

The San Diego Cancer Research Institute
760-536-7679 / www.sdcri.org / maryh@sdcri.org
Integrative Program Information

This program is free/or by donation to all cancer patients in San Diego County.
For all appointments please call: **760-536-7679**

New SDCRI Client Mandatory Orientation Class: call for an appointment.

Support Groups: Open to all cancer patients in San Diego County on a walk in basis. Please see flyers for dates & times.

"Who Cares For the Caregiver" Support Group

"Living with Cancer" Support Group with Dr. Brenner

Educational Programs: Open to all cancer patients in San Diego County on a walk in basis. Please see flyers for dates & times.

"Nutritional Discussion Group": with Mary Hollander RN & Chef Jessica

"Mindfulness Meditation" with Diana Shimkus LCSW

Acupuncture with PCOM Students: Appointments are open to all cancer patients in San Diego County who are currently in treatment.
Please call: 760-536-7679

Acupuncture with Volunteers: Open to all cancer patients in San Diego County. Do not need to be currently in treatment.

Yoga and Qigong: Open to all cancer patients in San Diego County on a walk in basis. Please call ahead to check for any time changes. Yoga is now held at "Yoga 6" at the Forum in Carlsbad. QiGong is held at our Encinitas location in Room #103.

Massage: Open to all cancer patients in San Diego County. Massage will be offered once a month to **new patients & patients currently undergoing treatment.** This will give more patients a chance to experience a healing massage.

We have a list of our massage therapists who have a private practice if you are interested in continuing having massages. The list can be found on our website: www.sdcri.org Click on Integrative Program at the top and then on Volunteers.

Reiki, CranioSacral and all other individual sessions: Open to all cancer patients in San Diego County. Call to make an appointment. Each patient may make only two appointments a month.

Integrative Modalities: See calendar, website or flyers for more information

Appointment Required

Acupuncture
CranioSacral Therapy
Energy Healing, Reiki, Healing Touch
and more
Massage Therapy
Medical Hypnotherapy
Social Work Support

Walk-In Groups & Classes

Laughter Yoga with Blanca
Mindfulness Meditation
Nutrition
Qigong
Support Groups
Gentle Zumba for Cancer Patients
Gentle Fitness

Registration Required

Drum Circle with Teri
Expressive Art Playshop
Sacred Sound Healing

Moving Forward Together: The Next Chapter: A 12 week workshop for those of you who have completed therapy and sent home to "go back to your life". This program is to help with that period of transition. Call our office for more information.