

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

Intuitive Collage

2:00–4:00PM
Call HCRC to RSVP

Nutritional Counseling

by appointment

1

4

5

Tai Chi Chih

11:00AM offsite
Call HCRC for details

Qigong

3:00PM offsite

6

Skin Cancer Prevention and Detection Presentation

5:30PM in person
Call HCRC to RSVP
See page 2 for details

7

Nutritional Counseling

by appointment

8

11

Energy Balancing Session

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

Nutritional Counseling

by appointment

12

Breast Cancer Support Group

5:45PM Virtual/Zoom
Call HCRC to RSVP

13

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

14

Hypnosis Session

3:00–4:00PM
Onsite
Call HCRC to RSVP

Nutritional Counseling

by appointment

15

18

Floral Arranging

12:30–2:30PM onsite
Call HCRC to RSVP

Acupuncture

2:30PM onsite
Call HCRC to RSVP

Prostate Cancer Support Group

6:30PM onsite
Call HCRC to RSVP

19

Sound Bath

3:30PM onsite
Call HCRC to RSVP

20

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

21

Care-Partner Support and Discussion Group

1:00–2:00PM
In Person/Hybrid
Call HCRC to RSVP

Nutritional Counseling

by appointment

22

Appearance Center Walk-in Hours

10:30AM–1:00PM

25

Energy Balancing Session

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

Office closed on Memorial Day

26

Breast Cancer Support Group

5:45PM In Person
Call HCRC to RSVP

27

Tai Chi Chih

11:00AM offsite
Call HCRC for details

Cancer Patient Support Group

1:00PM Virtual/Zoom
Call HCRC to RSVP

28

Hypnosis Session

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

Nutritional Counseling

by appointment

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MONDAY

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1

2

3

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

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

Qigong
3:00PM offsite

4

Nutritional Counseling 📞
by appointment

5

8

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

Nutritional Counseling 📞
by appointment

9

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

10

Tai Chi Chih
11:00AM offsite

All Blood Cancer Support Group 📺
1:00–2:00PM
In Person/Hybrid

Survivorship Celebration
5:30PM in person
See page 3 for details

11

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

Nutritional Counseling 📞
by appointment

12

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

Nutritional Counseling 📞
by appointment

15

Acupuncture
2:30PM onsite
Call HCRC to RSVP

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

16

Sound Bath
3:30PM onsite
Call HCRC to RSVP

Nutritional Counseling 📞
by appointment

17

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

18

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

Nutritional Counseling 📞
by appointment

19

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

22

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

Floral Arranging
1:30–3:30PM onsite
Call HCRC to RSVP

23

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

24

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

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

25

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

26

SLO Blues Game
6:00PM offsite
See page 9 for details

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30

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1

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