tuesday of each  
month. Look inside for more information.*

