

San Diego Cancer Research Institute
Encinitas Integrative Calendar

October 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
		1	2	3
		1pm - 2pm Meditation with Diana 1:30 & 2:30p Energy Healing w/ Janice 3p-4p Gentle Zumba Frogs Encinitas	10-11:30am Qigong with Reyna 10 & 11a Acupuncture with Kim/ Pacific College of Oriental Medicine 10am & 11am Acupuncture w/ John 12pm & 1pm Massage with John	10:30am-3pm Social Work Support with Erin Graves, MSW, ACSW 10a-12p "Artful Recipes for Life" w/ Alessandra REGISTER! 1pm-2pm Gentle Fitness @ Frogs
6	7	8	9	10
10 & 11a Acupuncture with Kim/ Pacific College of Oriental Medicine 1pm-4pm Reiki with Susan	9am-12pm Acupuncture w/ Mary F. 10am-12pm CranioSacral w/ Blanca 12pm-1:30pm Nutrition Group 2p-5p Massage with Raquel 2p-5p Living w/Cancer Support Grp 4:30-5:30p Gentle Zumba Yoga Vista	10am-12:30pm Acupuncture w/ Dodie 1pm - 2pm Meditation with Diana 1:30 & 2:30p Energy Healing w/ Janice 3p-4p Gentle Zumba Frogs Encinitas	10-11:30am Qigong with Reyna 10 & 11a Acupuncture with Kim/ Pacific College of Oriental Medicine 4pm-6pm Reiki with Todd	1pm-3pm Social Work Support with Erin Graves, MSW, ACSW 10a-12p "Artful Recipes for Life" w/ Alessandra REGISTER! 1pm-2pm Gentle Fitness @ Frogs
13	14	15	16	17
10 & 11a Acupuncture with Kim/ Pacific College of Oriental Medicine	10am-12pm CranioSacral w/ Blanca 10am-1pm Massage with Amy 12pm-1:30pm Nutrition Group 2p-5p Living w/Cancer Support Grp 5:00p-6:00p Caregivers Support Grp 4:30-5:30p Gentle Zumba Yoga Vista	1pm - 2pm Meditation with Diana 3p-4p Gentle Zumba Frogs Encinitas	10-11:30am Qigong with Reyna 10 & 11a Acupuncture with Kim/ Pacific College of Oriental Medicine	10:30am-3pm Social Work Support with Erin Graves, MSW, ACSW 10a-12p "Tree of Life" w/ Alessandra REGISTER! 1pm-2pm Gentle Fitness @ Frogs
20	21	22	23	24
10 & 11a Acupuncture with Kim/ Pacific College of Oriental Medicine 1pm-4pm Reiki with Susan	10am-12pm CranioSacral w/ Blanca 12pm-1:30pm Nutrition Group 2p-5p Living w/Cancer Support Grp 4:30-5:30p Gentle Zumba Yoga Vista	10am-12:30pm Acupuncture w/ Dodie 1pm-2:15p "Mala" Meditation Beads w/ Alessandra REGISTER! 1:30 & 2:30p Energy Healing w/ Janice 3p-4p Gentle Zumba Frogs Encinitas	10-11:30am Qigong with Reyna 10 & 11a Acupuncture with Kim/ Pacific College of Oriental Medicine 10am & 11am Acupuncture w/ John 12pm & 1pm Massage with John 4pm-6pm Reiki with Todd	10a-12p "Tree of Life" w/ Alessandra REGISTER! 1pm-2pm Gentle Fitness @ Frogs
27	28	29	30	31
10 & 11a Acupuncture with Kim/ Pacific College of Oriental Medicine	10am-1pm Massage with Amy 12pm-1:30pm Nutrition Group 2p-5p Living w/Cancer Support Grp 5:00p-6:00p Caregivers Support Grp 4:30-5:30p Gentle Zumba Yoga Vista	2p-3p Bronze & Branch Sacred Sound Healing Meditation~Register~ 3p-4p Gentle Zumba Frogs Encinitas	10-11:30am Qigong with Reyna 10 & 11a Acupuncture with Kim/ Pacific College of Oriental Medicine	10a-12p "Artful Book of Wonders" w/ Alessandra REGISTER! 1pm-2pm Gentle Fitness @ Frogs

Address: 1200 Gardenview Rd., Suite 220 Encinitas, CA 92024
Phone: (760)536-7679
www.sdcri.org Access our calendars and support group information
 Program Coordinator: Mary Hollander RN: maryh@sdcri.org

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

The San Diego Cancer Research Institute is temporarily unable to accept new clients at this time.

Mindfulness Meditation Group & Workshops

Facilitator: Diana Shimkus LCSW

Date: Wednesday: October 1st, 8th, & 15th

Time: 1pm-2pm

Date: Wednesday: October 22nd "Mala" Meditation Beads with Alessandra ~Registration Required~

Time: 1pm-2:15pm

Date: Wednesday October 29th Sacred Sound Meditation with Bronze & Branch ~Registration Required~

Time: 2pm-3pm

Place: Encinitas, 1st floor in the Retail Pharmacy Suite #103

Art Workshops: Flyers & Sign-up sheets in suite #220.

"Artful Recipes for Life" with Alessandra

Dates: Friday's: Oct. 3, 10

"Tree of Life"

Dates: Friday's: Oct. 17 & 24

"Artful Book of Wonders"

Dates: Friday's: Oct. 31 through December 19th.

Time: 10:00 am to 12:00 pm

Place: Encinitas, 1st floor in the Retail Pharmacy Suite #103

*****Special Wednesday October 22nd Art Class with Alessandra:**

Meditation Beads, 1-2:15pm ~Ck Calendar***

"Gentle Zumba" Vista w/Alessandra

Dates: Tuesdays

Time: 4:30pm-5:30pm

Place: YOGA VISTA: 319 E. Broadway Ave., Vista, Ca. 92084

Yoga Vista will continue to sponsor this class. It will remain free for cancer patients. Thank you Yoga Vista!

Gentle Fitness Frogs Enc. w/ North County Cancer Fitness

Dates: Fridays

Time: 1pm-2pm

Place: Frogs Fitness Encinitas, 780 GardenView Ct., Encinitas

NCCF will continue to sponsor this class at Frogs. It will remain free for cancer patients. Thank you NCCF!

"Gentle Zumba" Frogs Encinitas w/Alessandra

Dates: Wednesdays

Time: 3pm to 4pm

Place: Frogs Encinitas: 780 Garden View Ct., Encinitas

NCCF will continue to sponsor this class at Frogs. It will remain free for cancer patients. Thank you NCCF!