<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>10-11 am Gentle Yoga</strong></td>
<td><strong>12-1 pm Look Good Feel Better</strong></td>
<td>8 am – 12 pm Assistance with Resources</td>
<td><strong>9:30-10 am Guided Meditation</strong></td>
<td><strong>10:30-11:30 am Mat Yoga</strong></td>
</tr>
<tr>
<td>12-30-1:30 pm Patient Portal Workshop</td>
<td><strong>4-5 pm Tobacco Cessation</strong></td>
<td>10:30-11:30 am Chair Yoga</td>
<td><strong>10-11 am Mind-body Medicine</strong></td>
<td><strong>Saturday March 9</strong></td>
</tr>
<tr>
<td><strong>Chinese American Cancer Health</strong></td>
<td><strong>Education Network and Support Group</strong></td>
<td>12-12:45 pm Catholic Mass</td>
<td><strong>Saturday March 16</strong></td>
<td><strong>Look Good Feel Better</strong></td>
</tr>
<tr>
<td><strong>unless otherwise specified, all classes are open to patients and caregivers ages 18 and over.</strong></td>
<td></td>
<td>1-3 pm HCT Discharge Class for Caregivers</td>
<td><strong>3-4 pm Look Good Feel Better</strong></td>
<td><strong>Workshop from 1-2</strong></td>
</tr>
<tr>
<td><strong>March 17</strong></td>
<td><strong>March 16</strong></td>
<td>1:30-2:30 pm Gigong for Vitality</td>
<td><strong>1:30-2:30 pm Arts Program</strong></td>
<td><strong>March 29</strong></td>
</tr>
<tr>
<td><strong>3-5 pm Clase de alta de trasplante para cuidadores</strong></td>
<td></td>
<td>5:30-7:30 pm Living With Metastatic Breast Cancer Support Group</td>
<td><strong>6-7 pm Tabaco Cesación En español</strong></td>
<td><strong>10-11 am Mind-body Medicine</strong></td>
</tr>
<tr>
<td><strong>6-8 pm Tobacco Cessation</strong></td>
<td><strong>6-8 pm Tobacco Cessation</strong></td>
<td><strong>6-7 pm Tabaco Cesación En español</strong></td>
<td><strong>6-7 pm Tabaco Cesación En español</strong></td>
<td><strong>10:30-11:30 am Mat Yoga</strong></td>
</tr>
<tr>
<td><strong>March 25</strong></td>
<td><strong>March 24</strong></td>
<td><strong>Saturday March 22</strong></td>
<td><strong>Saturday March 22</strong></td>
<td><strong>March 22</strong></td>
</tr>
<tr>
<td><strong>Chinese American Cancer Health</strong></td>
<td><strong>Education Network and Support Group</strong></td>
<td><strong>3-4 pm Look Good Feel Better</strong></td>
<td><strong>3-4 pm Look Good Feel Better</strong></td>
<td><strong>March 22</strong></td>
</tr>
<tr>
<td><strong>unless otherwise specified, all classes are open to patients and caregivers ages 18 and over.</strong></td>
<td></td>
<td><strong>2:30-4 pm Arts Program</strong></td>
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<td><strong>March 22</strong></td>
</tr>
<tr>
<td><strong>March 24</strong></td>
<td><strong>March 24</strong></td>
<td><strong>6-7 pm Tabaco Cesación En español</strong></td>
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<td><strong>March 22</strong></td>
</tr>
<tr>
<td><strong>Clase de alta de trasplante para cuidadores</strong></td>
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<td><strong>3-4 pm Look Good Feel Better</strong></td>
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<td><strong>March 22</strong></td>
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</tbody>
</table>
All About Wigs

Join us to learn about the many different wig options, how to style and care for your wig, different wig options to choose from, how to properly put on and remove your wig, and more!

Who: Anyone with a cancer diagnosis
In-Person: Every 3rd Tuesday from 12-1 pm at the Biller Resource Center
RSVP: cityofhope.org/PatientPrograms
Questions: Malya Spinks 626-218-9105 or PositiveImageCenter@coh.org

Register and Questions: Lynne Thomas at PositiveImageCenter@coh.org

Register:
When: Tuesdays 11 am-12 pm
Resource Center
Patient
enhance open and honest
tools on how to strengthen relationships,
Together
Overcoming the Challenges of Cancer
and more.
resources and more. Open to patients,
appointment time, discover helpful
In-Person: Every 3rd Tuesday from 12-1

Couples: Essential Skills for Overcoming the Challenges of Cancer Together
Join this group to learn and gain tips and tools on how to strengthen relationships, enhance open and honest communication, problem solving skills and more.

Who: Patients and their significant others
When: 3rd Tuesday of the month 12-1:30 pm
Register and Questions: Lynne Thomas at 626-218-8406 or lythomas@coh.org

HCT Discharge Planning Class for Caregivers
Learn how to prepare to take your loved one home post-transplant as well as how to care for them and yourself. Led by clinicians.

Who: Patients and caregivers
When: 1st and 3rd Wednesday of the month from 1-3 pm
Register and Questions Contact: Madeline Sarto 626-218-2523 or Tina Patatanyan 626-218-8438 or email HCTDischargeClass@coh.org

Living with Metastatic Breast Cancer Support Group
Benefit from the wisdom of patients and get the latest medical updates from our clinical experts. Group is a safe space to share with others.

Who: Metastatic breast cancer patients only
When: 2nd Wednesday of the month from 5:30–7:30 pm
Register: Jenny Lu at 626-218-8407 or email jenny@coh.org

Look Good Feel Better Workshops
Live instructions, tips, and tricks for dealing with the visible side effects of cancer treatment.
Register: bit.ly/3pGazDu
Code: C391010
Note: must register two weeks in advance to receive the kit prior to start of class.
Please check front of calendar for time.
March 4, 16, 21 and 26 Questions: 626-218-3842 or PositiveImageCenter@coh.org

Prostate Cancer Support Group
Learn to obtain educational information, share experiences and more.

Who: Prostate cancer patients and their spouses/partners
When: Last Tuesday of the month 6–7:30 pm
Register and Questions: Contact Kathleen Burns at 626-218-1188 or kaburns@coh.org

Tobacco Cessation Support Group
Learn strategies to overcome withdrawal symptoms and to break habits that link to and trigger tobacco use.

When: Mondays 4–5 pm and Tuesdays 6–8 pm
En español miércoles 6–7 pm
Register: smokingcessation@coh.org or 626-218-9114

Integrative Oncology Classes
Gentle Yoga – Mondays from 10-11 am
Guided Meditation – Tuesdays from 10:30-11:30 am
Arts Program – 3rd Wednesday of every month, 2:30-4 pm. Topic: Landscape Painting with Watercolors
To register for the above classes, visit www.cityofhope.org/patientprograms or call 626-218-2273
Chair Yoga – Wednesdays from 10:30-11:30 am
Mat Yoga – Fridays from 10:30-11:30 am
Qigong for Vitality – Wednesdays from 1:30-2:30 pm
Mind-Body Medicine – Thursdays from 10-11 am

To register for the above classes please call 949-671-4121 or BillerResourceCenterOC@coh.org

Chinese American Cancer Health Education Support Network and Group
Health education and support in Mandarin.
When: Meets 2nd Saturday of the month from 10 am-12 pm
RSVP call: 626-535-3983
Connect via Zoom.US
Meeting ID: 945 1715 7282
Passcode: 902281

Catholic Mass
Connect
Religious Experience with Your Faith Community

Classes de alta de Trasplante para Cuidadores
Venga a aprender cómo cuidar a su ser querido en casa después del trasplante de medula ósea.
Quien: Para pacientes y sus familias
Cuando: 3 el martes del mes de 3 a 5 pm
Clase en vivo(virtual): Llama a la oficina de Trabajo Social Clínica a 626-218-2282 o HCTDischargeClass@coh.org

EVENTS
Excellencia definido por pacientes
Sea parte de El Concilio, consejo de pacientes y familias
Conozca los consejos de pacientes y familias de inglés (PFAC) y español (El Concilio). Aprenda sobre su impacto en City of Hope y como ser un miembro.
Evento de reclutamiento: 27 de marzo, 10am-2pm en el patio de Helford Hospital
Para más información llame a Becky Andrews at 626-218-5978 o bandrews@coh.org

Excellence Defined by You – Join the Patient and Family Advisory Council
Meet patient and caregiver advisors from PFAC and El Concilio. Learn about their impact at City of Hope and how to join.
In-Person Recruitment Event: March 27, 10am-2pm at Helford Hospital Patio
For more information, please contact Becky Andrews at 626-218-5978 or bandrews@coh.org