



San Diego Cancer Research Institute
Encinitas Integrative Calendar

November 2014

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p align="center">November will be the last month for some of SDCRI's free services. Please see the letter to the community on the back of the calendar. Thank you, The SDCRI Team</p>			
<p>3</p> <p>9, 10, 11a Acupuncture with Kim/ Pacific College of Oriental Medicine</p> <p>1pm-4pm Reiki with Susan</p>	<p>4</p> <p>9, 10 & 11am Acupuncture w/Mary F.</p> <p>12pm-1:30pm Nutrition w/ Mary H.</p> <p>2p-5p Living w/Cancer Support Grp</p> <p>4:30-5:30p Gentle Zumba Yoga Vista</p>	<p>5</p> <p>1pm - 2pm Meditation with Diana</p> <p>3p-4p Gentle Zumba Frogs Encinitas</p>	<p>6</p> <p>10-11:30am Qigong with Reyna</p> <p>9, 10, 11a Acupuncture with Kim/ Pacific College of Oriental Medicine</p> <p>10am & 11am Acupuncture w/ John</p> <p>12pm & 1pm Massage with John</p>	<p>7</p> <p>10:30am-3pm Social Work Support with Erin Graves, MSW, ACSW</p> <p>10a-12p "Artful Book of Wonders" w/ Alessandra REGISTER!</p> <p>1pm-2pm Gentle Fitness @ Frogs</p>
<p>10</p> <p>9, 10, 11a Acupuncture with Kim/ Pacific College of Oriental Medicine</p>	<p>11</p> <p>CLOSED</p>  <p>Veterans Day</p>	<p>12</p> <p>1pm - 2pm Meditation with Diana</p> <p>1:30 & 2:30p Energy Healing w/ Janice</p> <p>3p-4p Gentle Zumba Frogs Encinitas</p>	<p>13</p> <p>10-11:30am Qigong with Reyna</p> <p>9, 10, 11a Acupuncture with Kim/ Pacific College of Oriental Medicine</p> <p>4pm-6pm Reiki with Todd</p>	<p>14</p> <p>10a-12p "Artful Book of Wonders" w/ Alessandra REGISTER!</p> <p>1pm-2pm Gentle Fitness @ Frogs</p>
<p>17</p> <p>9, 10, 11a Acupuncture with Kim/ Pacific College of Oriental Medicine</p> <p>1pm-4pm Reiki with Susan</p>	<p>18</p> <p>12pm-1:30pm Nutrition w/ Jessica</p> <p>2p-5p Living w/Cancer Support Grp</p> <p>4:30-5:30p Gentle Zumba Yoga Vista</p>	<p>19</p> <p>1-2pm Meditation w/ Diana Last Day</p> <p>1:30 & 2:30p Energy Healing w/ Janice</p> <p>3p-4p Gentle Zumba Frogs Encinitas</p>	<p>20</p> <p>10-11:30am Qigong with Reyna</p> <p>9, 10, 11a Acupuncture with Kim/ Pacific College of Oriental Medicine</p> <p>12:30pm-1:30pm Drumming w/ Teri</p> <p>10am & 11am Acupuncture w/ John</p> <p>12pm & 1pm Massage with John</p> <p>4pm-6pm Reiki with Todd</p>	<p>21</p> <p>10:30am-3pm Social Work Support with Erin Graves, MSW, ACSW</p> <p>10a-12p "Artful Book of Wonders" w/ Alessandra REGISTER!</p> <p>1pm-2pm Gentle Fitness @ Frogs</p>
<p>24</p> <p>9, 10, 11a Acupuncture with Kim/ Pacific College of Oriental Medicine</p>	<p>25</p> <p>11am-2pm Massage with Amy</p> <p>12pm-1:30pm Nutrition w/ Mary H.</p> <p>2p-5p Living w/Cancer Support Grp</p> <p>4:30-5:30p Gentle Zumba Yoga Vista</p>	<p>26</p> <p align="center">NO MEDITATION</p> <p>3p-4p Gentle Zumba Frogs Encinitas</p>	 <p>CLOSED <small>www.sdcri.org</small></p> <p><small>© Can Stock Photo - csp2668796</small></p>	

THE DECEMBER CALENDAR IS ON THE OTHER SIDE!

The San Diego Cancer Research Institute is unable to accept new clients at this time. See letter on reverse side.

Drumming with Teri, Last Chance!!!

Date: Thursday, November 20th

Time: 12:30pm-1:30pm

Place: Encinitas, 1st floor in the Retail Pharmacy Suite #103
Bring your own drum or use ours! No rhythm or talent needed, just a joyful heart and a desire for personal healing.

Last Month for Mindfulness Meditation Group

Facilitator: Diana Shimkus LCSW

Date: Wednesday: November 5, 12, 19 & 26

Time: 1pm-2pm

Place: Encinitas, 1st floor in the Retail Pharmacy Suite #103
The mindfulness meditation group will be hosted by Diana Shimkus at her office starting December 3rd at 1pm. Please call Diana if you plan to continue attending. 760-310-2920 or Diana@everydaymind.com

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

"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

Expressive Art will continue thru December 19th. Expressive Art with Alessndra will then be hosted by UCSD Family Support Services. It will be held in Encinitas and at Moores Cancer Center. You may contact Alessandra for information... alessandra@alessandracolli.com

Gentle Zumba with Alessandra will continue on Tuesday in Vista sponsored by Yoga Vista, on Wednesdays at Frogs Encinitas sponsored by North County Cancer Fitness.

Gentle Fitness will continue on Fridays at Frogs Encinitas sponsored by North County Cancer Fitness.

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