Patients and families are invited to a Celebration of Life in honor of National Cancer Survivors Day.

Honoring the strength and courage of cancer survivors and their caregivers. A cancer survivor is anyone living with a history of cancer, from the moment of diagnosis.

Thursday, June 9, 2016
Open House:
11 a.m. to 2 p.m.
Sheri & Les Biller Patient and Family Resource Center

Program at 12:15 p.m. featuring:
Alexandra M. Levine, M.D., M.A.C.P.
Chief Medical Officer
Dr. Norman & Melinda Payson Professor in Medicine, Professor of Hematology/HCT
City of Hope
And a City of Hope patient speaker

- Pamper yourself with free chair massages and manicures
- Visit educational booths on survivorship, prevention, nutrition and healthy living
- Enjoy light refreshments, free portraits, raffle prizes and more!

For more information:
Call 626-218-CARE (2273)
or email BillerResourceCenter@coh.org

Sponsored by:
Sheri & Les Biller Patient and Family Resource Center/Department of Supportive Care Medicine

See reverse side for a full list of events.
**SURVIVORSHIP WEEK 2016**

**CALENDAR OF EVENTS**

Events open to patients, caregivers, the community and staff

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**MONDAY, JUNE 6**

**Finding Sunken Treasure in the Information Ocean:**
**Evaluation of Health-Related Websites**

**Time:** 11:30 a.m. to 12:30 p.m.

**Location:** Graff Library Conference Room G112

Learn tips and tools for discovering quality health information.

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**TUESDAY, JUNE 7**

**Relaxation Massage**

**Time:** 9 a.m. to 1 p.m.

Enjoy a complimentary 10 to 15 minute chair massage for patients and families.

**Reiki for Mind, Body and Spirit**

**Time:** 10 a.m. to 11 a.m.

Reiki is a Japanese energy-based technique that promotes relaxation and overall wellness, relieves pain, and reduces stress and anxiety.

**An Afternoon of Music**

**Time:** 12:30 p.m. to 1:30 p.m.

Location: Helford Hospital Lobby

Delight in the beautiful melodies of internationally renowned harpist Alfredo Rolandi Ortiz.

**Art with Heart**

**Time:** 1:30 to 3 p.m.

Express yourself through the creative process of art. No prior experience necessary.

**Nutrition and Physical Activity for Your Health!**

**Time:** 2 to 3 p.m.

**Location:** Conference Room B (next to Cafeteria)

Learn how to reduce your risk of cancer by eating healthy and practicing new, simple exercises. Stop by to sample a healthy, easy-to-prepare dish!

**Yoga Restaurativo**

**Time:** 3:30 to 4:30 p.m.

**Location:** Hope Village Activity Room

Aprenda técnicas del yoga suaves diseñadas para aliviar la tensión, promover la relajación, mejorar la variedad del movimiento y reducir el dolor. Ninguna experiencia previa necesaria.

**I'm a Young Adult with Cancer ... Now What?**

**Time:** 3:30 to 5 p.m.

You're not alone. Join us to discuss the social, emotional, and practical issues that impact your life. Obtain resources for education and support.

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**WEDNESDAY, JUNE 8**

**Get Moving!**

**Time:** 10:30 a.m.

**Location:** Spirit of Life® Fountain

Staying active is one of the best things you can do for your health. Join us for a walk around our beautiful campus. You will have the opportunity to ask questions and learn about City of Hope history, landmarks and more.

**Healing Power of Music**

**Time:** 10:30 to 11:30 a.m.

Nourish your mind, body and spirit with the healing power of music. Explore the ukulele, drums and other instruments! No previous experience necessary.

**Tai Chi**

**Time:** 11:30 a.m. to 12:30 p.m.

**Location:** Hope Village Activity Room

Relax the mind and strengthen the body with this ancient Chinese practice referred to as “moving meditation.” Practitioners move slowly, gently, with awareness, while breathing deeply.

**Survivorship and Spirituality**

**Time:** 1:00 to 2:00 p.m.

Stop by to meet our Chaplains, discuss spirituality and your cancer journey, learn about Spiritual Care services and helpful coping resources, enjoy light refreshments, and more.

**Gentle Restorative Yoga**

**Time:** 6:30 to 7:30 p.m.

**Location:** Hope Village Activity Room

Learn gentle, restorative yoga techniques designed to relieve stress, promote relaxation, improve range of motion and reduce pain. No experience necessary.

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**THURSDAY, JUNE 9**

**Open House Celebration of Life!**

**Time:** 11 a.m. to 2 p.m.

Light refreshments will be served.

**Manicures**

**Time:** 11 a.m. to 2 p.m.

Pamper yourself with complimentary manicures.

**Relaxation Massage**

**Time:** 11 a.m. to 2 p.m.

Enjoy a complimentary 10 to 15 chair massage for patients and families.

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**FRIDAY, JUNE 10**

**Get Moving!**

**Time:** 9:30 to 10 a.m.

**Location:** Spirit of Life® Fountain

Staying active is one of the best things you can do for your health. Join us for a walk around our beautiful campus. You will have the opportunity to ask questions and learn about City of Hope history, landmarks and more.

**Meditation and Music**

**Time:** 11 a.m. to 12 p.m.

Join us in experiencing self-awareness, relaxation and a state of harmony through meditation set to music, chanting and movement.

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**Unless otherwise specified, all classes will be held in the Biller Patient and Family Resource Center**

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For more information, or to reserve your spot, please call the Sheri & Les Biller Patient and Family Resource Center at 626-218-CARE (2273) or BillerResourceCenter@coh.org