CANCER SUPPORT COMMUNITY
ATLANTA
AFFILIATED WITH NORTHSIDE HOSPITAL CANCER INSTITUTE

CALENDAR and News

FREE CANCER SUPPORT - MARCH & APRIL 2013

Membership at CSC Atlanta

Anyone new to our community must attend a "New Member Orientation" where you can meet others who are affected by cancer too. Meetings are held every Monday morning at 10am and every Thursday evening at 6pm. Either prior to the meeting, or directly following the meeting, every new member will complete our web-based distress screening program: "Cancer Support Source". New Member meetings require an RSVP.

Spaghetti Dinner

Wednesday, March 27th, 6:30-8:00pm. RSVP - Space is Limited

Join us for a Spaghetti Dinner. We'll have bread, salad, spaghetti, wine and desserts, all accompanied by Italian music to serenade you through your meal. The best part about this dinner (other than the food, of course) will be the company. We hope to see you there!

New Member Mingle

Thursday, April 4th. 6:30-7:30pm

Anyone who came to our community as a "New Member" between January and March of this year is invited to our "New Member Mingle". Come to meet others who are new as well. We'll have wine and hors d'oeuvres to make it even better.

Support CSC Atlanta! Sign Up for the 2013 Chastain Chase!

CHASTAIN CHASE 6K

Celebrate Springtime in Atlanta by supporting our Chastain Chase 6K fundraiser on Sunday, April 21st. This great event offers a variety of ways to participate - Run or walk the 6K or 1 mile, bring your little ones for the Tot Trot... you can even sleep in late and participate as a phantom runner.

The race will begin at Road Runner Sports, Power Ferry Square (3756 Roswell Rd., NE, Suite 16 Atlanta, GA 30342) and will wind through scenic Chastain Park. Our DJ will start the fun at 7am, with the race beginning at 8am. Build your team today, or join as an individual, but don't miss the chance to support CSC Atlanta at this great event.

Register at www.cscatlanta.kintera.org/chastainchase.

Cooking Demonstrations March & April:

Cooking with Ancient Grains:
Tuesday, March 26th, 2:30-4:00pm &
Thursday, March 28th, 6:30-8:00pm.

Spring Greens - Salads and Beyond:
Thursday, April 11th, 6:30-8:00pm &
Tuesday, April 23rd, 2:30-4:00pm.

Art as Connection Special Series: "The Artist's Way"

4th Tuesday of the Month, 10-11:30am

We will be using Julia Cameron's book, "The Artist's Way: A Spiritual Path to Higher Creativity," every fourth Tuesday for this special art series. In March we will discuss the second chapter and in April the third. Join us for the exploration of the book and added exercises using art materials and class discussion. Facilitated by Edna Bacon, ATR.

KID SUPPORT SERIES - Next Session begins on Saturday, March 9th

Kid Support at CSC Atlanta is a peer support group for children who have a parent, grandparent, family member, or friend with cancer (either in treatment or post-treatment), or who have cancer themselves. This 8-week group offers children (ages 6-12) an opportunity to make friends and learn skills to help them when cancer is in their lives. Contact Rachel Newby @ 404.843.1880 ex.15 or rachel@cscatlanta.org for more information. This program requires an RSVP.

WHAT'S HAPPENING

AT THE CANCER SUPPORT COMMUNITY -ATLANTA

Staff

Christy Andrews
Executive Director

Rachel Newby, LMSW
Program Director

Eleanor Smith
Outreach Director

Nancy Yingst
Administrative Director

Bonnie Bennett
Volunteer Coordinator

Kimberly Bradigan
Accountant

Facilitators

Edna Bacon, ATR *Art*
Robin Benardot, RD,LD *Nutrition*
Sandy Bramlett, M.Ed. *Zumba*
Elaine Hoffman, LMFT, M.Div *Grief*
Kate Kray, LCSW *Facilitator*
Tallulah Lyons, M.Ed. *Dreams*
Elizabeth Marvel, RYT *Yoga*
Peggy Morehouse, LCSW *Facilitator*
Othene Munson, RYT *Yoga*
Jane Myers, BHS *Pilates & WW*
Shane Orfas *T'ai Chi Qi Gong*
Ashley Ritchie, RD, LD *Nutrition*
Rick Rodriguez, LCSW *Facilitator*
Ellen Sichel, RYT *Yoga & Meditation*
Bethany Smith, RD, LD *Nutrition*
Merrilee Stewart, LCSW *Facilitator*
Susan Wells, RYT *Yoga*
Alisa Winters, RD, LD *Nutrition*

Board of Directors

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Tim Thomas
Monica Walter
Sanford H. Zatcoff

Meet the CSC Staff: Shane Orfas

Shane originally joined our community in July of 2009 to teach a weekly T'ai Chi/Qi Gong class. Thanks to the popularity of the class, our T'ai Chi offerings have expanded and Shane now can be found teaching at CSC Atlanta twice each week at our Atlanta campus and twice a month in Forsyth. The class is suitable for anyone and is quickly becoming a favorite offering at CSC Atlanta.

Join us for a class and learn the most popular Qi Gong series that is practiced by millions of South Asians in China, Singapore, Thailand, and Japan. Originally developed for people rehabilitating from a variety of ailments, the practice increases Qi (life force), helps blood circulation, stretches tendons, ligaments and joints, strengthens the immune system, and speeds recovery. A typical class consists of an opening meditation on energy-field awareness, awakening and loosening muscles, opening joints and meridian stretching, body patting, 18 T'ai Chi Qi Gong movements, and a closing meditation. Come to one of Shane's classes and learn what all of the excitement is about!

Atlanta: Tuesdays at 1pm & Fridays at 10am.

Forsyth: 2nd and 4th Mondays at 10am.

Cherry Pecan Bran Muffins

Servings: 16

2 c wheat bran
1 c raisins
1 6-oz carton plain nonfat yogurt
1/4 c expeller pressed canola oil
1 organic egg (or 2 egg whites)
1 tsp baking powder
1/2 tsp salt
1 c chopped pecans
1 1/4 cup water, divided
1/2 c pure maple syrup
6 Tbsp unsweetened applesauce
3/4 c whole wheat pastry flour
1 tsp baking soda
1 cup dried cherries

Preheat oven to 350° F. Oil 16 muffin cups with cooking spray or use paper liners. Spread bran and pecans on large baking sheet lined with parchment paper and toast for 5-10 minutes, stirring once. Meanwhile, put raisins and 1/2 c water in small pot, cover and simmer over med-low heat until water is absorbed, 10-12 minutes. Transfer raisins to blender or food processor. Add water, yogurt, syrup, oil, applesauce, egg and blend until smooth. In large bowl, mix bran and pecans, flour, baking powder, baking soda, salt and cherries. Pour liquid ingredients from the blender over dry ingredients and stir until just combined. Scoop batter evenly into the prepared muffin tins and bake for 25-30 minutes or until a toothpick inserted in center of muffins comes out clean. Remove from oven and cool before serving.

Nutrition Facts: 210 calories, 9 g fat (1 g saturated), 15 mg cholesterol, 33 carbs, 6 g fiber, 4 g protein.

PROGRAM HIGHLIGHTS

AT THE CANCER SUPPORT COMMUNITY -ATLANTA

SUPPORT

Preparing to Make a Treatment Decision at Your Next Dr. Visit?

CSC Atlanta offers a free service called "Open to Options" that will help you prepare for your next doctor's visit during which you plan to discuss treatment options. In a one-on-one conversation with an "Open to Options" specialist, we'll help you sort through any questions you may have about your various treatment options. To schedule, contact Rachel Newby at 404.843.1880 ext.15.

Triple Negative Breast Cancer Support Group - New Date/Time

NEW

4th Thursday of the Month, 12:00-2:00pm

This new group has been developed to address the needs of women who have triple negative breast cancer. Come and share with others who have similar concerns and situations. Kate Kray, LCSW, facilitates.

EDUCATION

Stories to Heal and Grow

Wednesday, March 20th, 12:00-2:00pm **RSVP - Lunch Provided**

Come listen to storyteller Diane Rooks speak about the power that stories have in bringing healing to our lives. Take a look at your own stories and find new insights and possibilities as we share with each other. Then discover how empowering it is to listen and be heard. Diane holds an M.Ed. in storytelling and has authored a book on healing stories called "Spinning Gold out of Straw: How Stories Heal."

Hereditary Breast and Ovarian Cancer

Wednesday, April 24th, 6:30-8:00pm **RSVP - Dinner Provided**

Are you concerned about your family's cancer history? Come learn more about how genetic testing may help you or your family. Learn about the benefits, risks, and limitations of genetic testing. A Genetic Counselor from the Northside Hospital Hereditary Cancer Program will present. There will be a question and answer session following the presentation.

Breast Reconstruction

Thursday, April 25th, 6:00-8:00pm **RSVP - Dinner Provided**

This free workshop will have information on breast reconstruction after a breast cancer diagnosis. Come learn about breast reconstruction and non-reconstruction options, how to make a decision that is right for you, medical factors that can influence your decision, and how to prepare for and what to expect after surgery. The featured speaker of the program will be Bernadette Wang-Ashraf, MD, FACS. She is a Board Certified Plastic Surgeon and the co-founder of Artisan Plastic Surgery.

About Our Calendar

Events underlined require reservations

SUPPORT

Healthy Lifestyle

EDUCATION

EXPLORATION

March 2013 Calendar of Events

Cancer Support Community - Atlanta. 404.843.1880 • www.cscatlanta.org
5775 Peachtree Dunwoody Rd. Bldg C - Suite 225. Across the street from Northside.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
				1 10:00 T'ai Chi QiGong 12:00 Zumba	**2** **3**
4 10:00 New Member 11:00 Guided Imagery 11:00 Grief & Loss 11:00 Wellness Workout 12:00 Pilates 1:00 Intermediate Wellness Workout 6:00 Custom Calm Yoga	**5** 9:30 Supported Yoga 11:00 Dreams 11:00 Yoga 1:00 T'ai Chi Qi Gong 2:30 Probiotics Seminar	**6** 10:00 Zumba 11:00 Wellness Workout 12:00 Pilates 1:15 Stress Reduction @ NSH Infusion 6:00 Weekly Group	**7** 11:00 Custom Calm Yoga 6:00 Yoga 6:00 New Member	**8** 10:00 T'ai Chi QiGong 12:00 Cancer Nutrition Support	**9** 11:00 Carcinoid 12:30 Kid Support **10**
11 10:00 New Member 11:00 Guided Imagery 11:00 Wellness Workout 12:00 Pilates 12:00 Living with Advanced Breast Cancer 1:00 Intermediate Wellness Workout 6:00 Custom Calm Yoga	**12** 9:30 Supported Yoga 10:00 Art 11:00 Yoga 1:00 T'ai Chi Qi Gong	**13** 10:00 Zumba 11:00 Wellness Workout 12:00 Pilates 12:00 Breast Cancer Grp 1:15 Stress Reduction @ NSH Infusion 6:00 Family and Friends 6:00 Weekly Group 6:00 Trouble with Sleeping	**14** 11:00 Custom Calm Yoga 12:30 Clarity & Sleep 6:00 Yoga 6:00 New Member 6:00 U Go Girls/ LIFT	**15** 10:00 T'ai Chi QiGong 12:00 Zumba	**16** 12:30 Kid Support **17**
18 9:30 Mom's Club 10:00 New Member 11:00 Guided Imagery 11:00 Grief & Loss 11:00 Wellness Workout 12:00 Pilates 1:00 Intermediate Wellness Workout 6:00 Custom Calm Yoga	**19** 9:30 Supported Yoga 11:00 Dreams 11:00 Yoga 1:00 T'ai Chi Qi Gong	**20** 10:00 Zumba 11:00 Wellness Workout 12:00 Pilates 12:00 Stories to Heal and Grow 1:15 Stress Reduction @ NSH Infusion 6:00 Colorectal Group 6:00 Weekly Group	**21** 11:00 Custom Calm Yoga 1:30 Nutrition Consults 6:00 Yoga 6:00 New Member 6:00 Network of Hope 7:00 Prostate Support	**22** 10:00 T'ai Chi QiGong 12:00 Cancer Nutrition Support	**23** 10:00 NSH Survivorship Class 12:30 Kid Support **24**
25 10:00 New Member 11:00 Guided Imagery 11:00 Wellness Workout 12:00 Pilates 12:00 Living with Advanced Breast Cancer 1:00 Intermediate Wellness Workout 6:00 Custom Calm Yoga	**26** 9:30 Supported Yoga 10:00 Art 11:00 Yoga 1:00 T'ai Chi Qi Gong 2:30 Cooking Demo	**27** 10:00 Zumba 11:00 Wellness Workout 12:00 Pilates 12:00 Breast Cancer Grp 1:15 Stress Reduction @ NSH Infusion 6:00 Family and Friends 6:00 Weekly Group 6:30 Spaghetti Dinner	**28** 11:00 Custom Calm Yoga 12:00 Triple Negative Breast Cancer Group 12:30 Clarity & Sleep 6:00 Yoga 6:00 New Member 6:30 Movie Night 7:00 Lung Support	**29** 10:00 T'ai Chi QiGong	**30** 12:30 Kid Support **31**

April 2013 Calendar of Events

Cancer Support Community - Atlanta. 404.843.1880 • www.cscatlanta.org
5775 Peachtree Dunwoody Rd. Bldg C - Suite 225. Across the street from Northside.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1 10:00 New Member 11:00 Guided Imagery 11:00 Grief & Loss 11:00 Wellness Workout 12:00 Pilates 1:00 Intermediate Wellness Workout 6:00 Custom Calm Yoga	**2** 9:30 Supported Yoga 11:00 Yoga 11:00 Dreams 2:30 Soy and Breast Cancer 1:00 T'ai Chi Qi Gong	**3** 10:00 Zumba 11:00 Wellness Workout 12:00 Pilates 1:15 Stress Reduction @ NSH Infusion 6:00 Weekly Group	**4** 11:00 Custom Calm Yoga 6:00 Yoga 6:00 New Member 6:30 New Member Mingle	**5** 10:00 T'ai Chi QiGong 12:00 Zumba	**6** 12:30 Kid Support **7**
8 10:00 New Member 11:00 Guided Imagery 11:00 Wellness Workout 12:00 Pilates 12:00 Living with Advanced Breast Cancer 1:00 Intermediate Wellness Workout 6:00 Custom Calm Yoga	**9** 9:30 Supported Yoga 10:00 Silk Scarves 11:00 Yoga 1:00 T'ai Chi Qi Gong	**10** 10:00 Zumba 11:00 Wellness Workout 12:00 Pilates 1:15 Stress Reduction @ NSH Infusion 12:00 Breast Cancer Grp 6:00 Family & Friends 6:00 Weekly Group	**11** 11:00 Custom Calm Yoga 12:00 U Go Girls/LIFT 12:30 Clarity & Sleep 6:00 Yoga 6:30 Cooking Demo	**12** 10:00 T'ai Chi QiGong 12:00 Cancer Nutrition Support	**13** 12:30 Kid Support **14**
15 9:30 Mom's Club 10:00 New Member 11:00 Guided Imagery 11:00 Grief & Loss 11:00 Wellness Workout 12:00 Pilates 1:00 Intermediate Wellness Workout 6:00 Custom Calm Yoga	**16** 9:30 Supported Yoga 11:00 Yoga 11:00 Dreams 1:00 T'ai Chi Qi Gong	**17** 10:00 Zumba 11:00 Wellness Workout 12:00 Pilates 1:15 Stress Reduction @ NSH Infusion 6:00 Weekly Group 6:00 Colorectal Group 6:00 Spring in Your Step	**18** 11:00 Custom Calm Yoga 1:30 Nutrition Consults 6:00 Yoga 6:00 New Member 6:00 Network of Hope 7:00 Prostate Support	**19** 10:00 T'ai Chi QiGong 12:00 Zumba	**20** 9:00 NSH Survivorship Class 12:30 Kid Support **21** CHASTAIN CHASE 6K
22 10:00 New Member 11:00 Guided Imagery 11:00 Wellness Workout 12:00 Pilates 12:00 Living with Advanced Breast Cancer 1:00 Intermediate Wellness Workout 6:00 Custom Calm Yoga	**23** 9:30 Supported Yoga 10:00 Art 11:00 Yoga 1:00 T'ai Chi Qi Gong 2:30 Cooking Demo	**24** 10:00 Zumba 11:00 Wellness Workout 12:00 Pilates 12:00 Breast Cancer Grp 1:15 Stress Reduction @ NSH Infusion 6:00 Family & Friends 6:00 Weekly Group 6:30 Hereditary Cancer	**25** 11:00 Custom Calm Yoga 12:00 Triple Negative Breast Cancer Group 12:30 Clarity & Sleep 6:00 Yoga 6:00 New Member 6:00 Breast Reconstruction 7:00 Lung Support	**26** 10:00 T'ai Chi QiGong 12:00 Cancer Nutrition Support	**27** 12:30 Kid Support **28**
29 10:00 New Member 11:00 Guided Imagery 11:00 Wellness Workout 12:00 Pilates 1:00 Intermediate Wellness Workout 6:00 Custom Calm Yoga	**30** 9:30 Supported Yoga 11:00 Yoga 1:00 T'ai Chi Qi Gong				

About Our Calendar:

Events underlined require reservations

Healthy Lifestyle

EDUCATION

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PROGRAM HIGHLIGHTS

AT THE CANCER SUPPORT COMMUNITY-ATLANTA

Healthy Lifestyle

Improve Clarity, Sleep & Stamina Workshops: RSVP.

Thursday, March 14th & 28th; April 11th & 25th, 12:30-2:00pm.

Practical, evidence based tools will be taught to improve sleep, clarity and stamina including breathing techniques, meditation techniques, mindfully based stress reduction, mindful movement, philosophy and anatomy discussions. Ellen Sichel, E-RYT500.

Trouble with Sleep? Yoga Techniques will Help! RSVP.

Wednesday, March 13th, 6:00-8:00pm.

Many of us have problems either falling asleep or staying asleep. Medications seem to have limitations and side effects. Why not empower yourself? Learn simple practices to unwind your body, and calm your mind, so you can have more vitality throughout your day. You will even be able to apply these practices without leaving your bed. Ellen Sichel, E-RYT500.

Put Some Spring in Your Step! RSVP.

Wednesday, April 17th, 6:00-8:00pm.

With the emergence of spring comes increased activity. Gardening, walking and sports are just a few of the many things we enjoy doing. Learn the principles of effective walking, body mechanics and balance to help support you while you are out and about. The less stress you have in your body, the more energy and strength you will have to enjoy your day. Ellen Sichel, E-RYT500.

EXPLORATION

Art as Connection

Second & Fourth Tuesdays, 10-11:30am.

A wide variety of materials are available and guidance is given to create images. No art experience is necessary, but a sense of curiosity and openness is welcomed. On fourth Tuesdays, we'll be holding a special art series instead of our ongoing art class. Please see the first page of our program calendar for all the details. Edna Bacon, ATR, leads.

Hosted Groups

We invite the following groups into our "home" for the programs below:

You Go Girls/LIFT Dinner: Thursday, March 14th, 6-8pm. RSVP: 404.851.8899.
In his breakthrough book, "The Ultimate Guide to Ovarian Cancer", Dr. Benedict Benigno offers a compassionate, easy-to-understand in-depth look into standard and out-of-the-box ovarian cancer treatments and a thorough examination of the basic science research that will eventually cause a revolution in the way all cancers will be treated. His own patient experiences are interwoven with the stories of survivors who beat the odds. Dr. Benigno will be the speaker this evening.

You Go Girls/LIFT Luncheon: Thursday, April 11th, 12-2pm. RSVP: 404.851.8899.
Have you ever wondered why laughter is often called "The Best Medicine?" If so, join Celeste Greene of Laughter Yoga Atlanta for an interactive playshop where you will learn all about the amazing health benefits of laughter, and discover firsthand how to tap into this powerful medicine through an invigorating Laughter Yoga session. All that is needed is a willingness to learn, laugh, let go, and have fun!"

Carcinoid Support Group: Saturday, March 9th, 11am-3pm.
For more information, call Mack Caudill at 770.831.4519.

ONGOING PROGRAMS

AT THE CANCER SUPPORT COMMUNITY-ATLANTA

SUPPORT

New Member Orientation

If you are new to the community, we require that you attend a New Member Orientation meeting. These meetings are open to adults with cancer & their family & friends. There will be a tour and overview of the entire program. Mondays at 10am; Thursdays at 6pm. **RSVP.**

Weekly Support Groups

Ongoing support groups for people with cancer are the heart of CSC Atlanta programs. In Weekly Groups, people with cancer offer support to one another, explore new ways of dealing with the stresses of cancer and learn techniques to become partners with their health care team. Wednesdays 6-8pm. **RSVP.**

Networking Groups

Networking groups are monthly or bimonthly groups that are diagnosis/situation specific. **No RSVP.** *Groups Include:*

- **Family & Friends - 2nd & 4th Wed: 6:00-8:00pm**
- **Breast Cancer - 2nd & 4th Wed: 12:00-2:00pm**
- **Living with Advanced BC - 2nd & 4th Mon: 12:00-2:00pm**
- **Grief & Loss - 1st & 3rd Mon: 11:00am-12:30pm**
- **Colorectal - 3rd Wed: 6:00-8:00pm (Caregivers Welcome)**
- **Mom's Club - 3rd Mondays: 9:30am-11:00am**
- **Cancer Nutrition Support - 2nd & 4th Fridays: 12:00-1:30pm.**
- **Prostate Cancer - 3rd Thursday: 7:00-8:30pm**
- **Lung Cancer - 4th Thursday: 7:00-8:30pm (Caregivers Welcome)**
- **Triple Negative BC - 4th Thurs: 12:00-2:00pm**

EDUCATION

Nutrition Seminars

Join Robin Benardot, RD, LD, for professional advice on how dietary choices can shape your journey through cancer. These workshops are provided by "It's the Journey, Inc. Atl 2-Day Walk for Breast Cancer." **RSVP.**

- *Tuesday, March 5th: The Scoop on Probiotics. 2:30-4:00pm.*
- *Tuesday, April 2nd: Soy Foods and Breast Cancer. 2:30-4:00pm.*

Nutrition Consultations

Third Thursday of the month, 1:30-3:30 p.m. Alisa Winters, MS, RD, LD, will assist you in developing an individualized dietary plan. Sessions are for 30 mins & will be over the phone.

Healthy Lifestyle

Interactive Yoga

Gentle yoga can renew the body, lower stress, bring a sense of inner calm and well-being, and be an important aid to your body in its fight for recovery. Tues: 11-12:15pm & Thurs: 6-7:15pm

Custom Calm Yoga

Approachable, compassionate, supported yoga that releases tensions along the spine. Thursdays: 11am-12:15pm & Mondays: 6:00-7:15pm

T'ai Chi, Qi Gong

Originally developed for people rehabilitating from a variety of ailments, the practice increases Qi (life force), helps blood circulation, stretches tendons, ligaments and joints, strengthens the immune system, and speeds recovery. A typical class consists of an opening meditation on energy-field awareness, awakening and loosening muscles, opening joints and meridian stretching, body patting, T'ai Chi Qi Gong movements, a closing meditation, and time for sharing. Tuesdays: 1-2:30pm. Fridays: 10-11:30am.

Healthy Lifestyle Programs

CSC-Atlanta offers many healthy lifestyle programs that help alleviate anxiety, reduce stress and boost the immune system. These programs include:

- **Supported Yoga - Tuesdays: 9:30-10:45am**
- **Therapeutic Pilates - Mon & Wed: 12:00-1:00pm**
- **Wellness Workout - Mon & Wed: 11:00am-12:00pm**
- **Intermediate Wellness Workout - Mondays: 1:00-2:00pm**
- **Guided Imagery - Mondays: 11:00-12:30pm**
- **Zumba - Wednesdays 10-11:00am; 1st & 3rd Fridays: 12:00-1:00pm**
- **Art as Connection - 2nd Tuesdays: 10-11:30am**

EXPLORATION

Exploring Dreams

First and Third Tuesdays, 11am-12:30pm

Come learn to connect with your dreams, both sleeping and waking. Through guided imagery, learn to integrate dream imagery as energy for the healing journey. Each session stands on its own. Tallulah Lyons, M.Ed. leads this offering.

CANCER SUPPORT COMMUNITY
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5775 Peachtree Dunwoody Road • Suite C-225
Atlanta, GA 30342 • See inside for other locations
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www.cscatlanta.org

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March | April 2013

CALENDAR of Events

If you no longer wish to receive our calendar please call our main number: 404.843.1880

SPECIAL PROGRAMS

Silk Scarves

Tuesday, April 9th,
10:00am-11:30am. RSVP.

Experience the joy of painting with French dyes on white silk. Watch the magic of the dyes as they are absorbed into the silk-fibers. Learn how to control and manipulate the dyes.

Movie Night!

Thursday, March 28th,
6:30pm-the credits roll. RSVP.

Join other community members to watch the Oscar nominated film "The Best Exotic Marigold Hotel". We'll have popcorn, candy, drinks and friends to share them with (including Dame Judi Dench)!

Facing Cancer? *You're not alone.*

"The validation and support of CSC Atlanta make me feel empowered and so normal. I also must note that the seminars and the superior education that they provide have given real knowledge that help me to make wise choices in my endeavor to remain healthy "

-CSC Member

Our Mission

The Cancer Support Community's mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community.

Check out our Website!

www.cscatlanta.org

OFFSITE LOCATIONS

AT THE CANCER SUPPORT COMMUNITY -ATLANTA

Off-site Locations and Programs

Northside-Forsyth:

1200 Northside Forsyth Dr., Cumming, GA 30041

All programs are held in the 1400 Building at Northside Forsyth.

Support:

Weekly support group for people with cancer and their loved ones. Thursdays, 12:30-2pm. Bldg. 1400. Suite 180 - Admin. Conference Room. No group on Thursday, April 11th.

Drop-in Breast Cancer support group. 3rd Sunday of the month, 3-5pm. Building 1400. Volunteer Library - on the right as you enter the building.

Mind/Body Workshops:

Trouble with Sleep? Yoga Techniques Can Help. RSVP.

Wednesday, March 13th, 10:45am-12:15pm.

Many of us have problems either falling asleep or staying asleep. Medications seem to have limitations and side effects. Why not empower yourself? Learn simple practices to unwind your body, and calm your mind, so you can have more vitality throughout your day. You will even be able to apply these practices without leaving your bed. Ellen Sichel, E-RYT500.

Put Some Spring in Your Step! RSVP.

Wednesday, April 10th, 10:45am-12:15pm.

With the emergence of spring comes increased activity. Gardening, walking and sports are just a few of the many things we enjoy doing. Learn the principles of effective walking, body mechanics and balance to help support you while you are out and about. The less stress you have in your body, the more energy and strength you will have to enjoy your day. Ellen Sichel, E-RYT500.

Yoga and T'ai Chi/Qi Gong:

Yoga Classes: Wednesdays, 10:45am-12:00pm. Gentle yoga can renew the body, lower stress, bring a sense of inner calm and well-being, and be an important aid to your body in its fight for recovery. Wear comfortable clothing. Ellen Sichel.

T'ai Chi, Qi Gong: 2nd & 4th Mondays, 10-11:30am. A typical class consists of an opening meditation on energy-field awareness, awakening and loosening muscles, opening joints and meridian stretching, body patting, T'ai Chi Qi Gong movements, a closing meditation, and time for sharing. Shane Orfas.

Northside-Cherokee:

Drop-in Breast Cancer support group. First Thursday of the month, 10:00am - 12:00pm, in the basement of the Marietta Dermatology Building. Rachel Newby, LMSW leads. 130 Oakside Court, Suite A, Canton, GA 30114 (Behind NSH-Cherokee). RSVP 24 hours ahead.

Yoga in Cherokee County. Yoga classes take place at The Center For Yoga: 1105 Parkside Lane, Suite 1204, Woodstock, GA 30189. Classes will be held on Mondays: March 4th & 25th; April 1st and 15th @ 12:45-2:00pm.

Hope Lodge:

1552 Shoup Court, Decatur, GA 30033

Yoga Classes - 1st & 3rd Mondays, 5:30-6:30pm

March 2013 Calendar of Events

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
4 12:45 Yoga @ Cherokee 5:30 Yoga @ Hope Lodge	5	6 10:45 Yoga @ Forsyth	7 10:00 Breast Cancer Group @ Cherokee 12:30 Support @ Forsyth	8	9 10
11 10:00 T'ai Chi @ Forsyth	12	13 10:45 Special Workshop @ Forsyth	14 12:30 Support @ Forsyth	15	16 17 3:00 BC Support @ Forsyth
18 5:30 Yoga @ Hope Lodge	19	20 10:45 Yoga @ Forsyth	21 12:30 Support @ Forsyth	22	23 24
25 10:00 T'ai Chi @ Forsyth 12:45 Yoga @ Cherokee	26	27 10:45 Yoga @ Forsyth	28 12:30 Support @ Forsyth	29	30 31

OFFSITE LOCATIONS

April 2013 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1 5:30 Yoga @ Hope Lodge 12:45 Yoga @ Cherokee	2	3 10:45 Yoga @ Forsyth	4 10:00 Breast Cancer Group @ Cherokee 12:30 Support @ Forsyth	5	6 7
8 10:00 T'ai Chi @ Forsyth	9	10 10:45 Special Workshop @ Forsyth	11	12	13 14
15 5:30 Yoga @ Hope Lodge 12:45 Yoga @ Cherokee	16	17 10:45 Yoga @ Forsyth	18 12:30 Support @ Forsyth	19	20 21 3:00 BC Support @ Forsyth
22 10:00 T'ai Chi @ Forsyth	23	24 10:45 Yoga @ Forsyth	25 12:30 Support @ Forsyth	26	27 28
29	30				

About Our Calendar:

SUPPORT

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EDUCATION

EXPLORATION

Events underlined require reservations