

Colorectal Cancer Support Group

For Patients, Their Families & Caregivers

Grupo de Apoyo para Cancer Colorectal

Para Pacientes, Sus Familiares y Cuidadores

Living with cancer is a difficult road. It is a path that is different for each patient and you do not have to do it alone. Our Colorectal Cancer Support Group is designed to give patients with colorectal cancer, their loved ones and caregivers, the opportunity to connect and bond with others who are dealing with or have dealt with similar issues. It is a way to share and exchange your experiences and information.

Vivir con cancer es un camino difcil. Es un camino que es diferente para cada paciente y nadie deberia hacerlo solo. Nuestro grupo de apoyo del Cancer Colorectal esta disenado para darle a los pacientes con cancer del colon recto, sus seres queridos y cuidadores, la oportunidad de acercarse y conectar con otros los cuales estan lidiando o han lidiado con problemas similares. Es una manera de compartir e intercambiar experiencias e informacion.

WE MEET EVERY 4TH TUESDAY OF THE MONTH 5:00 to 7:00 pm

(Refreshments will be served / Bingo, Raffles)

WHERE

The Cancer Center Auditorium at
Dignity Health Glendale Memorial Hospital
222 W. Eulalia Street in Glendale, CA
(Look for the Blue Balloons)

Parking Validation will be Provided

NOS REUNIMOS CADA 4° MARTES DEL MES De 5:00 a 7:00 pm

(Refrigerios seran servidos / Bingo, Rifas)

DONDE

El Auditorio del Centro de Cancer en
Dignity Health Glendale Memorial Hospital
222 W. Eulalia Street en Glendale, CA
(Guiarse por los Globos Azules)

Validacion del Parqueo sera Proporcionado

TOPICS FOR FUTURE MEETINGS

- How to control fatigue with meditation, relaxation through Yoga
- Nutrition and weight maintenance
- How cancer is formed, recommendations for cancer surveillance and prevention
- Increase strength and flexibility with conscious movements and Taichi

TEMAS PARA FUTURAS REUNIONES

- Como controlar la fatiga con meditacion, relajacion por medio del Yoga
- Nutricion y mantenimiento del peso
- Como se forma el cancer, recomendaciones para la vigilancia y prevencion del cancer
- Aumentar la fuerza y flexibilidad con movimientos conscientes y Taichi

For registration and questions, please call Ana Castilla, RN at 818-507-4168

Para inscripcion y preguntas, por favor llame a Ana Castilla, RN en 818-507-4168



Dignity Health™
Glendale Memorial Hospital
and Health Center

**Colorectal
Surgery Institute**
at Glendale Memorial Hospital



Above is a campus map of the Dignity Health Glendale Memorial Hospital & Health Center. You will find the Cancer Center Auditorium in the Blue building as shown in this map.

(Look for the Blue Balloons.)

Arriba hay un mapa del campus del Dignity Health Glendale Memorial Hospital & Health Center. Encontrara el Auditorio del Centro de Cancer en el edificio que se muestra en azul este mapa.

(Busque los globos azules).