

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

3

4

Appearance Center Walk-in Hours
10:30AM–1:00PM

Tai Chi Chih
11:00AM offsite
Call HCRC for details

Qigong
3:00PM offsite

5

Nutritional Counseling ☎
by appointment

6

Nutritional Counseling ☎
by appointment

9

Energy Balancing Session
11:00AM–1:00PM
Onsite
Call HCRC to RSVP

Nutritional Counseling ☎
by appointment

10

Breast Cancer Support Group 💻
5:45PM Virtual/Zoom
Call HCRC to RSVP

11

Tai Chi Chih
11:00AM offsite
Call HCRC for details

All Blood Cancer Support Group 💻
1:00–2:00PM
In Person/Hybrid
Call HCRC to RSVP

12

Hypnosis Session
3:00–4:00PM
Onsite
Call HCRC to RSVP

Nutritional Counseling ☎
by appointment

13

Nutritional Counseling ☎
by appointment

16

Acupuncture
2:30PM onsite
Call HCRC to RSVP

Prostate Cancer Support Group
6:30PM onsite
Call HCRC to RSVP

17

Therapeutic Massage
1:30–4:00PM
Onsite by appointment
Call HCRC to RSVP

18

Tai Chi Chih
11:00AM offsite
Call HCRC for details

Qigong
3:00PM offsite

Thriving with Advanced Cancer 💻
5:15PM Virtual/Zoom
Call HCRC to RSVP

19

Care-Partner Support and Discussion Group 💻
1:00–2:00PM
In Person/Hybrid
Call HCRC to RSVP

Nutritional Counseling ☎
by appointment

20

Appearance Center Walk-in Hours
10:30AM–1:00PM

23

Energy Balancing Session 💻
11:00AM–12:30PM
Virtual/Zoom Meeting
Call HCRC to RSVP

End-of-Life Doula Information Session:
1:00PM onsite
Call HCRC to RSVP

24

Sound Bath
3:30PM onsite
Call HCRC to RSVP

Breast Cancer Support Group
5:45PM In Person
Call HCRC to RSVP

25

Tai Chi Chih
11:00AM offsite
Call HCRC for details

Cancer Patient Support Group 💻
1:00PM Virtual/Zoom
Call HCRC to RSVP

26

Hypnosis Session 💻
7:00–8:00PM
Virtual/Zoom
Call HCRC to RSVP

Nutritional Counseling ☎
by appointment

27

30

31

Key

☎ *Phone appointment*

💻 *Zoom/Virtual Meeting*

BLUE *Wellness, Energy Balancing, Guided Meditation, Tai Chi Chih, Nutritional Counseling, Intuitive Collage, Qigong, Yoga*

GREEN *Education*

ORANGE *Support Group*

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Qigong
3:00PM offsite

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Nutritional Counseling ⓘ
by appointment

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Intuitive Collage
2:00–4:00PM
Call HCRC to RSVP

Nutritional Counseling ⓘ
by appointment

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Nutritional Counseling ⓘ
by appointment

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Tai Chi Chih
11:00AM offsite
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All Blood Cancer Support Group ⓘ
1:00–2:00PM
In Person/Hybrid
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Hypnosis Session
3:00–4:00PM
Onsite
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Nutritional Counseling ⓘ
by appointment

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by appointment

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Energy Balancing Session
11:00AM–1:00PM
Onsite
Call HCRC to RSVP

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Breast Cancer Support Group ⓘ
5:45PM Virtual/Zoom
Call HCRC to RSVP

15

Tai Chi Chih
11:00AM offsite
Call HCRC for details

Qigong
3:00PM offsite

Thriving with Advanced Cancer ⓘ
5:15PM Virtual/Zoom
Call HCRC to RSVP

16

Care-Partner Support and Discussion Group ⓘ
1:00–2:00PM
In Person/Hybrid
Call HCRC to RSVP

Nutritional Counseling ⓘ
by appointment

17

Appearance Center Walk-in Hours
10:30AM–1:00PM

Intuitive Collage
2:00–4:00PM
Call HCRC to RSVP

20

Acupuncture
2:30PM onsite
Call HCRC to RSVP

Presentation: Colorectal Cancer Updates
5:30PM in person
Call HCRC to RSVP

Prostate Cancer Support Group
6:30PM onsite

21

Therapeutic Massage
1:30–4:00PM
Onsite by appointment
Call HCRC to RSVP

Sound Bath
3:30PM onsite
Call HCRC to RSVP

22

Tai Chi Chih
11:00AM offsite
Call HCRC for details

Cancer Patient Support Group ⓘ
1:00PM Virtual/Zoom
Call HCRC to RSVP

23

Hypnosis Session ⓘ
7:00–8:00PM
Virtual/Zoom
Call HCRC to RSVP

24

27

Energy Balancing Session ⓘ
11:00AM–12:30PM
Virtual/Zoom Meeting
Call HCRC to RSVP

28

Breast Cancer Support Group
5:45PM In Person
Call HCRC to RSVP

29

Tai Chi Chih
11:00AM offsite

Presentation: CalFresh/Nutrition
5:30PM in person
Call HCRC to RSVP
See page 12 for details

30

Nutritional Counseling ⓘ
by appointment

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